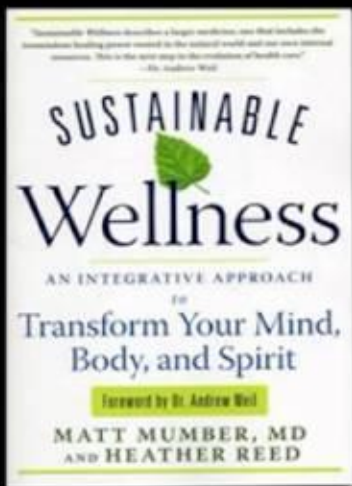


# The Highside Chats 37: Sustainable Wellness w/ Dr. Matt Number



**onspiraTees.net**  
High Quality Conspiracy Clothing

1  
00:00:08,250 --> 00:00:06,449  
we're here because we don't buy into the

2  
00:00:10,170 --> 00:00:08,260  
[h\_\_\h] of mainstream culture we're

3  
00:00:11,640 --> 00:00:10,180  
tired of the mundane passionless careers

4  
00:00:13,290 --> 00:00:11,650  
we've been shuffled into as a result of

5  
00:00:15,360 --> 00:00:13,300  
this orchestrated debt based system of

6  
00:00:16,980 --> 00:00:15,370  
rule and the stranglehold on education

7  
00:00:20,040 --> 00:00:16,990  
entertainment by cold soulless

8  
00:00:23,370 --> 00:00:20,050  
corporations people yes we are

9  
00:00:25,109 --> 00:00:23,380  
frustrated yes we are tired and we

10  
00:00:26,400 --> 00:00:25,119  
reject the pre-approved tranquilizers

11  
00:00:28,529 --> 00:00:26,410  
that are monday night football and a

12  
00:00:30,840 --> 00:00:28,539  
nice cold Budweiser we have to stop

13  
00:00:33,389 --> 00:00:30,850

hiding stop hiding behind the headphones

14

00:00:34,710 --> 00:00:33,399

in the cherry popper 420 username let

15

00:00:37,200 --> 00:00:34,720

the world see that the resistance is

16

00:00:39,150 --> 00:00:37,210

strong in society is changing there was

17

00:00:41,729 --> 00:00:39,160

a time to be anonymous at that time is

18

00:00:43,560 --> 00:00:41,739

past and so the higher side chats would

19

00:00:45,090 --> 00:00:43,570

like to present conspiracies as the

20

00:00:47,490 --> 00:00:45,100

dawning of this new paradigm in the

21

00:00:48,900 --> 00:00:47,500

uniform of the revolution because bold

22

00:00:51,209 --> 00:00:48,910

fashion should mean more than some

23

00:00:54,000 --> 00:00:51,219

celebrity meat dress or Atlanta sleeping

24

00:00:55,560 --> 00:00:54,010

flowing in spirit ease redefines bold

25

00:00:57,930 --> 00:00:55,570

fashion as having the balls to reject

26  
00:00:59,810 --> 00:00:57,940  
socially uncomfortable and unpopular

27  
00:01:04,139 --> 00:00:59,820  
truths from your radiant chest all

28  
00:01:06,510 --> 00:01:04,149  
bugging day it's beer t's dot net let

29  
00:01:44,530 --> 00:01:06,520  
them know that you know both designs for

30  
00:01:49,100 --> 00:01:47,360  
hello again our side shatters from San

31  
00:01:51,050 --> 00:01:49,110  
Diego drinkin little drink smoke a

32  
00:01:53,390 --> 00:01:51,060  
little smoke I'm Greg Karl would the

33  
00:01:54,770 --> 00:01:53,400  
pillar of health and let me tell you

34  
00:01:56,480 --> 00:01:54,780  
people lately I've been feeling a bit

35  
00:01:58,070 --> 00:01:56,490  
hypocritical because I'll debate the

36  
00:01:59,990 --> 00:01:58,080  
potential damages the chemtrails

37  
00:02:01,820 --> 00:02:00,000  
vaccines and body scanners but I'll turn

38  
00:02:03,980 --> 00:02:01,830

around and eat fast food seven days a

39

00:02:06,140 --> 00:02:03,990

week I'll complain about fluoride in the

40

00:02:08,090 --> 00:02:06,150

tap water but I'll slam an energy drink

41

00:02:10,219 --> 00:02:08,100

every morning before i go into work i

42

00:02:12,080 --> 00:02:10,229

preach about the evils of monsanto and

43

00:02:14,360 --> 00:02:12,090

the risk of genetically modified crops

44

00:02:17,210 --> 00:02:14,370

when nothing i eat on a daily basis

45

00:02:18,800 --> 00:02:17,220

resembles a [h\_\_h] crop well ladies and

46

00:02:20,870 --> 00:02:18,810

gentlemen it's time to stop playing the

47

00:02:23,060 --> 00:02:20,880

blame game and let's ask ourselves is

48

00:02:25,160 --> 00:02:23,070

the New World Order really doing any

49

00:02:27,080 --> 00:02:25,170

more harm to us than we're doing to

50

00:02:28,670 --> 00:02:27,090

ourselves because I think some of us

51  
00:02:31,009 --> 00:02:28,680  
have been making excuses for far too

52  
00:02:33,410 --> 00:02:31,019  
long and today's guest dr. Matt member

53  
00:02:35,810 --> 00:02:33,420  
is tired of our [h\_\_\h] dr. member is a

54  
00:02:37,820 --> 00:02:35,820  
practicing radiation oncologist and the

55  
00:02:40,490 --> 00:02:37,830  
past president of the Georgia Society of

56  
00:02:43,280 --> 00:02:40,500  
Clinical Oncology and with his co-author

57  
00:02:45,050 --> 00:02:43,290  
yoga instructor Heather Reed they have

58  
00:02:47,210 --> 00:02:45,060  
written sustainable wellness and

59  
00:02:50,030 --> 00:02:47,220  
integrative approach to transform your

60  
00:02:53,930 --> 00:02:50,040  
mind body and spirit doctor member how

61  
00:02:55,640 --> 00:02:53,940  
are you did well well I could say I was

62  
00:03:01,220 --> 00:02:55,650  
doing well but we both know I'm line

63  
00:03:03,110 --> 00:03:01,230

after that intro and so yeah as you know

64

00:03:05,300 --> 00:03:03,120

I usually focus on conspiracy in the

65

00:03:07,550 --> 00:03:05,310

paranormal but I get some of my guests

66

00:03:09,110 --> 00:03:07,560

from new page books and when they told

67

00:03:10,880 --> 00:03:09,120

me about sustainable wellness I thought

68

00:03:13,400 --> 00:03:10,890

it might be a good positive change of

69

00:03:15,350 --> 00:03:13,410

pace so why don't you tell the people a

70

00:03:17,330 --> 00:03:15,360

bit about your medical background and

71

00:03:20,600 --> 00:03:17,340

miss Reed's background and hi you two

72

00:03:24,890 --> 00:03:20,610

came together to write this book well I

73

00:03:26,620 --> 00:03:24,900

was formally trained as a physician at

74

00:03:29,059 --> 00:03:26,630

the University of Virginia and did my

75

00:03:31,190 --> 00:03:29,069

radiation oncology training at

76

00:03:33,410 --> 00:03:31,200

wake forest and winston-salem North

77

00:03:36,229 --> 00:03:33,420

Carolina and throughout my whole career

78

00:03:38,869 --> 00:03:36,239

I've always been interested in thought

79

00:03:41,569 --> 00:03:38,879

that medicine should really approach not

80

00:03:44,059 --> 00:03:41,579

just the person and the disease that

81

00:03:46,759 --> 00:03:44,069

person has but also look at the whole

82

00:03:49,490 --> 00:03:46,769

person not just look at the illness but

83

00:03:52,339 --> 00:03:49,500

look at the person's mental emotional

84

00:03:55,280 --> 00:03:52,349

status their their physical status

85

00:03:56,959 --> 00:03:55,290

outside of the disease what's going on

86

00:03:59,239 --> 00:03:56,969

with things like their nutrition and

87

00:04:02,000 --> 00:03:59,249

their ability to be active and use all

88

00:04:04,270 --> 00:04:02,010

forms of therapy that are available not

89

00:04:08,059 --> 00:04:04,280

just the kind of more traditional

90

00:04:11,119 --> 00:04:08,069

conventional therapies and so I did a

91

00:04:13,280 --> 00:04:11,129

fellowship after I was out practicing as

92

00:04:15,800 --> 00:04:13,290

radiation oncologist did a fellowship

93

00:04:18,529 --> 00:04:15,810

with dr. Andrew Weil at the University

94

00:04:21,439 --> 00:04:18,539

of Arizona the program for integrative

95

00:04:24,230 --> 00:04:21,449

medicine and in that program really

96

00:04:25,960 --> 00:04:24,240

found a good number of other physicians

97

00:04:29,779 --> 00:04:25,970

that felt the same way that I did and

98

00:04:31,460 --> 00:04:29,789

very fortunate at that time to be one of

99

00:04:33,670 --> 00:04:31,470

the first oncologists to go through that

100

00:04:36,469 --> 00:04:33,680

type of program and actually wrote an

101  
00:04:38,200 --> 00:04:36,479  
academic textbook after getting out of

102  
00:04:41,120 --> 00:04:38,210  
it called integrative oncology

103  
00:04:43,879 --> 00:04:41,130  
principles and practice and it basically

104  
00:04:46,700 --> 00:04:43,889  
examined ways to integrate different

105  
00:04:50,839 --> 00:04:46,710  
modalities into the cancer care process

106  
00:04:54,620 --> 00:04:50,849  
so as a part of that training I went to

107  
00:04:57,920 --> 00:04:54,630  
a group in California called common weal

108  
00:05:00,830 --> 00:04:57,930  
and common weal at that time had made a

109  
00:05:03,649 --> 00:05:00,840  
name for itself on Bill Moyers healing

110  
00:05:05,180 --> 00:05:03,659  
in the mind and what they found was that

111  
00:05:06,950 --> 00:05:05,190  
they would put people through these

112  
00:05:09,710 --> 00:05:06,960  
week-long retreat and they'd sometimes

113  
00:05:12,260 --> 00:05:09,720

would have remarkable changes in their

114

00:05:14,689 --> 00:05:12,270

health status so cancer would regress

115

00:05:17,230 --> 00:05:14,699

their ability to get it out get up and

116

00:05:19,730 --> 00:05:17,240

around would change tremendously and

117

00:05:22,249 --> 00:05:19,740

that really showed the link between

118

00:05:23,930 --> 00:05:22,259

these that type of approach and the

119

00:05:25,700 --> 00:05:23,940

mind-body interaction and how could I

120

00:05:27,260 --> 00:05:25,710

how it could have an effect on disease

121

00:05:29,570 --> 00:05:27,270

and illness and health and so I went out

122

00:05:31,999 --> 00:05:29,580

there to learn how to run these retreats

123

00:05:34,339 --> 00:05:32,009

and groups for my cancer patients as

124

00:05:36,080 --> 00:05:34,349

well as for physicians in order to help

125

00:05:38,240 --> 00:05:36,090

physicians stay connected to their

126  
00:05:40,779 --> 00:05:38,250  
calling to serve people as a part of the

127  
00:05:42,740 --> 00:05:40,789  
medical profession so once I did that

128  
00:05:44,510 --> 00:05:42,750  
the yoga instructor

129  
00:05:46,520 --> 00:05:44,520  
a common will actually new Heather had

130  
00:05:48,470 --> 00:05:46,530  
taught Heather and Heather back at that

131  
00:05:50,720 --> 00:05:48,480  
time lived near the Atlanta area which

132  
00:05:53,270 --> 00:05:50,730  
is near where I lived in Rome Georgia

133  
00:05:56,120 --> 00:05:53,280  
which is northwest atlanta and so the

134  
00:05:59,390 --> 00:05:56,130  
two of us hooked up and started running

135  
00:06:02,350 --> 00:05:59,400  
these retreats and gradually that melded

136  
00:06:05,150 --> 00:06:02,360  
into doing a group sessions that

137  
00:06:08,360 --> 00:06:05,160  
whenever eight-week period of time and

138  
00:06:09,800 --> 00:06:08,370

and over time the folks that we came to

139

00:06:11,660 --> 00:06:09,810

bet the retreats and the group's kept

140

00:06:13,280 --> 00:06:11,670

saying gosh would you please you know

141

00:06:15,320 --> 00:06:13,290

put something out so that we can have

142

00:06:16,730 --> 00:06:15,330

something to take with us after these

143

00:06:19,520 --> 00:06:16,740

retreats and groups so that we can

144

00:06:23,780 --> 00:06:19,530

sustain this practice and that's how the

145

00:06:25,760 --> 00:06:23,790

book came about nice um let me ask you

146

00:06:28,670 --> 00:06:25,770

these these retreats I've heard about

147

00:06:31,880 --> 00:06:28,680

stuff similar before it seems pretty

148

00:06:33,620 --> 00:06:31,890

miraculous to think that you know cancer

149

00:06:36,980 --> 00:06:33,630

would regress that's something that's a

150

00:06:40,070 --> 00:06:36,990

huge concern probably to anyone in their

151  
00:06:41,480 --> 00:06:40,080  
20s and 30s right now just it's kind of

152  
00:06:43,040 --> 00:06:41,490  
like spinning the wheel which type

153  
00:06:46,580 --> 00:06:43,050  
you're going to get because something's

154  
00:06:48,050 --> 00:06:46,590  
going to happen it just seems like it's

155  
00:06:50,230 --> 00:06:48,060  
so rampant but what are they doing

156  
00:06:54,530 --> 00:06:50,240  
differently on these retreats

157  
00:06:57,219 --> 00:06:54,540  
specifically that you know almost seems

158  
00:07:01,219 --> 00:06:57,229  
to surpass the results of chemotherapy

159  
00:07:03,650 --> 00:07:01,229  
well I think it's a matter of from a

160  
00:07:05,570 --> 00:07:03,660  
standpoint of surpassing the results of

161  
00:07:07,280 --> 00:07:05,580  
conventional therapies chemotherapy

162  
00:07:09,260 --> 00:07:07,290  
radiation and surgery are the kind of

163  
00:07:11,270 --> 00:07:09,270

big three conventional therapies and

164

00:07:13,790 --> 00:07:11,280

we're not trying to get rid of those you

165

00:07:16,730 --> 00:07:13,800

know one of the one of my favorite books

166

00:07:18,290 --> 00:07:16,740

is by a guy named Ken Wilber and he

167

00:07:20,930 --> 00:07:18,300

wrote a book called a brief history of

168

00:07:23,210 --> 00:07:20,940

everything and in that book he defines

169

00:07:25,969 --> 00:07:23,220

what integrated systems really need to

170

00:07:28,390 --> 00:07:25,979

look like and an integrated system as a

171

00:07:31,850 --> 00:07:28,400

whole system so what it does is it both

172

00:07:35,000 --> 00:07:31,860

transcends the old processes as well as

173

00:07:38,240 --> 00:07:35,010

well as includes them so an integrative

174

00:07:40,400 --> 00:07:38,250

medicine approach will transcend the use

175

00:07:41,570 --> 00:07:40,410

of only chemotherapy radiation and

176

00:07:43,810 --> 00:07:41,580

surgery which were pretty much just

177

00:07:46,670 --> 00:07:43,820

delivered downhill to an individual and

178

00:07:49,370 --> 00:07:46,680

it still includes them but it goes

179

00:07:51,589 --> 00:07:49,380

beyond that to actually enlist all of

180

00:07:54,110 --> 00:07:51,599

the healing capacities of the individual

181

00:07:54,760 --> 00:07:54,120

so the individual becomes more important

182

00:07:56,830 --> 00:07:54,770

than the tool

183

00:07:59,230 --> 00:07:56,840

and when the individual becomes more

184

00:08:01,240 --> 00:07:59,240

important than the tool then there are a

185

00:08:04,659 --> 00:08:01,250

ton of tools that are out there that

186

00:08:06,550 --> 00:08:04,669

really take the individual to actually

187

00:08:09,879 --> 00:08:06,560

apply them in order for them to work and

188

00:08:12,999 --> 00:08:09,889

so that's what these retreats I think do

189

00:08:15,999 --> 00:08:13,009

first of all the number one first

190

00:08:18,189 --> 00:08:16,009

ingredient in any kind of retreat or

191

00:08:20,369 --> 00:08:18,199

group that we do and really the first

192

00:08:24,850 --> 00:08:20,379

step that we focus on in the book is

193

00:08:27,850 --> 00:08:24,860

learning how to stop and as a good

194

00:08:30,309 --> 00:08:27,860

red-blooded American physician that is

195

00:08:32,350 --> 00:08:30,319

type A and grew up one the score high on

196

00:08:35,079 --> 00:08:32,360

sats and make it through high school and

197

00:08:37,899 --> 00:08:35,089

do good on my end cats and get out and

198

00:08:40,839 --> 00:08:37,909

get a good residency and make living and

199

00:08:44,550 --> 00:08:40,849

all this stuff that we all kind of

200

00:08:47,889 --> 00:08:44,560

strive to I was never taught to stop and

201  
00:08:50,590 --> 00:08:47,899  
so learning how to stop is a really

202  
00:08:52,360 --> 00:08:50,600  
vital part because when when when

203  
00:08:55,680 --> 00:08:52,370  
someone learns how to stop all of a

204  
00:08:59,139 --> 00:08:55,690  
sudden they can learn how to become

205  
00:09:01,870 --> 00:08:59,149  
again something that is a lot of times

206  
00:09:05,139 --> 00:09:01,880  
things that we look to external to calm

207  
00:09:07,260 --> 00:09:05,149  
us whatever those externals might be

208  
00:09:12,300 --> 00:09:07,270  
whether they be watching television or

209  
00:09:15,639 --> 00:09:12,310  
substances or lifestyle types of habits

210  
00:09:17,710 --> 00:09:15,649  
so instead of having something external

211  
00:09:20,620 --> 00:09:17,720  
commis being able to actually stop and

212  
00:09:23,860 --> 00:09:20,630  
calm ourselves in and of ourselves and

213  
00:09:26,970 --> 00:09:23,870

then we're able to stop and come all of

214

00:09:29,920 --> 00:09:26,980

a sudden we're able to be at rest and

215

00:09:32,310 --> 00:09:29,930

that is a huge ingredient when we're

216

00:09:34,780 --> 00:09:32,320

approaching the work of healing and

217

00:09:37,319 --> 00:09:34,790

another this is another word they don't

218

00:09:39,880 --> 00:09:37,329

used to freak me out the word healing

219

00:09:41,560 --> 00:09:39,890

because I always thought of that when I

220

00:09:43,780 --> 00:09:41,570

was in medical school I kind of father

221

00:09:45,910 --> 00:09:43,790

that is being secondary to caring you

222

00:09:47,710 --> 00:09:45,920

know like healing is kind of well you

223

00:09:49,090 --> 00:09:47,720

know what does that mean exactly people

224

00:09:51,370 --> 00:09:49,100

throw the word around a lot like you

225

00:09:53,650 --> 00:09:51,380

know heal the world and no it's such a

226

00:09:56,139 --> 00:09:53,660

healing practice and so forth and so

227

00:09:57,850 --> 00:09:56,149

it's got this flowery kind of

228

00:10:00,280 --> 00:09:57,860

connotation and always did for me and

229

00:10:03,430 --> 00:10:00,290

then I read a book by a guy named Steven

230

00:10:06,250 --> 00:10:03,440

Levine he was an individual who like to

231

00:10:08,199 --> 00:10:06,260

work with people when they're in the

232

00:10:09,489 --> 00:10:08,209

death and dying situation

233

00:10:11,889 --> 00:10:09,499

he was an incredibly thoughtful

234

00:10:13,749 --> 00:10:11,899

individual and so he said you know

235

00:10:16,480 --> 00:10:13,759

really the only way I'm going to get a

236

00:10:17,710 --> 00:10:16,490

better feel for how to serve this type

237

00:10:20,169 --> 00:10:17,720

of person is to go through the

238

00:10:23,350 --> 00:10:20,179

experience myself of course he wanted to

239

00:10:25,960 --> 00:10:23,360

still be alive after all right and so he

240

00:10:29,019 --> 00:10:25,970

said well okay I'm just gonna he had a

241

00:10:31,600 --> 00:10:29,029

wife that worked with him to do a lot of

242

00:10:34,269 --> 00:10:31,610

these this stuff and she's wonderful as

243

00:10:36,669 --> 00:10:34,279

well and so they said okay we're going

244

00:10:39,340 --> 00:10:36,679

to die today is November November 15

245

00:10:41,169 --> 00:10:39,350

next November 15th is the death date and

246

00:10:43,869 --> 00:10:41,179

so we're going to actually live

247

00:10:45,400 --> 00:10:43,879

consciously over the next year thinking

248

00:10:47,049 --> 00:10:45,410

we just have one year to live because

249

00:10:50,230 --> 00:10:47,059

that's kind of you hear that a lot while

250

00:10:52,660 --> 00:10:50,240

he's got a year to live yeah and so he

251  
00:10:54,819 --> 00:10:52,670  
did that and then he wrote a book that's

252  
00:10:56,559 --> 00:10:54,829  
appropriately named a year to live and

253  
00:10:58,389 --> 00:10:56,569  
it's an awesome book i would highly

254  
00:11:01,660 --> 00:10:58,399  
recommend it to anybody and so in the

255  
00:11:03,280 --> 00:11:01,670  
first part of that book he was reading

256  
00:11:05,499 --> 00:11:03,290  
along and all of a sudden this this

257  
00:11:07,329 --> 00:11:05,509  
sentence just struck me Connor right

258  
00:11:09,970 --> 00:11:07,339  
between the eyes and then it basically

259  
00:11:13,269 --> 00:11:09,980  
said if there is a single definition of

260  
00:11:17,230 --> 00:11:13,279  
healing it is to look with mercy and

261  
00:11:19,929 --> 00:11:17,240  
awareness at those pains both mental and

262  
00:11:23,169 --> 00:11:19,939  
physical that we have dismissed in

263  
00:11:26,079 --> 00:11:23,179

judgment and dismay and I was like

264

00:11:28,569 --> 00:11:26,089

that's it wow that is heavy yeah it is

265

00:11:31,480 --> 00:11:28,579

and it's that's difficult work it's and

266

00:11:34,179 --> 00:11:31,490

there's nothing flowery about that and

267

00:11:36,819 --> 00:11:34,189

so isn't it better it struck me as well

268

00:11:40,389 --> 00:11:36,829

isn't it better and isn't it even

269

00:11:43,030 --> 00:11:40,399

necessary to do that kind of work in a

270

00:11:45,009 --> 00:11:43,040

place where we're rested and so how do

271

00:11:46,660 --> 00:11:45,019

we get rested by learning how to stop by

272

00:11:48,579 --> 00:11:46,670

learning how to calm by learning how to

273

00:11:51,039 --> 00:11:48,589

rest and still have all of our faculties

274

00:11:52,269 --> 00:11:51,049

about us so we can do work that before

275

00:11:54,039 --> 00:11:52,279

we just said you know what I'd rather

276

00:11:55,150 --> 00:11:54,049

not deal with that I'd rather just put

277

00:11:56,949 --> 00:11:55,160

it under the rug put it in the closet

278

00:11:59,139 --> 00:11:56,959

leave it somewhere and it'll take care

279

00:12:01,660 --> 00:11:59,149

of itself and so what I've seen is

280

00:12:05,079 --> 00:12:01,670

through that process and my hypothesis

281

00:12:08,859 --> 00:12:05,089

as to why these types of retreats this

282

00:12:11,590 --> 00:12:08,869

type of work is able to basically help

283

00:12:13,210 --> 00:12:11,600

to guide people and help people to find

284

00:12:14,379 --> 00:12:13,220

things inside of themselves that they

285

00:12:15,730 --> 00:12:14,389

never knew were there and to make

286

00:12:18,129 --> 00:12:15,740

changes that they never thought they

287

00:12:20,259 --> 00:12:18,139

could is because what happens when we're

288

00:12:21,890 --> 00:12:20,269

able to stop and common rest and do that

289

00:12:24,530 --> 00:12:21,900

sometimes difficult work if he

290

00:12:27,080 --> 00:12:24,540

all of a sudden that all the energy we

291

00:12:29,660 --> 00:12:27,090

had to use that the kind of resistance

292

00:12:31,940 --> 00:12:29,670

we had to keep up those blocks that we

293

00:12:33,650 --> 00:12:31,950

had to place two different experiences

294

00:12:35,870 --> 00:12:33,660

the different parts of our past or our

295

00:12:38,060 --> 00:12:35,880

life or just even things that reminded

296

00:12:40,310 --> 00:12:38,070

of us not all of a sudden a new

297

00:12:44,470 --> 00:12:40,320

perspective can take place and that all

298

00:12:47,000 --> 00:12:44,480

that energy can be freed up and so the

299

00:12:49,030 --> 00:12:47,010

wonderful quote I loved it that cost

300

00:12:52,310 --> 00:12:49,040

sums it up is that the greatest journey

301

00:12:54,410 --> 00:12:52,320

is not to see distant vistas the

302

00:12:56,960 --> 00:12:54,420

greatest journey is to see things with

303

00:12:59,540 --> 00:12:56,970

new eyes and that's what this type of

304

00:13:01,790 --> 00:12:59,550

wound brains it brings a ability to look

305

00:13:03,950 --> 00:13:01,800

at your own life to look at your own

306

00:13:05,840 --> 00:13:03,960

situation to look at the past to look

307

00:13:08,660 --> 00:13:05,850

towards the future and to actually be

308

00:13:11,840 --> 00:13:08,670

right here right now while you're doing

309

00:13:15,140 --> 00:13:11,850

that and to see it all as though you

310

00:13:17,240 --> 00:13:15,150

never saw it before so that type of

311

00:13:20,030 --> 00:13:17,250

approach that that building and

312

00:13:24,140 --> 00:13:20,040

cultivating awareness approach is a

313

00:13:26,630 --> 00:13:24,150

unbelievable ingredient it's the number

314

00:13:31,090 --> 00:13:26,640

one ingredient to healing to the work of

315

00:13:33,710 --> 00:13:31,100

healing and healing is very powerful

316

00:13:37,520 --> 00:13:33,720

right I mean there's so little emphasis

317

00:13:39,130 --> 00:13:37,530

on any type of real prevention or real

318

00:13:41,330 --> 00:13:39,140

healthy living it's just kind of like

319

00:13:43,250 --> 00:13:41,340

you know let the chips fall where they

320

00:13:44,270 --> 00:13:43,260

may and then we probably got something

321

00:13:47,960 --> 00:13:44,280

that'll make you feel a little bit

322

00:13:49,940 --> 00:13:47,970

better no and but it's hard to learn to

323

00:13:52,090 --> 00:13:49,950

stop because there you know there's no

324

00:13:55,340 --> 00:13:52,100

money in that we don't get paid to stop

325

00:13:57,560 --> 00:13:55,350

um it seems like this this book in this

326

00:13:59,930 --> 00:13:57,570

I mean even program because it extends

327

00:14:02,390 --> 00:13:59,940

beyond the book is it is an integrative

328

00:14:05,420 --> 00:14:02,400

approach but it seems like it would take

329

00:14:08,300 --> 00:14:05,430

a lot of time how can we better

330

00:14:10,580 --> 00:14:08,310

integrate this type of lifestyle into

331

00:14:13,130 --> 00:14:10,590

the 925 corporate framework that a lot

332

00:14:14,960 --> 00:14:13,140

of us are dealing with that's that's a

333

00:14:18,230 --> 00:14:14,970

wonderful question and we hear that all

334

00:14:20,030 --> 00:14:18,240

the time and I live that myself you know

335

00:14:22,550 --> 00:14:20,040

I get up in the morning I'm you know go

336

00:14:25,130 --> 00:14:22,560

to treat doesn't take care of my cancer

337

00:14:27,530 --> 00:14:25,140

patients I do radiation I've been doing

338

00:14:30,740 --> 00:14:27,540

math now for about 20 years and no

339

00:14:33,320 --> 00:14:30,750

system is practical unless it actually

340

00:14:34,220 --> 00:14:33,330

can function in the day-to-day world and

341

00:14:38,330 --> 00:14:34,230

so

342

00:14:40,520 --> 00:14:38,340

the the key to integrating this you know

343

00:14:43,070 --> 00:14:40,530

because I think you hit on two different

344

00:14:46,160 --> 00:14:43,080

pieces there that this is a book that

345

00:14:48,560 --> 00:14:46,170

talks about an integrative approach so

346

00:14:51,650 --> 00:14:48,570

the integrative approach is one that can

347

00:14:53,540 --> 00:14:51,660

combine lots of different tools and we

348

00:14:56,270 --> 00:14:53,550

know that those tools can work and work

349

00:14:58,700 --> 00:14:56,280

in specific individuals but unless you

350

00:15:01,610 --> 00:14:58,710

can integrate integrate it into your

351

00:15:04,430 --> 00:15:01,620

life unless it can be integrated then it

352

00:15:07,520 --> 00:15:04,440

really doesn't work does it so so the

353

00:15:09,770 --> 00:15:07,530

the key in my mind is is thinking about

354

00:15:11,660 --> 00:15:09,780

this from the standpoint of first

355

00:15:14,090 --> 00:15:11,670

cultivating awareness that's really the

356

00:15:16,610 --> 00:15:14,100

first step in this type of approach and

357

00:15:19,220 --> 00:15:16,620

cultivating awareness doesn't take an

358

00:15:22,130 --> 00:15:19,230

hour sitting on a cushion or 30 minutes

359

00:15:25,850 --> 00:15:22,140

or 15 minutes or 10 minutes or even five

360

00:15:28,220 --> 00:15:25,860

minutes or one it just takes one moment

361

00:15:29,780 --> 00:15:28,230

and that moment is the only moment that

362

00:15:33,560 --> 00:15:29,790

you can be alive in that moment just

363

00:15:36,170 --> 00:15:33,570

happens to be right now and so finding

364

00:15:38,770 --> 00:15:36,180

the key is finding a way to bring

365

00:15:41,330 --> 00:15:38,780

yourself to right here and right now

366

00:15:43,520 --> 00:15:41,340

such that you're not constantly

367

00:15:45,830 --> 00:15:43,530

ruminating about the past or you're not

368

00:15:47,840 --> 00:15:45,840

constantly planning for the future just

369

00:15:50,150 --> 00:15:47,850

that you're right here and right now

370

00:15:53,420 --> 00:15:50,160

even if it's just for one single moment

371

00:15:56,240 --> 00:15:53,430

and so one tool that I really like to

372

00:15:59,090 --> 00:15:56,250

use for that is to focus on what's going

373

00:16:00,410 --> 00:15:59,100

on in the body for that one moment and

374

00:16:02,090 --> 00:16:00,420

there are lots of different ways you can

375

00:16:05,000 --> 00:16:02,100

do that my favorite way of doing it is

376

00:16:08,120 --> 00:16:05,010

to focus on my breath because I know my

377

00:16:09,890 --> 00:16:08,130

breath can only exist right here it can

378

00:16:11,930 --> 00:16:09,900

exist I can't experience it in the past

379

00:16:14,120 --> 00:16:11,940

I can experience it in the future I can

380

00:16:15,830 --> 00:16:14,130

only experience it right now and I know

381

00:16:17,660 --> 00:16:15,840

it's going to be with me and to those

382

00:16:19,220 --> 00:16:17,670

which has been with me since the second

383

00:16:22,220 --> 00:16:19,230

I was born it will be with me till the

384

00:16:24,290 --> 00:16:22,230

second that I die and so anytime that I

385

00:16:27,200 --> 00:16:24,300

want to any moment even for a single

386

00:16:30,350 --> 00:16:27,210

breath which takes a few seconds to

387

00:16:33,470 --> 00:16:30,360

breathe in and breathe out I can focus

388

00:16:35,960 --> 00:16:33,480

bring my focus bring my attention to

389

00:16:38,210 --> 00:16:35,970

this present moment and all of a sudden

390

00:16:40,910 --> 00:16:38,220

when we bring when I bring my attention

391

00:16:44,990 --> 00:16:40,920

to this present moment it's a lot easier

392

00:16:47,360 --> 00:16:45,000

to then be with whatever's going on that

393

00:16:49,579 --> 00:16:47,370

gives me that little teeny practice of

394

00:16:51,740 --> 00:16:49,589

being able to stop you know stop the

395

00:16:53,750 --> 00:16:51,750

momentum of the day stop the momentum of

396

00:16:56,030 --> 00:16:53,760

my thoughts and my concerns and my

397

00:16:59,600 --> 00:16:56,040

worries are my fears and just be right

398

00:17:02,600 --> 00:16:59,610

here right now so it is there are

399

00:17:06,170 --> 00:17:02,610

practical tools that you can use to do

400

00:17:09,410 --> 00:17:06,180

that and for me the most important one

401  
00:17:13,130 --> 00:17:09,420  
is being able to stop and focus on my

402  
00:17:16,360 --> 00:17:13,140  
breath hmm it seems like a you know a

403  
00:17:19,510 --> 00:17:16,370  
way to start getting into the mindset of

404  
00:17:21,590 --> 00:17:19,520  
meditation really know yeah absolutely

405  
00:17:23,630 --> 00:17:21,600  
absolutely that's just that's another

406  
00:17:26,449 --> 00:17:23,640  
thing that's just completely foreign to

407  
00:17:29,810 --> 00:17:26,459  
me and I again I blame not having the

408  
00:17:32,360 --> 00:17:29,820  
time but that's probably just scapegoat

409  
00:17:36,080 --> 00:17:32,370  
you know for laziness well I don't think

410  
00:17:37,460 --> 00:17:36,090  
it's laziness I mean I do laziness is

411  
00:17:39,410 --> 00:17:37,470  
when you know about something and you

412  
00:17:41,840 --> 00:17:39,420  
don't necessarily do this because these

413  
00:17:43,880 --> 00:17:41,850

have other thoughts or concerns but you

414

00:17:46,940 --> 00:17:43,890

know unfortunately we aren't taught in

415

00:17:48,620 --> 00:17:46,950

our culture to learn how to stop you

416

00:17:50,419 --> 00:17:48,630

know that's that's part of our cultural

417

00:17:52,370 --> 00:17:50,429

practice and you know schools don't

418

00:17:54,980 --> 00:17:52,380

generally teach most schools don't

419

00:17:57,799 --> 00:17:54,990

generally teach children to meditate you

420

00:18:02,770 --> 00:17:57,809

know we're taught to we're generally

421

00:18:04,880 --> 00:18:02,780

taught to the test members a so-and-so

422

00:18:09,440 --> 00:18:04,890

memorization recurred station that's how

423

00:18:11,419 --> 00:18:09,450

we're taught and so finding ways to stop

424

00:18:14,660 --> 00:18:11,429

there's not a course of you know

425

00:18:16,610 --> 00:18:14,670

stopping 101 and so so that's really

426

00:18:18,260 --> 00:18:16,620

been where I think if you look at the

427

00:18:21,049 --> 00:18:18,270

way our culture is moving if you look at

428

00:18:23,180 --> 00:18:21,059

the popularity of let's say mindfulness

429

00:18:25,100 --> 00:18:23,190

based stress reduction which is one of

430

00:18:27,820 --> 00:18:25,110

the bigger practices out there to learn

431

00:18:30,980 --> 00:18:27,830

how to bring focus to the present moment

432

00:18:32,840 --> 00:18:30,990

that is really catching on tremendously

433

00:18:35,410 --> 00:18:32,850

and in our culture and I think it's

434

00:18:38,120 --> 00:18:35,420

because there's been this lack of

435

00:18:40,580 --> 00:18:38,130

emphasis on learning how to stop this

436

00:18:43,160 --> 00:18:40,590

constant kind of striving forward so

437

00:18:45,200 --> 00:18:43,170

there's some great resources out there

438

00:18:48,080 --> 00:18:45,210

concerning how to do it our book

439

00:18:52,210 --> 00:18:48,090

presents some really very practical

440

00:18:54,860 --> 00:18:52,220

simple tools we call yoga bits Heather

441

00:18:58,910 --> 00:18:54,870

came up at that term and uses it in

442

00:19:00,810 --> 00:18:58,920

class and in her teaching to just

443

00:19:02,249 --> 00:19:00,820

represent simple things that you can do

444

00:19:04,980 --> 00:19:02,259

during a day like she talks about a

445

00:19:07,529 --> 00:19:04,990

practice where another thing that most

446

00:19:09,360 --> 00:19:07,539

folks have is our hands right so we can

447

00:19:12,840 --> 00:19:09,370

instead of just focusing on the breath

448

00:19:14,549 --> 00:19:12,850

coming in and coming out in our belly or

449

00:19:16,769 --> 00:19:14,559

at the nose we can you can use your

450

00:19:18,960 --> 00:19:16,779

hands and just count out and just follow

451  
00:19:21,090 --> 00:19:18,970  
your breath so counting one breath and

452  
00:19:23,700 --> 00:19:21,100  
then touching the pointer finger than

453  
00:19:25,409 --> 00:19:23,710  
one breast and touching the middle

454  
00:19:28,379 --> 00:19:25,419  
finger one breast and touching the ring

455  
00:19:29,820 --> 00:19:28,389  
finger one breast and touching the pinky

456  
00:19:32,610 --> 00:19:29,830  
and just going through that progression

457  
00:19:34,919 --> 00:19:32,620  
with both hands and so you know

458  
00:19:37,649 --> 00:19:34,929  
basically most people breathe about 12

459  
00:19:39,690 --> 00:19:37,659  
times a minute and so if you do that for

460  
00:19:43,560 --> 00:19:39,700  
eight breaths then you've got about 45

461  
00:19:47,269 --> 00:19:43,570  
seconds or so of of basically focusing

462  
00:19:50,279 --> 00:19:47,279  
on one thing only and that one thing is

463  
00:19:52,560 --> 00:19:50,289

in this present moment and what happens

464

00:19:54,810 --> 00:19:52,570

when you're able to look at that and do

465

00:19:58,649 --> 00:19:54,820

that you kind of build the ability to

466

00:20:01,289 --> 00:19:58,659

focus such that the whatever's going on

467

00:20:04,409 --> 00:20:01,299

in the moment is not the be-all and

468

00:20:07,980 --> 00:20:04,419

end-all and so it kind of changes the

469

00:20:10,490 --> 00:20:07,990

way your brain actually works it changes

470

00:20:14,430 --> 00:20:10,500

the pathways by which your your brain

471

00:20:16,350 --> 00:20:14,440

processes information hmmm well let me

472

00:20:17,730 --> 00:20:16,360

ask you outside of learning to stop I

473

00:20:20,430 --> 00:20:17,740

mean since you do have a pretty

474

00:20:23,700 --> 00:20:20,440

traditional medical background and

475

00:20:25,830 --> 00:20:23,710

education you know where else do you

476

00:20:28,200 --> 00:20:25,840

think it is that the American philosophy

477

00:20:34,950 --> 00:20:28,210

to medicine and health is missing the

478

00:20:37,230 --> 00:20:34,960

mark well I think ultimately the the way

479

00:20:39,360 --> 00:20:37,240

it's evolving over time you know it's

480

00:20:42,029 --> 00:20:39,370

evolved from something that's very

481

00:20:44,310 --> 00:20:42,039

technology and procedure focused to

482

00:20:48,450 --> 00:20:44,320

being more relationship centered so that

483

00:20:50,220 --> 00:20:48,460

again the physician is not the the main

484

00:20:52,860 --> 00:20:50,230

purveyor of something trying to fix

485

00:20:54,930 --> 00:20:52,870

what's broken or trying to help somebody

486

00:20:57,330 --> 00:20:54,940

that's weaker it's more of a partnership

487

00:20:59,820 --> 00:20:57,340

where we're trying to serve and so

488

00:21:01,950 --> 00:20:59,830

service can only take place on the level

489

00:21:04,440 --> 00:21:01,960

of a shared humanity and I think

490

00:21:06,840 --> 00:21:04,450

medicine is moving toward that medicine

491

00:21:10,470 --> 00:21:06,850

is also moving toward including things

492

00:21:13,690 --> 00:21:10,480

that are as simple as what we eat how we

493

00:21:16,149 --> 00:21:13,700

move how we manage stress in our life

494

00:21:18,610 --> 00:21:16,159

how we how we look at what we're all

495

00:21:21,009 --> 00:21:18,620

tamika now twitch that's what we call

496

00:21:24,370 --> 00:21:21,019

our spirituality what's our ultimate

497

00:21:27,759 --> 00:21:24,380

concern and so then also looking at kind

498

00:21:29,440 --> 00:21:27,769

of what Cass 'it's the person with the

499

00:21:32,230 --> 00:21:29,450

illness or the patient brings to the

500

00:21:36,039 --> 00:21:32,240

table just that word patient is a good

501  
00:21:37,810 --> 00:21:36,049  
example of how how the relationship is

502  
00:21:40,149 --> 00:21:37,820  
already set up the word patient comes

503  
00:21:43,210 --> 00:21:40,159  
from a Latin word that means submissive

504  
00:21:46,000 --> 00:21:43,220  
sufferer and so we're already kind of

505  
00:21:48,430 --> 00:21:46,010  
set up to be yeah and so in order to

506  
00:21:50,470 --> 00:21:48,440  
really move medicine forward and as

507  
00:21:52,240 --> 00:21:50,480  
medicine does move forward what we're

508  
00:21:55,090 --> 00:21:52,250  
seeing is that people are not

509  
00:21:58,409 --> 00:21:55,100  
submissively suffering anymore they're

510  
00:22:01,149 --> 00:21:58,419  
becoming responsibly part responsible

511  
00:22:03,009 --> 00:22:01,159  
participants in their care and that's

512  
00:22:05,470 --> 00:22:03,019  
that's a big that's the next step that's

513  
00:22:06,669 --> 00:22:05,480

that's the next whole level that's going

514

00:22:08,110 --> 00:22:06,679

to we're not going to get rid of the

515

00:22:09,580 --> 00:22:08,120

technologies and procedures because

516

00:22:11,830 --> 00:22:09,590

they're good I mean those are good

517

00:22:14,139 --> 00:22:11,840

things we can use those but we're going

518

00:22:17,620 --> 00:22:14,149

to expand upon it so that that provider

519

00:22:19,570 --> 00:22:17,630

procedure set centric type of field

520

00:22:21,909 --> 00:22:19,580

that's focused on healing or helping and

521

00:22:23,620 --> 00:22:21,919

fixing muse walk towards one that's

522

00:22:26,740 --> 00:22:23,630

relationship centered and focused on

523

00:22:29,710 --> 00:22:26,750

service since you do have a background

524

00:22:32,289 --> 00:22:29,720

radiation I've heard from some people

525

00:22:34,509 --> 00:22:32,299

who prefer like holistic approaches to

526

00:22:38,649 --> 00:22:34,519

cancer I've heard them describe

527

00:22:41,379 --> 00:22:38,659

radiation as a method that just tries to

528

00:22:43,779 --> 00:22:41,389

kill the two kill the cancer before it

529

00:22:45,879 --> 00:22:43,789

kills the host you know as kind of

530

00:22:48,129 --> 00:22:45,889

saying like it's a it pretty much makes

531

00:22:50,350 --> 00:22:48,139

you sick entirely and it you know kind

532

00:22:52,450 --> 00:22:50,360

of destroys your body and in other ways

533

00:22:55,779 --> 00:22:52,460

and this is just you know I have I'm

534

00:22:57,250 --> 00:22:55,789

completely ignorant so it's hard for me

535

00:22:59,259 --> 00:22:57,260

to know who to believe because everyone

536

00:23:02,080 --> 00:22:59,269

has an agenda that holistic people just

537

00:23:04,210 --> 00:23:02,090

want to demonize the conventional but

538

00:23:07,240 --> 00:23:04,220

you seem to toe the line in the middle

539

00:23:09,669 --> 00:23:07,250

yeah so I mean I think that's I would

540

00:23:13,720 --> 00:23:09,679

say if you look at the evolution of all

541

00:23:16,060 --> 00:23:13,730

these things the basically 20 years ago

542

00:23:18,789 --> 00:23:16,070

there was kind of like holistic medicine

543

00:23:20,350 --> 00:23:18,799

which was its own will feel more or less

544

00:23:22,210 --> 00:23:20,360

and then there was conventional medicine

545

00:23:24,490 --> 00:23:22,220

and then eventually what happened was

546

00:23:27,160 --> 00:23:24,500

there was alternative medicine and then

547

00:23:28,750 --> 00:23:27,170

there was conventional medicine and then

548

00:23:30,490 --> 00:23:28,760

we started saying well no it's not just

549

00:23:32,080 --> 00:23:30,500

alternative there's complementary and

550

00:23:34,360 --> 00:23:32,090

alternative medicine and that had a nice

551

00:23:35,800 --> 00:23:34,370

little moniker to its anything in

552

00:23:37,210 --> 00:23:35,810

medicine that's worth its weight will

553

00:23:38,710 --> 00:23:37,220

have a little moniker you know so it was

554

00:23:41,260 --> 00:23:38,720

called cam and all of a sudden people

555

00:23:43,120 --> 00:23:41,270

could research cam there was a national

556

00:23:44,740 --> 00:23:43,130

center n cam national center for

557

00:23:47,500 --> 00:23:44,750

complementary alternative medicine to

558

00:23:50,020 --> 00:23:47,510

the NCI and so then complement

559

00:23:52,540 --> 00:23:50,030

alternative medicine kind of became more

560

00:23:54,640 --> 00:23:52,550

integrative medicine so looking at what

561

00:23:56,980 --> 00:23:54,650

works regardless of what is where Claire

562

00:23:59,440 --> 00:23:56,990

came from and then trying to integrate

563

00:24:01,510 --> 00:23:59,450

it into the into the system and that's

564

00:24:04,120 --> 00:24:01,520

really where we are right now and in

565

00:24:06,490 --> 00:24:04,130

that whole trajectory there's been a lot

566

00:24:08,290 --> 00:24:06,500

of these conspiracy theories on on both

567

00:24:09,820 --> 00:24:08,300

sides ultimately there's been the

568

00:24:11,740 --> 00:24:09,830

conventional doctors saying that

569

00:24:13,780 --> 00:24:11,750

anything that isn't conventional is just

570

00:24:15,310 --> 00:24:13,790

pure quackery you know that it just

571

00:24:17,530 --> 00:24:15,320

doesn't make any sense and it's all just

572

00:24:20,080 --> 00:24:17,540

frou-frou kind of like the way I used to

573

00:24:22,900 --> 00:24:20,090

think about the word healing but when

574

00:24:25,300 --> 00:24:22,910

you actually come to and take an

575

00:24:26,490 --> 00:24:25,310

objective and clear look at a lot of

576  
00:24:29,320 --> 00:24:26,500  
these complementary and alternative

577  
00:24:30,700 --> 00:24:29,330  
systems they have value and and

578  
00:24:35,140 --> 00:24:30,710  
ultimately the way I've figured that out

579  
00:24:37,060 --> 00:24:35,150  
just by experiencing them myself so you

580  
00:24:38,770 --> 00:24:37,070  
know looking at what it's like to eat a

581  
00:24:40,960 --> 00:24:38,780  
whole food plant-based diet and how I

582  
00:24:43,510 --> 00:24:40,970  
feel looking at what it's like to

583  
00:24:46,510 --> 00:24:43,520  
experience acupuncture or massage or

584  
00:24:48,130 --> 00:24:46,520  
traditional Chinese medicine you know

585  
00:24:51,430 --> 00:24:48,140  
looking at what it's like the practice

586  
00:24:53,380 --> 00:24:51,440  
meditation or different forms of

587  
00:24:57,700 --> 00:24:53,390  
physical activity like yoga or to

588  
00:24:59,950 --> 00:24:57,710

participate in in groups so so all these

589

00:25:02,590 --> 00:24:59,960

things I've kind of done is by a little

590

00:25:05,950 --> 00:25:02,600

laboratory but over time that's getting

591

00:25:07,570 --> 00:25:05,960

better the the kind of conspiracy

592

00:25:09,540 --> 00:25:07,580

theories on both sides where the

593

00:25:11,230 --> 00:25:09,550

complementary folks will say well the

594

00:25:13,150 --> 00:25:11,240

establishment doesn't want you to know

595

00:25:15,250 --> 00:25:13,160

about these therapies because there's so

596

00:25:16,870 --> 00:25:15,260

much better and cheaper and they they

597

00:25:18,880 --> 00:25:16,880

work header and the other things don't

598

00:25:20,200 --> 00:25:18,890

work and then the other side says well

599

00:25:21,850 --> 00:25:20,210

that's just a bunch of quackery what

600

00:25:23,800 --> 00:25:21,860

they do is really have any effect all

601  
00:25:25,660 --> 00:25:23,810  
that's really kind of washing away and

602  
00:25:27,970 --> 00:25:25,670  
the reason it's washing away it's

603  
00:25:30,670 --> 00:25:27,980  
because the people that are that have

604  
00:25:32,980 --> 00:25:30,680  
the ability to stand up and advocate for

605  
00:25:34,840 --> 00:25:32,990  
themselves are saying look you know I'm

606  
00:25:37,450 --> 00:25:34,850  
important here what I do is important

607  
00:25:38,920 --> 00:25:37,460  
here and these therapies work for me you

608  
00:25:40,540 --> 00:25:38,930  
know there are some therapies that it

609  
00:25:43,810 --> 00:25:40,550  
might not be possible to do

610  
00:25:45,880 --> 00:25:43,820  
a double-blind randomized trial but that

611  
00:25:50,020 --> 00:25:45,890  
doesn't make it have any less value and

612  
00:25:51,550 --> 00:25:50,030  
so so the the key is I think that

613  
00:25:54,820 --> 00:25:51,560

there's different levels of evidence

614

00:25:58,720 --> 00:25:54,830

that need to be in place for different

615

00:26:00,430 --> 00:25:58,730

types of therapy so for a therapy that

616

00:26:03,040 --> 00:26:00,440

is going to have tremendous potential

617

00:26:04,660 --> 00:26:03,050

toxicity like radiation you know if we

618

00:26:07,990 --> 00:26:04,670

put some if we put somebody in a room

619

00:26:09,580 --> 00:26:08,000

and we deliver a dose of radiation it

620

00:26:11,170 --> 00:26:09,590

could literally kill them if we deliver

621

00:26:12,580 --> 00:26:11,180

a dose of radiation to their whole body

622

00:26:14,380 --> 00:26:12,590

kind of like what would happen at

623

00:26:16,990 --> 00:26:14,390

Chernobyl or something like that a whole

624

00:26:21,850 --> 00:26:17,000

body dose of radiation can kill you it'd

625

00:26:25,750 --> 00:26:21,860

be really hard to take a dose of saw

626

00:26:29,830 --> 00:26:25,760

palmetto that would kill you and so so

627

00:26:32,250 --> 00:26:29,840

the the the risks are different the

628

00:26:35,170 --> 00:26:32,260

benefits are all so different and so

629

00:26:38,160 --> 00:26:35,180

radiation can be aimed and targeted in a

630

00:26:40,960 --> 00:26:38,170

cancer cell and kill the cancer cell and

631

00:26:43,750 --> 00:26:40,970

if done in the correct way it can

632

00:26:46,210 --> 00:26:43,760

inspire normal tissue now different

633

00:26:48,250 --> 00:26:46,220

botanicals and and other types of

634

00:26:50,620 --> 00:26:48,260

complementary approaches they hit

635

00:26:55,030 --> 00:26:50,630

specific targets but they hit him much

636

00:26:57,850 --> 00:26:55,040

more gently and so the benefit is kind

637

00:26:59,650 --> 00:26:57,860

of milder lighter more prevented

638

00:27:02,050 --> 00:26:59,660

prevention oriented more supportive

639

00:27:04,420 --> 00:27:02,060

oriented and the risk is also

640

00:27:06,910 --> 00:27:04,430

significantly lower and so they're just

641

00:27:09,930 --> 00:27:06,920

there are different different intentions

642

00:27:12,550 --> 00:27:09,940

for different modalities and different

643

00:27:15,720 --> 00:27:12,560

risk benefit ratios for different

644

00:27:18,940 --> 00:27:15,730

modalities and so in order to truly

645

00:27:20,200 --> 00:27:18,950

transcend and include to basically get

646

00:27:22,990 --> 00:27:20,210

to a point where we're looking at

647

00:27:25,630 --> 00:27:23,000

everything in the world of medicine that

648

00:27:27,520 --> 00:27:25,640

works such that we can address issues

649

00:27:29,200 --> 00:27:27,530

that are related to the patient a

650

00:27:31,270 --> 00:27:29,210

patient centered relationship centered

651  
00:27:34,780 --> 00:27:31,280  
approach we need to take that entire

652  
00:27:38,920 --> 00:27:34,790  
world into account and realize that we

653  
00:27:40,720 --> 00:27:38,930  
have big toolbox right and in that

654  
00:27:42,130 --> 00:27:40,730  
toolbox there's conventional methods

655  
00:27:44,410 --> 00:27:42,140  
there's complimentary methods or

656  
00:27:46,810 --> 00:27:44,420  
alternative systems of care but none of

657  
00:27:49,570 --> 00:27:46,820  
those are more important than the

658  
00:27:53,290 --> 00:27:49,580  
individual and all of them can walk

659  
00:27:54,280 --> 00:27:53,300  
together well said you have a line in

660  
00:27:56,710 --> 00:27:54,290  
the book say

661  
00:27:59,380 --> 00:27:56,720  
pain from a cancer prevention standpoint

662  
00:28:02,770 --> 00:27:59,390  
there's no safe daily amount of alcohol

663  
00:28:04,930 --> 00:28:02,780

which is really concerning to me but

664

00:28:07,450 --> 00:28:04,940

that's what I said about it what why is

665

00:28:08,530 --> 00:28:07,460

that why is alcohol such a problem and I

666

00:28:14,170 --> 00:28:08,540

didn't haven't heard there was related

667

00:28:16,060 --> 00:28:14,180

to cancer yeah so alcohol basically has

668

00:28:17,680 --> 00:28:16,070

multiple effects to the arrow for

669

00:28:21,700 --> 00:28:17,690

through the upper like aerodigestive

670

00:28:24,820 --> 00:28:21,710

tract it has hormonal effects now people

671

00:28:27,180 --> 00:28:24,830

have talked about for example red wine

672

00:28:29,140 --> 00:28:27,190

drinking red wine because of the

673

00:28:30,970 --> 00:28:29,150

substances in it and how it could

674

00:28:33,870 --> 00:28:30,980

potentially help with heart disease and

675

00:28:37,270 --> 00:28:33,880

be have some potential health benefits

676

00:28:39,340 --> 00:28:37,280

and so the biggest study that's out

677

00:28:42,640 --> 00:28:39,350

there is a study that was done in Europe

678

00:28:44,590 --> 00:28:42,650

over 300,000 people and it looked at

679

00:28:46,770 --> 00:28:44,600

trying to define is there a safe amount

680

00:28:49,210 --> 00:28:46,780

of alcohol that people can drink and

681

00:28:51,400 --> 00:28:49,220

ultimately they were just not able to

682

00:28:53,020 --> 00:28:51,410

define that now there is a recent study

683

00:28:55,630 --> 00:28:53,030

that's come out since we published our

684

00:28:57,850 --> 00:28:55,640

book or recent analysis of that study

685

00:28:59,590 --> 00:28:57,860

that said that maybe people that said

686

00:29:01,750 --> 00:28:59,600

they were only drinking one drink a day

687

00:29:03,640 --> 00:29:01,760

we're actually drinking more and so

688

00:29:06,820 --> 00:29:03,650

there could be some reporting bias there

689

00:29:08,800 --> 00:29:06,830

but from a standpoint of you know just

690

00:29:11,260 --> 00:29:08,810

thinking about if you think about kind

691

00:29:13,810 --> 00:29:11,270

of the way we're taught about nutrition

692

00:29:17,380 --> 00:29:13,820

and our culture's with the old food

693

00:29:19,390 --> 00:29:17,390

pyramid right and so the very top of the

694

00:29:22,540 --> 00:29:19,400

pyramid are things that we just want to

695

00:29:24,940 --> 00:29:22,550

use sparingly occasionally and so I

696

00:29:26,560 --> 00:29:24,950

would put alcohol it's a very top of the

697

00:29:28,480 --> 00:29:26,570

pyramid there I don't think it's

698

00:29:31,600 --> 00:29:28,490

something that we should use on a daily

699

00:29:34,090 --> 00:29:31,610

basis it's something that you know drink

700

00:29:38,590 --> 00:29:34,100

or two you know maybe once a week or

701  
00:29:43,360 --> 00:29:38,600  
once a month is reasonable but from a

702  
00:29:46,180 --> 00:29:43,370  
pure if your goal is to prevent illness

703  
00:29:49,810 --> 00:29:46,190  
to say that you want to drink six pack a

704  
00:29:52,450 --> 00:29:49,820  
day is is not a cancer prevention type

705  
00:29:55,770 --> 00:29:52,460  
of a purpose and so I would put it right

706  
00:30:00,220 --> 00:29:55,780  
up there with tobacco use ultimately

707  
00:30:02,200 --> 00:30:00,230  
yeah which I I've always been against

708  
00:30:04,960 --> 00:30:02,210  
that which is so strange because I have

709  
00:30:06,550 --> 00:30:04,970  
no other areas of life am I healthy but

710  
00:30:08,169 --> 00:30:06,560  
I do want to get a bit more into the

711  
00:30:10,570 --> 00:30:08,179  
book sustainable wellness

712  
00:30:12,970 --> 00:30:10,580  
as you heard a bit in the intro I'm not

713  
00:30:15,609 --> 00:30:12,980

a healthy man I thought maybe I could

714

00:30:17,409 --> 00:30:15,619

outline what a day is for me objectively

715

00:30:19,169 --> 00:30:17,419

you could tell me where you think the

716

00:30:22,149 --> 00:30:19,179

most beneficial changes could be made

717

00:30:24,580 --> 00:30:22,159

okay because even when i wrote this out

718

00:30:26,980 --> 00:30:24,590

i was like wow that's pretty bad and it

719

00:30:29,289 --> 00:30:26,990

is because i don't stop i don't really

720

00:30:30,970 --> 00:30:29,299

think about it it is in the back of my

721

00:30:32,289 --> 00:30:30,980

mind that I'm like okay tomorrow I'm

722

00:30:34,299 --> 00:30:32,299

going to have to work out some different

723

00:30:39,100 --> 00:30:34,309

because I can't keep doing this but yet

724

00:30:41,350 --> 00:30:39,110

it's been years so in all honesty I wake

725

00:30:44,109 --> 00:30:41,360

up for work after about five or six

726

00:30:47,139 --> 00:30:44,119

miserable hours of sleep I usually feel

727

00:30:50,049 --> 00:30:47,149

sick I'm stuffy I call it allergies I

728

00:30:52,330 --> 00:30:50,059

smoke some weed I take a shower I stop

729

00:30:54,930 --> 00:30:52,340

at 7-eleven on my way to work usually

730

00:30:58,090 --> 00:30:54,940

get an energy drink some kind of Danish

731

00:31:00,580 --> 00:30:58,100

once I finally get a lunch break I smoke

732

00:31:02,830 --> 00:31:00,590

again and with only 30 minutes usually

733

00:31:06,879 --> 00:31:02,840

go through a drive through to get a

734

00:31:09,129 --> 00:31:06,889

burger fries a soda for sure i get off

735

00:31:11,859 --> 00:31:09,139

work smoke weed and after a nine-hour

736

00:31:14,109 --> 00:31:11,869

day at the store and an hour commute I

737

00:31:16,269 --> 00:31:14,119

don't have the time or energy for much

738

00:31:19,239 --> 00:31:16,279

other than another drive through sadly

739

00:31:21,909 --> 00:31:19,249

maybe panda express or taco bell I come

740

00:31:24,249 --> 00:31:21,919

home smoke some more have a few beers or

741

00:31:30,009 --> 00:31:24,259

mimosas embrace myself for another day

742

00:31:32,259 --> 00:31:30,019

so what am I not doing right well I

743

00:31:35,289 --> 00:31:32,269

guess I would just the first thing I

744

00:31:37,810 --> 00:31:35,299

would say is you know how did you get to

745

00:31:39,700 --> 00:31:37,820

the point where you're where you have

746

00:31:41,789 --> 00:31:39,710

this lifestyle right now is this select

747

00:31:46,480 --> 00:31:41,799

out of it how did you arrive at this

748

00:31:47,830 --> 00:31:46,490

well I mean I really feel that you know

749

00:31:49,749 --> 00:31:47,840

growing up I always did have to have

750

00:31:51,850 --> 00:31:49,759

dinner with my family that was a big

751  
00:31:54,549 --> 00:31:51,860  
thing my mom would always cook but once

752  
00:31:57,430 --> 00:31:54,559  
I got out of the age of having dinner

753  
00:31:59,109 --> 00:31:57,440  
nightly with my family with my parents I

754  
00:32:00,789 --> 00:31:59,119  
would just go through a drive thru with

755  
00:32:03,850 --> 00:32:00,799  
friends you know we were living cheap at

756  
00:32:07,330 --> 00:32:03,860  
16 to 18 I'm probably a little longer

757  
00:32:11,320 --> 00:32:07,340  
than that and you know now it's just

758  
00:32:12,700 --> 00:32:11,330  
that the show has so much that I have to

759  
00:32:14,980 --> 00:32:12,710  
dedicate so much time to the show off

760  
00:32:17,590 --> 00:32:14,990  
off of work it's like a second job so

761  
00:32:20,379 --> 00:32:17,600  
when I am at work I really am just go go

762  
00:32:22,000 --> 00:32:20,389  
go and I don't have a lot of choices i

763  
00:32:25,150 --> 00:32:22,010

know that to really do it right

764

00:32:28,480 --> 00:32:25,160

would have to probably make myself food

765

00:32:29,950 --> 00:32:28,490

well in advance but I just don't seem to

766

00:32:32,050 --> 00:32:29,960

take the time I think a lot of people

767

00:32:36,490 --> 00:32:32,060

are probably in the same boat with me on

768

00:32:39,820 --> 00:32:36,500

that one no yeah so um what what do you

769

00:32:42,250 --> 00:32:39,830

do to when you're not working because it

770

00:32:43,930 --> 00:32:42,260

sounds like the sound like what you're

771

00:32:45,910 --> 00:32:43,940

saying is the work is really kind of

772

00:32:48,430 --> 00:32:45,920

what what drives you right now that

773

00:32:51,220 --> 00:32:48,440

right I would say so I would say it is

774

00:32:54,250 --> 00:32:51,230

and when I'm not there I feel like I

775

00:32:56,860 --> 00:32:54,260

deserve a couple hours of relaxation so

776

00:32:59,770 --> 00:32:56,870

exercise is pretty much off the table as

777

00:33:02,140 --> 00:32:59,780

well it's a I think it's a pattern that

778

00:33:05,020 --> 00:33:02,150

a lot of people get into I'm I guess I

779

00:33:08,590 --> 00:33:05,030

feel sort of lucky and that I have a

780

00:33:12,100 --> 00:33:08,600

high metabolism I mean I'm 61 I'm 165

781

00:33:14,020 --> 00:33:12,110

pounds I'm pretty skinny guy and if that

782

00:33:16,780 --> 00:33:14,030

were to really start changing I'm sure

783

00:33:19,450 --> 00:33:16,790

I'd probably look at it differently but

784

00:33:23,890 --> 00:33:19,460

I know I can't be healthy regardless of

785

00:33:27,190 --> 00:33:23,900

what it looks like yeah yeah so you know

786

00:33:28,780 --> 00:33:27,200

I mean your situation I would obviously

787

00:33:30,280 --> 00:33:28,790

I need a little more time to sit in

788

00:33:35,260 --> 00:33:30,290

poverty but just some things that I

789

00:33:39,490 --> 00:33:35,270

would just beer for you or you know from

790

00:33:41,260 --> 00:33:39,500

a standpoint of kind of the rhythm of

791

00:33:43,000 --> 00:33:41,270

your life it sounds like you know it

792

00:33:46,660 --> 00:33:43,010

sounds like you're not getting terribly

793

00:33:50,590 --> 00:33:46,670

restful sleep no and then it sounds like

794

00:33:52,840 --> 00:33:50,600

you're so from standpoint of I guess

795

00:33:54,070 --> 00:33:52,850

let's go through let's use our one of

796

00:33:56,830 --> 00:33:54,080

the things we use in the book with a

797

00:33:58,900 --> 00:33:56,840

three-legged stool of Health oh yeah and

798

00:34:00,820 --> 00:33:58,910

I like that analogy because I did what

799

00:34:03,490 --> 00:34:00,830

would we like to talk about is if the

800

00:34:06,100 --> 00:34:03,500

school is out of balance then or if

801  
00:34:07,240 --> 00:34:06,110  
you'll your sittings on upon it is out

802  
00:34:09,310 --> 00:34:07,250  
of balance and just a little out of

803  
00:34:10,659 --> 00:34:09,320  
balance you don't need big tools you

804  
00:34:12,100 --> 00:34:10,669  
don't need to replace the leg or

805  
00:34:15,220 --> 00:34:12,110  
anything like that you just need little

806  
00:34:17,110 --> 00:34:15,230  
tools to put under specific areas to get

807  
00:34:19,540 --> 00:34:17,120  
the thing back in balance yeah and so

808  
00:34:22,149 --> 00:34:19,550  
the first step is being able to be aware

809  
00:34:23,980 --> 00:34:22,159  
that it's out of balance and what you

810  
00:34:26,139 --> 00:34:23,990  
just did that little exercise you just

811  
00:34:28,270 --> 00:34:26,149  
did is an exercise and awareness and so

812  
00:34:31,450 --> 00:34:28,280  
that's the first step you just wrote

813  
00:34:33,610 --> 00:34:31,460

down you know this is my day and so

814

00:34:35,260 --> 00:34:33,620

you're aware enough to know that this is

815

00:34:35,950 --> 00:34:35,270

what you're doing and it sounds like

816

00:34:38,379 --> 00:34:35,960

you're also

817

00:34:40,750 --> 00:34:38,389

aware enough to say that it's not a

818

00:34:43,359 --> 00:34:40,760

terribly balanced relationship with you

819

00:34:46,510 --> 00:34:43,369

and your body right no no not at all

820

00:34:48,790 --> 00:34:46,520

yeah and so so then you start looking at

821

00:34:51,520 --> 00:34:48,800

the different legs of the three-legged

822

00:34:53,560 --> 00:34:51,530

stool right so physical activity laws

823

00:34:57,339 --> 00:34:53,570

what kind of physical activity do you do

824

00:35:01,150 --> 00:34:57,349

during the day just walk into the car to

825

00:35:03,400 --> 00:35:01,160

then get drive to work right so that leg

826

00:35:05,500 --> 00:35:03,410

is by a little out of balance so might

827

00:35:07,900 --> 00:35:05,510

think about you know the things might be

828

00:35:10,660 --> 00:35:07,910

leaning in that direction so that's one

829

00:35:12,609 --> 00:35:10,670

piece from oh look out then what what

830

00:35:16,359 --> 00:35:12,619

about from a standpoint of nutrition you

831

00:35:18,910 --> 00:35:16,369

know from a nutritional standpoint is

832

00:35:21,310 --> 00:35:18,920

that are you eating a lot of processed

833

00:35:24,089 --> 00:35:21,320

foods yeah are you eating a lot of

834

00:35:26,980 --> 00:35:24,099

animal products are you taking in

835

00:35:29,170 --> 00:35:26,990

something to help get you up and then

836

00:35:30,609 --> 00:35:29,180

are you taking in something to help get

837

00:35:33,820 --> 00:35:30,619

you down you know I'm a hundred percent

838

00:35:37,630 --> 00:35:33,830

o every detect chak chak de tech right

839

00:35:40,210 --> 00:35:37,640

okay and so so that leg of the stool is

840

00:35:43,839 --> 00:35:40,220

also having a little rickety you know

841

00:35:45,339 --> 00:35:43,849

cognition could give some focus and then

842

00:35:48,120 --> 00:35:45,349

the third leg of the stool is stress

843

00:35:51,520 --> 00:35:48,130

management so how do you feel like your

844

00:35:54,970 --> 00:35:51,530

stress level is oh pretty through the

845

00:35:57,310 --> 00:35:54,980

roof pretty much one of them pretty much

846

00:35:58,750 --> 00:35:57,320

unhappy all the time you know just

847

00:36:01,210 --> 00:35:58,760

trying to get out of the nine to five

848

00:36:05,079 --> 00:36:01,220

day job is is pretty stressful dealing

849

00:36:09,130 --> 00:36:05,089

with people all day is very uh it gets

850

00:36:11,470 --> 00:36:09,140

on my patients so so your work it sounds

851  
00:36:13,540 --> 00:36:11,480  
like you're not enjoying it that much is

852  
00:36:15,250 --> 00:36:13,550  
that correct right that would be one

853  
00:36:17,740 --> 00:36:15,260  
hundred percent correct and the only

854  
00:36:21,490 --> 00:36:17,750  
stress management I do I like to pretend

855  
00:36:23,859 --> 00:36:21,500  
I like to us I do feel like I have a

856  
00:36:25,599 --> 00:36:23,869  
pretty laid-back attitude but you know

857  
00:36:28,660 --> 00:36:25,609  
that doesn't necessarily mean that the

858  
00:36:31,750 --> 00:36:28,670  
stress washes off I think marijuana is

859  
00:36:34,089 --> 00:36:31,760  
really my only and an alcohol are really

860  
00:36:37,900 --> 00:36:34,099  
the only things I do to deal with the

861  
00:36:41,230 --> 00:36:37,910  
daily stress yeah and so those are

862  
00:36:43,900 --> 00:36:41,240  
there's those two things have potential

863  
00:36:46,750 --> 00:36:43,910

repercussions of yesterday they're kind

864

00:36:48,349 --> 00:36:46,760

of artificial ups and artificial downs

865

00:36:50,359 --> 00:36:48,359

you know to a certain extent

866

00:36:52,130 --> 00:36:50,369

so that leg of the stool could use a

867

00:36:54,049 --> 00:36:52,140

little addressing and so from a

868

00:36:56,150 --> 00:36:54,059

spirituality perspective do you have any

869

00:36:58,339 --> 00:36:56,160

kind of spiritual connection or

870

00:37:00,229 --> 00:36:58,349

spiritual approach that you think about

871

00:37:01,910 --> 00:37:00,239

or what's your what's the thing in your

872

00:37:04,249 --> 00:37:01,920

life if you were to say this is like the

873

00:37:08,180 --> 00:37:04,259

thing I'm ultimately concerned and in my

874

00:37:11,960 --> 00:37:08,190

life I would say ultimately concerned a

875

00:37:14,690 --> 00:37:11,970

bit of an obsession is being self

876

00:37:16,640 --> 00:37:14,700

sustaining economically being able to

877

00:37:18,890 --> 00:37:16,650

buy back my freedom from the corporate

878

00:37:21,109 --> 00:37:18,900

world essentially that's probably the

879

00:37:25,039 --> 00:37:21,119

biggest concern think that's why I work

880

00:37:27,529 --> 00:37:25,049

myself so hard to try to pull myself out

881

00:37:30,589 --> 00:37:27,539

of this and that's that adds a lot of

882

00:37:31,940 --> 00:37:30,599

stress so when you say by yourself back

883

00:37:34,339 --> 00:37:31,950

from the corporate world one of what do

884

00:37:37,549 --> 00:37:34,349

you mean exactly like debt was or like

885

00:37:39,979 --> 00:37:37,559

um I'm not in a whole lot debt but just

886

00:37:42,319 --> 00:37:39,989

I'd like to be able to pay for my life

887

00:37:44,479 --> 00:37:42,329

for the just the average you know the

888

00:37:47,450 --> 00:37:44,489

average middle-class life with some

889

00:37:50,229 --> 00:37:47,460

creative outlet like this show or I also

890

00:37:53,900 --> 00:37:50,239

sell conspiracy t-shirts are related to

891

00:37:55,339 --> 00:37:53,910

the show and if those two things if I

892

00:37:57,859 --> 00:37:55,349

could make a living doing those two

893

00:38:00,229 --> 00:37:57,869

things and you know i would say buy back

894

00:38:03,739 --> 00:38:00,239

my freedom because i'm not forced to go

895

00:38:05,749 --> 00:38:03,749

to anywhere to some building eight hours

896

00:38:08,599 --> 00:38:05,759

a day eight nine hours a day that's the

897

00:38:11,859 --> 00:38:08,609

type of thing I'm talking about yeah and

898

00:38:14,180 --> 00:38:11,869

so right now your work entails you

899

00:38:16,779 --> 00:38:14,190

working eight hours a day and a in a

900

00:38:19,849 --> 00:38:16,789

building basically yeah I actually run a

901  
00:38:23,059 --> 00:38:19,859  
video game store a corporate video game

902  
00:38:28,809 --> 00:38:23,069  
store I'm there about 50 hours a week ok

903  
00:38:34,700 --> 00:38:32,359  
so I mean I think you know basically if

904  
00:38:37,180 --> 00:38:34,710  
you think about each of those areas then

905  
00:38:39,799 --> 00:38:37,190  
and say to yourself ok first of all

906  
00:38:43,069 --> 00:38:39,809  
there's no need to like throw everything

907  
00:38:44,630 --> 00:38:43,079  
out and say ok I'm just a total mess and

908  
00:38:46,759 --> 00:38:44,640  
we need to change everything all once

909  
00:38:49,220 --> 00:38:46,769  
you know so trying to start off with

910  
00:38:52,579 --> 00:38:49,230  
small incremental changes i think it can

911  
00:38:54,789 --> 00:38:52,589  
be very helpful so instead of for

912  
00:38:56,989 --> 00:38:54,799  
example instead of the energy drinks

913  
00:39:01,460 --> 00:38:56,999

trying to substitute something like

914

00:39:02,000 --> 00:39:01,470

green tea green tea has lower amounts of

915

00:39:05,000 --> 00:39:02,010

caffeine

916

00:39:07,100 --> 00:39:05,010

in it but also very healthy beverage and

917

00:39:09,860 --> 00:39:07,110

can give you a little bit of that pick

918

00:39:12,140 --> 00:39:09,870

me up energy type of a thing that's all

919

00:39:13,670 --> 00:39:12,150

those thing I'm looking for some time to

920

00:39:15,320 --> 00:39:13,680

tip like that because I can still get

921

00:39:17,900 --> 00:39:15,330

that in a 7-eleven I can still enjoy

922

00:39:19,430 --> 00:39:17,910

that during my work day yeah and you can

923

00:39:22,250 --> 00:39:19,440

buy it at a kroger you can buy the

924

00:39:24,350 --> 00:39:22,260

teabags and that can actually become

925

00:39:26,180 --> 00:39:24,360

kind of a stopping practice one of those

926

00:39:28,310 --> 00:39:26,190

little yoga bits where you know you

927

00:39:30,170 --> 00:39:28,320

takes time to heat up the water it takes

928

00:39:32,510 --> 00:39:30,180

time to take the tea bag and put it in

929

00:39:34,430 --> 00:39:32,520

the cup takes time to let it steep and

930

00:39:35,720 --> 00:39:34,440

during that time instead of just

931

00:39:37,610 --> 00:39:35,730

thinking about where am I going where my

932

00:39:40,460 --> 00:39:37,620

been what have I got to do you can just

933

00:39:42,260 --> 00:39:40,470

say ok let's just sit here and watch as

934

00:39:46,190 --> 00:39:42,270

this tea speech now they say a watched

935

00:39:48,050 --> 00:39:46,200

pot never boils right and so instead of

936

00:39:49,520 --> 00:39:48,060

watching what's happening with the tea

937

00:39:52,300 --> 00:39:49,530

just watching what's happening in your

938

00:39:55,220 --> 00:39:52,310

body watching how you're breathing and

939

00:39:57,230 --> 00:39:55,230

may be counting your breaths with your

940

00:39:58,970 --> 00:39:57,240

hand that type of thing so that even

941

00:40:02,330 --> 00:39:58,980

that one little change can have multiple

942

00:40:03,920 --> 00:40:02,340

different points that it would impact

943

00:40:06,200 --> 00:40:03,930

you it impact you potentially

944

00:40:08,030 --> 00:40:06,210

nutritionally it would impact you from a

945

00:40:11,300 --> 00:40:08,040

standpoint of stress management because

946

00:40:13,400 --> 00:40:11,310

it gives you that time to stop so that's

947

00:40:16,340 --> 00:40:13,410

one little kind of neat change that

948

00:40:19,160 --> 00:40:16,350

could be helpful from standpoint of from

949

00:40:21,320 --> 00:40:19,170

a standpoint of physical activity just

950

00:40:23,780 --> 00:40:21,330

trying to even do something as simple as

951  
00:40:26,900 --> 00:40:23,790  
parking further away from the place that

952  
00:40:30,050 --> 00:40:26,910  
you work you know most people get real

953  
00:40:31,640 --> 00:40:30,060  
intimidated by by saying exercise the

954  
00:40:35,540 --> 00:40:31,650  
word exercise it makes you think you got

955  
00:40:38,360 --> 00:40:35,550  
to go to a gym and do p90x and you know

956  
00:40:41,810 --> 00:40:38,370  
then go out and run a marathon and you

957  
00:40:44,600 --> 00:40:41,820  
know so forth and so on actually there's

958  
00:40:46,790 --> 00:40:44,610  
some thought that maybe overtaxing

959  
00:40:48,290 --> 00:40:46,800  
yourself with that level of physical

960  
00:40:50,570 --> 00:40:48,300  
activity could potentially in the long

961  
00:40:52,490 --> 00:40:50,580  
term put you out of balance as well and

962  
00:40:55,190 --> 00:40:52,500  
more prone to injury and so forth and so

963  
00:40:59,300 --> 00:40:55,200

I'm a big advocate of just the simple

964

00:41:01,100 --> 00:40:59,310

lack of walking walking and so get

965

00:41:04,610 --> 00:41:01,110

yourself a nice pair of sneakers that

966

00:41:06,680 --> 00:41:04,620

have decent support and just walking a

967

00:41:08,240 --> 00:41:06,690

total of twenty to thirty minutes a day

968

00:41:10,340 --> 00:41:08,250

doesn't even have to be all the ones

969

00:41:12,500 --> 00:41:10,350

just trying to add spice in little

970

00:41:13,580 --> 00:41:12,510

pieces of physical activity throughout

971

00:41:16,820 --> 00:41:13,590

the day

972

00:41:20,240 --> 00:41:16,830

and so that would be one piece just

973

00:41:22,190 --> 00:41:20,250

trying to walk 20 30 minutes a day even

974

00:41:23,810 --> 00:41:22,200

if you had to try to whichever some

975

00:41:25,910 --> 00:41:23,820

people are morning people some people

976  
00:41:28,160 --> 00:41:25,920  
are night people I would more recommend

977  
00:41:30,110 --> 00:41:28,170  
walking either in the morning or during

978  
00:41:31,940 --> 00:41:30,120  
the day that I would try to wait till

979  
00:41:33,830 --> 00:41:31,950  
night time because at night con you

980  
00:41:37,670 --> 00:41:33,840  
can't trying to ramp self down and get

981  
00:41:39,820 --> 00:41:37,680  
some write some rest so physical

982  
00:41:42,700 --> 00:41:39,830  
activity wise walking 20 minutes a day

983  
00:41:46,670 --> 00:41:42,710  
going back to the nutritional piece

984  
00:41:49,220 --> 00:41:46,680  
there are trying to trying to get in

985  
00:41:52,850 --> 00:41:49,230  
fifty percent let's say starting with

986  
00:41:55,520 --> 00:41:52,860  
fifty percent of your diet has kind of a

987  
00:41:58,400 --> 00:41:55,530  
whole food plant based approach so what

988  
00:42:00,530 --> 00:41:58,410

does that mean exactly ask yourself two

989

00:42:03,530 --> 00:42:00,540

questions before you eat half of what

990

00:42:05,780 --> 00:42:03,540

you eat is in a hole is apart from a

991

00:42:07,220 --> 00:42:05,790

plant or is it from an animal if it's

992

00:42:09,980 --> 00:42:07,230

from an animal that it doesn't meet the

993

00:42:11,570 --> 00:42:09,990

criteria if it's from a plant then ask

994

00:42:13,760 --> 00:42:11,580

yourself as a part of the plant that's

995

00:42:17,030 --> 00:42:13,770

been crushed up and added salt sugar etc

996

00:42:18,650 --> 00:42:17,040

oil that's the process food and if it's

997

00:42:22,520 --> 00:42:18,660

a whole part of the plan it's the root

998

00:42:25,190 --> 00:42:22,530

the fruit the stem the nut the seeds the

999

00:42:27,740 --> 00:42:25,200

leads try to make to start out with

1000

00:42:30,740 --> 00:42:27,750

fifty percent of your diet have that

1001  
00:42:33,830 --> 00:42:30,750  
half of your plate have that whole food

1002  
00:42:35,840 --> 00:42:33,840  
plant-based source and just do that for

1003  
00:42:37,580 --> 00:42:35,850  
each portion of what you eat and

1004  
00:42:40,220 --> 00:42:37,590  
actually some of the fast food

1005  
00:42:42,560 --> 00:42:40,230  
restaurants nowadays are coming out with

1006  
00:42:44,570 --> 00:42:42,570  
more food than are like that they're not

1007  
00:42:47,330 --> 00:42:44,580  
they're not perfect but for example

1008  
00:42:50,030 --> 00:42:47,340  
McDonald's has a oatmeal now that has

1009  
00:42:53,480 --> 00:42:50,040  
fruit and nuts in it and that's a whole

1010  
00:42:57,470 --> 00:42:53,490  
lot different than a make whatever

1011  
00:43:00,380 --> 00:42:57,480  
McMuffin I think mcnabb you know so yeah

1012  
00:43:02,960 --> 00:43:00,390  
it's a totally different deal and so

1013  
00:43:05,960 --> 00:43:02,970

instead of you know kind of ramping

1014

00:43:07,790 --> 00:43:05,970

yourself up during a day and choosing

1015

00:43:10,040 --> 00:43:07,800

you know just try to try to start out

1016

00:43:12,860 --> 00:43:10,050

with doing fifty percent of your

1017

00:43:14,660 --> 00:43:12,870

nutrition having a plant source man you

1018

00:43:18,590 --> 00:43:14,670

do recommend more of a vegetarian

1019

00:43:20,780 --> 00:43:18,600

lifestyle yes I think whole food plant

1020

00:43:23,330 --> 00:43:20,790

based approaches the way out like a

1021

00:43:24,830 --> 00:43:23,340

mmm and there's a lot of for me there

1022

00:43:27,530 --> 00:43:24,840

was a lot of reasons that I'd started

1023

00:43:29,360 --> 00:43:27,540

eating like that it took a lot for me

1024

00:43:31,370 --> 00:43:29,370

because I kinda was grown up with yeah

1025

00:43:34,250 --> 00:43:31,380

like you i sat down every night with my

1026

00:43:39,250 --> 00:43:34,260

family and we'd have London broil and

1027

00:43:43,340 --> 00:43:39,260

some vegetables perfect milk and for me

1028

00:43:46,370 --> 00:43:43,350

over time going through medicine and

1029

00:43:49,100 --> 00:43:46,380

learning about nutrition I realized that

1030

00:43:50,500 --> 00:43:49,110

and then also learning about just kind

1031

00:43:53,300 --> 00:43:50,510

of what's going on in the world I

1032

00:43:55,460 --> 00:43:53,310

realized first of all plants are much

1033

00:43:56,570 --> 00:43:55,470

more healthy than animal products and

1034

00:43:59,750 --> 00:43:56,580

certainly way more healthy than

1035

00:44:01,970 --> 00:43:59,760

processed foods and also realize that it

1036

00:44:05,150 --> 00:44:01,980

takes a lot of natural resources to

1037

00:44:07,940 --> 00:44:05,160

actually grow animals to feed them to

1038

00:44:12,320 --> 00:44:07,950

people as food and animals themselves

1039

00:44:16,400 --> 00:44:12,330

produce more harmful gases associated

1040

00:44:19,490 --> 00:44:16,410

with environmental damage than cars do

1041

00:44:21,380 --> 00:44:19,500

and so if we would stop taking all of

1042

00:44:23,690 --> 00:44:21,390

our plants that were producing and

1043

00:44:25,550 --> 00:44:23,700

feeding them the animals that we then

1044

00:44:27,590 --> 00:44:25,560

feed the humans we'd be able to feed a

1045

00:44:29,480 --> 00:44:27,600

lot more humans and we'd be able to

1046

00:44:31,820 --> 00:44:29,490

protect the Earth a lot more than we are

1047

00:44:36,440 --> 00:44:31,830

right now and so all of those factors

1048

00:44:38,060 --> 00:44:36,450

kind of for me played into going and

1049

00:44:40,370 --> 00:44:38,070

eating more of a whole food plant-based

1050

00:44:41,570 --> 00:44:40,380

die now when thanksgiving comes around

1051

00:44:46,010 --> 00:44:41,580

do i eat a little piece of turkey yeah

1052

00:44:48,200 --> 00:44:46,020

I'm not gonna but I'd say ninety nine

1053

00:44:50,380 --> 00:44:48,210

percent of what I do is a whole food

1054

00:44:53,060 --> 00:44:50,390

plant-based diet and the reason I do it

1055

00:44:56,330 --> 00:44:53,070

ultimately are all those reasons but

1056

00:44:58,400 --> 00:44:56,340

then I feel better and so all of these

1057

00:45:00,200 --> 00:44:58,410

little things that we're talking about

1058

00:45:02,930 --> 00:45:00,210

Greg all these little things these

1059

00:45:05,180 --> 00:45:02,940

little steps are things that you can

1060

00:45:06,980 --> 00:45:05,190

just try for yourself because it doesn't

1061

00:45:08,930 --> 00:45:06,990

matter if I sit here and say oh well you

1062

00:45:11,270 --> 00:45:08,940

know tried green tea and seven any drink

1063

00:45:12,710 --> 00:45:11,280

you know try try watching yourself

1064

00:45:15,500 --> 00:45:12,720

breathe while you're making the tea try

1065

00:45:17,900 --> 00:45:15,510

walking 20 minutes a day when you're

1066

00:45:19,100 --> 00:45:17,910

stuck at a stoplight ride focusing on

1067

00:45:20,930 --> 00:45:19,110

your present all these are just little

1068

00:45:25,670 --> 00:45:20,940

teeny tools but if they don't work for

1069

00:45:27,560 --> 00:45:25,680

you then they don't work and so finding

1070

00:45:30,020 --> 00:45:27,570

finding something that does for you is

1071

00:45:32,000 --> 00:45:30,030

the most vital thing mm-hmm and then

1072

00:45:34,279 --> 00:45:32,010

it's tough I think a lot of people are

1073

00:45:36,769 --> 00:45:34,289

on sort of a fast-food diet

1074

00:45:39,140 --> 00:45:36,779

because of their their jobs is there any

1075

00:45:43,759 --> 00:45:39,150

supplements you would recommend to try

1076

00:45:45,529 --> 00:45:43,769

to offset a diet like that from a

1077

00:45:47,989 --> 00:45:45,539

standpoint of supplements we think about

1078

00:45:50,900 --> 00:45:47,999

them as being complementary to the diet

1079

00:45:53,509 --> 00:45:50,910

so they don't reply interactive yeah you

1080

00:45:56,239 --> 00:45:53,519

can't really let's say that there are

1081

00:45:57,949 --> 00:45:56,249

certain companies that make dehydrated

1082

00:45:59,299 --> 00:45:57,959

that's one fruit supplements and say

1083

00:46:01,429 --> 00:45:59,309

okay well if you just take these pills

1084

00:46:02,900 --> 00:46:01,439

and it's just like eating vegetables and

1085

00:46:05,089 --> 00:46:02,910

fruits and you keep you can just keep

1086

00:46:06,529 --> 00:46:05,099

eating them right standard American diet

1087

00:46:08,299 --> 00:46:06,539

and everything will be fine and

1088

00:46:10,459 --> 00:46:08,309

ultimately that's not a good way of

1089

00:46:13,159 --> 00:46:10,469

looking at it however I do think that

1090

00:46:16,370 --> 00:46:13,169

even with a whole food plant based

1091

00:46:18,169 --> 00:46:16,380

approach the soils that were raising our

1092

00:46:19,549 --> 00:46:18,179

foods in right now are significantly

1093

00:46:21,650 --> 00:46:19,559

more depleted than they were a hundred

1094

00:46:23,239 --> 00:46:21,660

years ago and so there are certain

1095

00:46:25,669 --> 00:46:23,249

vitamins that we just don't get enough

1096

00:46:28,699 --> 00:46:25,679

of so I do advocate people take a good

1097

00:46:31,939 --> 00:46:28,709

multivitamin you can find a good one on

1098

00:46:35,150 --> 00:46:31,949

the doctor wilds vitamin advisor comm

1099

00:46:37,400 --> 00:46:35,160

site a good multivitamin and on another

1100

00:46:40,699 --> 00:46:37,410

supplement that i recommend most folks

1101  
00:46:42,589 --> 00:46:40,709  
would take is a good mega three fat we

1102  
00:46:46,029 --> 00:46:42,599  
just don't get enough omega-3s in our

1103  
00:46:49,309 --> 00:46:46,039  
diet in general and omega-3s are highly

1104  
00:46:51,979 --> 00:46:49,319  
anti-inflammatory and then the other

1105  
00:46:57,439 --> 00:46:51,989  
vitamin that I generally recommend is

1106  
00:46:58,789 --> 00:46:57,449  
vitamin d3 which has pretty much the one

1107  
00:47:02,179 --> 00:46:58,799  
of the bigger vitamins of the day I

1108  
00:47:05,659 --> 00:47:02,189  
guess you might say and for men and

1109  
00:47:08,239 --> 00:47:05,669  
women and so about a thousand

1110  
00:47:10,459 --> 00:47:08,249  
international units of vitamin d3 are

1111  
00:47:12,019 --> 00:47:10,469  
reasonable to take and vitamin b3 is

1112  
00:47:13,939 --> 00:47:12,029  
really more of a hormone so that's kind

1113  
00:47:16,459 --> 00:47:13,949

of a foundational set of supplements for

1114

00:47:20,899 --> 00:47:16,469

men for women I would also add in

1115

00:47:22,370 --> 00:47:20,909

calcium citrate but those are all

1116

00:47:24,559 --> 00:47:22,380

foundational supplements now there's

1117

00:47:26,739 --> 00:47:24,569

other things that you can use from the

1118

00:47:29,239 --> 00:47:26,749

natural world like botanicals that

1119

00:47:31,609 --> 00:47:29,249

instead of for example instead of

1120

00:47:33,559 --> 00:47:31,619

alcohol at night because one of the

1121

00:47:35,809 --> 00:47:33,569

things that can happen when you're when

1122

00:47:38,479 --> 00:47:35,819

you're constantly swinging from one high

1123

00:47:41,120 --> 00:47:38,489

21 low and trying to kind of manipulate

1124

00:47:44,120 --> 00:47:41,130

that with with things it's like the

1125

00:47:46,279 --> 00:47:44,130

equivalent of when we were talking

1126  
00:47:47,660 --> 00:47:46,289  
before about chemotherapy or radiation

1127  
00:47:50,990 --> 00:47:47,670  
treating with

1128  
00:47:52,849 --> 00:47:51,000  
significant damage to normal tissues

1129  
00:47:55,730 --> 00:47:52,859  
unless it's very targeted so the

1130  
00:47:57,559 --> 00:47:55,740  
risk-benefit ratio is different for

1131  
00:47:59,329 --> 00:47:57,569  
chemotherapy and radiation than it is

1132  
00:48:02,089 --> 00:47:59,339  
for complementary approaches well the

1133  
00:48:05,809 --> 00:48:02,099  
risk-benefit ratio of alcohol and weed

1134  
00:48:11,210 --> 00:48:05,819  
are and energy drinks are different than

1135  
00:48:14,569 --> 00:48:11,220  
let's say drinking a glass of valerian

1136  
00:48:17,120 --> 00:48:14,579  
tea at night more chamomile tea at night

1137  
00:48:19,730 --> 00:48:17,130  
which can be very resting and calming

1138  
00:48:22,160 --> 00:48:19,740

and drinking glass of green tea in the

1139

00:48:25,370 --> 00:48:22,170

morning as something that can be

1140

00:48:27,770 --> 00:48:25,380

somewhat stimulating there's also a good

1141

00:48:31,930 --> 00:48:27,780

mushroom extract that can help with in

1142

00:48:35,329 --> 00:48:31,940

men especially with energy levels and

1143

00:48:41,630 --> 00:48:35,339

potency types of issues and it's called

1144

00:48:46,190 --> 00:48:41,640

cordyceps cor dy see eps and so it's not

1145

00:48:49,460 --> 00:48:46,200

a psychedelic mushrooms I am a big joe

1146

00:48:52,039 --> 00:48:49,470

rogan fan and he on his podcast has

1147

00:48:54,470 --> 00:48:52,049

sponsored that he's involved with that

1148

00:48:55,670 --> 00:48:54,480

one of the things they make nootropics

1149

00:48:57,770 --> 00:48:55,680

they call them you know one of the

1150

00:49:01,849 --> 00:48:57,780

things they make is a cordyceps mushroom

1151

00:49:04,539 --> 00:49:01,859

a minimal system thing yeah so cordyceps

1152

00:49:07,160 --> 00:49:04,549

has some immune benefit but it's more

1153

00:49:10,280 --> 00:49:07,170

focused on energy and energy metabolism

1154

00:49:13,910 --> 00:49:10,290

really and so there are other mushrooms

1155

00:49:17,569 --> 00:49:13,920

that have significant immune benefits as

1156

00:49:19,520 --> 00:49:17,579

well so so that's that's another thing I

1157

00:49:22,370 --> 00:49:19,530

would think about in your situation you

1158

00:49:24,370 --> 00:49:22,380

know trying to trying to ramp up the

1159

00:49:27,079 --> 00:49:24,380

your energy level with things like

1160

00:49:28,700 --> 00:49:27,089

physical activity physical activity even

1161

00:49:30,530 --> 00:49:28,710

though you're putting energy out it

1162

00:49:33,049 --> 00:49:30,540

resets you talked to before about high

1163

00:49:35,020 --> 00:49:33,059

metabolism and what what physical

1164

00:49:37,640 --> 00:49:35,030

activity does is it kind of resets your

1165

00:49:40,339 --> 00:49:37,650

energy metabolism rate so you just have

1166

00:49:42,140 --> 00:49:40,349

more energy throughout the day as long

1167

00:49:46,339 --> 00:49:42,150

as you're nothing they are doing it in a

1168

00:49:48,319 --> 00:49:46,349

balanced and rational way and so so all

1169

00:49:51,950 --> 00:49:48,329

these things tend to conspire together

1170

00:49:53,420 --> 00:49:51,960

all these little changes just like the

1171

00:49:55,069 --> 00:49:53,430

little changes that you would make if

1172

00:49:57,109 --> 00:49:55,079

you went to a restaurant and there was a

1173

00:49:59,390 --> 00:49:57,119

table that was out of kilter and you

1174

00:50:01,430 --> 00:49:59,400

you'd put a little napkin under one of

1175

00:50:01,920 --> 00:50:01,440

those legs of the table well another leg

1176

00:50:03,930 --> 00:50:01,930

might be

1177

00:50:05,609 --> 00:50:03,940

a little something but eventually you

1178

00:50:07,200 --> 00:50:05,619

can figure out a way to balance it out

1179

00:50:09,359 --> 00:50:07,210

if you pay enough attention and if it's

1180

00:50:14,309 --> 00:50:09,369

really worth it to you to pay attention

1181

00:50:16,579 --> 00:50:14,319

to what's going on there so so yeah so

1182

00:50:19,109 --> 00:50:16,589

these things you know the word health

1183

00:50:21,630 --> 00:50:19,119

and you've said several times that you

1184

00:50:23,700 --> 00:50:21,640

don't feel like you're too healthy and

1185

00:50:26,609 --> 00:50:23,710

ultimately the way I think about houses

1186

00:50:28,770 --> 00:50:26,619

health is just a balance between what's

1187

00:50:31,799 --> 00:50:28,780

going on inside of yourself and what's

1188

00:50:34,020 --> 00:50:31,809

going on outside of yourself and so

1189

00:50:35,339 --> 00:50:34,030

finding that balance for you is going to

1190

00:50:36,720 --> 00:50:35,349

look different than it's going to look

1191

00:50:38,460 --> 00:50:36,730

for me with the tools that you're going

1192

00:50:41,780 --> 00:50:38,470

to use the approaches that you use the

1193

00:50:43,589 --> 00:50:41,790

way that you the way that you kind of

1194

00:50:45,150 --> 00:50:43,599

experience things is going to be

1195

00:50:46,859 --> 00:50:45,160

different these negative things is going

1196

00:50:48,809 --> 00:50:46,869

to be different so and I think it's

1197

00:50:53,099 --> 00:50:48,819

pretty clear that energy drinks and

1198

00:50:54,990 --> 00:50:53,109

alcohol are worse for for someone then i

1199

00:50:56,819 --> 00:50:55,000

would say marijuana usage but how do you

1200

00:50:58,290 --> 00:50:56,829

feel about marijuana usage in itself

1201  
00:50:59,730 --> 00:50:58,300  
like is that something that should be

1202  
00:51:01,890 --> 00:50:59,740  
totally avoided because i've heard

1203  
00:51:05,730 --> 00:51:01,900  
people say that it does have some kind

1204  
00:51:08,370 --> 00:51:05,740  
of cancer-fighting properties yeah

1205  
00:51:10,789 --> 00:51:08,380  
there's a book called marijuana gateway

1206  
00:51:13,559 --> 00:51:10,799  
to health that was just recently put out

1207  
00:51:15,839 --> 00:51:13,569  
and i purchased it i haven't read it yet

1208  
00:51:20,280 --> 00:51:15,849  
but one of my colleagues and integrated

1209  
00:51:23,579 --> 00:51:20,290  
medicine his husband wrote it actually

1210  
00:51:26,069 --> 00:51:23,589  
and he it's especially an excellent book

1211  
00:51:30,089 --> 00:51:26,079  
and marijuana does have significant

1212  
00:51:32,700 --> 00:51:30,099  
medicinal benefit with regards to how

1213  
00:51:34,980 --> 00:51:32,710

it's used it can all medicines the only

1214

00:51:39,660 --> 00:51:34,990

difference between medicine and a poison

1215

00:51:41,309 --> 00:51:39,670

is dose think so so how you use any any

1216

00:51:43,760 --> 00:51:41,319

medicine or anything it's going to be

1217

00:51:47,430 --> 00:51:43,770

related to the dose and the setting and

1218

00:51:49,680 --> 00:51:47,440

so you know it all depends on what your

1219

00:51:53,190 --> 00:51:49,690

goals are when your when you're using

1220

00:51:55,530 --> 00:51:53,200

anything basically so there well tell me

1221

00:51:57,329 --> 00:51:55,540

a little bit about these these group

1222

00:51:58,829 --> 00:51:57,339

programs that you and Heather do what

1223

00:52:02,010 --> 00:51:58,839

sort of results have you seen from

1224

00:52:04,289 --> 00:52:02,020

people really taking this seriously you

1225

00:52:06,180 --> 00:52:04,299

know and really kicking it into gear

1226

00:52:07,650 --> 00:52:06,190

because it is it takes it's going to

1227

00:52:09,720 --> 00:52:07,660

take a lot of work I mean I think I'm

1228

00:52:12,030 --> 00:52:09,730

ready to do it but what kind of results

1229

00:52:15,359 --> 00:52:12,040

have you seen any inspiring success

1230

00:52:18,029 --> 00:52:15,369

stories yeah I mean it's

1231

00:52:20,579 --> 00:52:18,039

you know one of the groups are based on

1232

00:52:23,009 --> 00:52:20,589

this foundation of just safe space which

1233

00:52:25,559 --> 00:52:23,019

safe space ultimately means that when we

1234

00:52:27,960 --> 00:52:25,569

get together in a group basically nobody

1235

00:52:30,349 --> 00:52:27,970

knows better than anybody else what the

1236

00:52:32,730 --> 00:52:30,359

answer is for any other individuals so

1237

00:52:35,489 --> 00:52:32,740

and it's confidential so it's basically

1238

00:52:37,529 --> 00:52:35,499

a confidential holding of whatever comes

1239

00:52:41,069 --> 00:52:37,539

up without trying to fix it and that

1240

00:52:42,539 --> 00:52:41,079

type of space is vital in order for us

1241

00:52:45,390 --> 00:52:42,549

to be able to see things with new eyes

1242

00:52:47,160 --> 00:52:45,400

because if in the other piece I would

1243

00:52:50,309 --> 00:52:47,170

say is kind of letting go of those

1244

00:52:52,739 --> 00:52:50,319

expectations because the expectations

1245

00:52:54,839 --> 00:52:52,749

themselves can tend to kind of drag us

1246

00:52:57,059 --> 00:52:54,849

down and make it harder for us to be

1247

00:53:00,749 --> 00:52:57,069

patient with ourselves and with what's

1248

00:53:04,130 --> 00:53:00,759

the process and so what I've seen you

1249

00:53:07,170 --> 00:53:04,140

know it varies among individuals but I

1250

00:53:08,700 --> 00:53:07,180

anytime people ask me this I usually

1251

00:53:10,829 --> 00:53:08,710

think of the people that came in and

1252

00:53:13,349 --> 00:53:10,839

they just looked horrible and then they

1253

00:53:14,670 --> 00:53:13,359

leave and they the next a couple of

1254

00:53:18,660 --> 00:53:14,680

months afterwards they'd look like a

1255

00:53:21,329 --> 00:53:18,670

totally different person and and this is

1256

00:53:23,400 --> 00:53:21,339

from people that I've seen it of course

1257

00:53:25,460 --> 00:53:23,410

and I can witness it myself but it's

1258

00:53:28,380 --> 00:53:25,470

more powerful when people come up to me

1259

00:53:30,359 --> 00:53:28,390

afterwards that know that person and

1260

00:53:33,599 --> 00:53:30,369

they say cos they'd look like what the

1261

00:53:35,190 --> 00:53:33,609

heck did you do you know and generally

1262

00:53:37,769 --> 00:53:35,200

the answer is I didn't do anything and

1263

00:53:40,499 --> 00:53:37,779

and that's the key to the process the

1264

00:53:44,099 --> 00:53:40,509

person is the key to the process and and

1265

00:53:47,370 --> 00:53:44,109

I would say the you know the the first

1266

00:53:48,960 --> 00:53:47,380

piece of your of what you're what you

1267

00:53:53,220 --> 00:53:48,970

said was the most important one and that

1268

00:53:55,140 --> 00:53:53,230

is that you want to do it and the second

1269

00:53:57,180 --> 00:53:55,150

piece I think that it's going to take

1270

00:53:59,670 --> 00:53:57,190

time it's going to be hard and yeah it's

1271

00:54:01,200 --> 00:53:59,680

important to to dedicate yourself to

1272

00:54:07,349 --> 00:54:01,210

it's important to set aside some time

1273

00:54:09,900 --> 00:54:07,359

and to give it effort but usually this

1274

00:54:13,170 --> 00:54:09,910

type of work in my mind it tends up it

1275

00:54:18,630 --> 00:54:13,180

ends up kind of taking on a life of its

1276

00:54:21,559 --> 00:54:18,640

own and it doesn't mean it's easy but it

1277

00:54:24,809 --> 00:54:21,569

is something that tends to gain momentum

1278

00:54:27,089 --> 00:54:24,819

so the first step obviously the most

1279

00:54:29,070 --> 00:54:27,099

important step is to stop there's a

1280

00:54:31,080 --> 00:54:29,080

there's a really good store

1281

00:54:33,690 --> 00:54:31,090

worried that I like to tell it's usually

1282

00:54:35,160 --> 00:54:33,700

about all these stories or kind of start

1283

00:54:36,810 --> 00:54:35,170

the same way there's this enlightened

1284

00:54:38,190 --> 00:54:36,820

master and there's a group of students

1285

00:54:39,900 --> 00:54:38,200

that are with them and they're saying

1286

00:54:41,760 --> 00:54:39,910

gosh you know tell us what plug tell us

1287

00:54:43,980 --> 00:54:41,770

what what we need to do to be

1288

00:54:45,660 --> 00:54:43,990

enlightened it on and the master says

1289

00:54:48,600 --> 00:54:45,670

well okay I'll talk a little bit about

1290

00:54:50,760 --> 00:54:48,610

it so I said there's a group of people

1291

00:54:52,920 --> 00:54:50,770

and they're in the back of an airplane

1292

00:54:55,170 --> 00:54:52,930

and they've rented this airplane and

1293

00:54:57,390 --> 00:54:55,180

it's going across country and they're

1294

00:54:58,710 --> 00:54:57,400

they're playing a card game and there's

1295

00:55:00,620 --> 00:54:58,720

the pilot and there's this group of

1296

00:55:02,970 --> 00:55:00,630

people and their to be left alone and

1297

00:55:04,920 --> 00:55:02,980

the group of people are sitting back

1298

00:55:07,860 --> 00:55:04,930

there playing the game and and the

1299

00:55:10,170 --> 00:55:07,870

kicker to this game is that if you lose

1300

00:55:12,930 --> 00:55:10,180

the game if you run out of chips in the

1301  
00:55:16,020 --> 00:55:12,940  
game you've got to jump out of the

1302  
00:55:19,380 --> 00:55:16,030  
airplane without a parachute and so the

1303  
00:55:21,540 --> 00:55:19,390  
students all saying cuz wow that we get

1304  
00:55:24,570 --> 00:55:21,550  
it you know you really need to value

1305  
00:55:26,700 --> 00:55:24,580  
life or else gosh it's is not that's the

1306  
00:55:28,800 --> 00:55:26,710  
most important thing valuing life and

1307  
00:55:30,180 --> 00:55:28,810  
the master says well you know that's

1308  
00:55:32,940 --> 00:55:30,190  
kind of one way of looking at it but

1309  
00:55:36,420 --> 00:55:32,950  
just think for a minute about how

1310  
00:55:40,440 --> 00:55:36,430  
engaged in that game those people are

1311  
00:55:42,540 --> 00:55:40,450  
going to be and so it's really that

1312  
00:55:44,430 --> 00:55:42,550  
paying attention and that's one of the

1313  
00:55:47,910 --> 00:55:44,440

definitions that this guy Jon kabat-zinn

1314

00:55:49,590 --> 00:55:47,920

gives who founded mindfulness based

1315

00:55:52,950 --> 00:55:49,600

stress reduction practice at the

1316

00:55:55,370 --> 00:55:52,960

University of Massachusetts he said that

1317

00:55:59,700 --> 00:55:55,380

mindfulness is paying attention on

1318

00:56:02,190 --> 00:55:59,710

purpose non-judgmentally to what's going

1319

00:56:04,590 --> 00:56:02,200

on in the present moment as though your

1320

00:56:06,900 --> 00:56:04,600

life depended on it and that as though

1321

00:56:09,780 --> 00:56:06,910

your life depended on a part and i think

1322

00:56:11,820 --> 00:56:09,790

is an important part yeah because our

1323

00:56:13,710 --> 00:56:11,830

life does depend on ultimately because

1324

00:56:17,460 --> 00:56:13,720

the only time we can experience our life

1325

00:56:23,550 --> 00:56:17,470

is right now and right now is going to

1326

00:56:26,610 --> 00:56:23,560

[h\_\_\h] sometimes and and that's okay it's

1327

00:56:28,590 --> 00:56:26,620

okay to be with that it's rather than

1328

00:56:30,360 --> 00:56:28,600

put it aside and say I'll just deal with

1329

00:56:32,250 --> 00:56:30,370

it later you know and then let me get on

1330

00:56:35,520 --> 00:56:32,260

to something that's more preferable you

1331

00:56:37,200 --> 00:56:35,530

know so we are getting down to but I

1332

00:56:40,170 --> 00:56:37,210

want to ask you a couple of questions

1333

00:56:42,180 --> 00:56:40,180

more about stress really like I know

1334

00:56:44,400 --> 00:56:42,190

it's a big factor it's kind of an

1335

00:56:46,800 --> 00:56:44,410

then but it clearly has effects on our

1336

00:56:48,930 --> 00:56:46,810

health and our well-being but what are

1337

00:56:52,920 --> 00:56:48,940

some good stress management tips for

1338

00:56:54,900 --> 00:56:52,930

today's modern American society well in

1339

00:56:58,950 --> 00:56:54,910

the book we'd like to go over a process

1340

00:57:00,900 --> 00:56:58,960

that p q r SS like i said everything in

1341

00:57:03,780 --> 00:57:00,910

medicine has to have initials having to

1342

00:57:06,690 --> 00:57:03,790

have some meaning right so so the P

1343

00:57:10,110 --> 00:57:06,700

stands for practice finding a time at

1344

00:57:11,880 --> 00:57:10,120

least once a day to practice stopping it

1345

00:57:13,920 --> 00:57:11,890

can just be for a breath if you want to

1346

00:57:15,720 --> 00:57:13,930

extend it it can be for 20-30 minutes it

1347

00:57:17,970 --> 00:57:15,730

would be spaced throughout the day but

1348

00:57:19,410 --> 00:57:17,980

finding time to cultivate an awareness

1349

00:57:22,740 --> 00:57:19,420

of what's going on right here and right

1350

00:57:24,330 --> 00:57:22,750

now that practice so when we're able to

1351  
00:57:26,460 --> 00:57:24,340  
be right here and right now we were able

1352  
00:57:29,220 --> 00:57:26,470  
to stop then we're able to question

1353  
00:57:31,470 --> 00:57:29,230  
what's going on right to be inquisitive

1354  
00:57:33,180 --> 00:57:31,480  
about it rather than letting the process

1355  
00:57:34,560 --> 00:57:33,190  
drive us there's another really cool

1356  
00:57:36,300 --> 00:57:34,570  
story that I like to think of when I

1357  
00:57:38,430 --> 00:57:36,310  
think about that and that is a little

1358  
00:57:39,960 --> 00:57:38,440  
kid standing in the middle of a town and

1359  
00:57:41,670 --> 00:57:39,970  
this guy comes up on this beautiful

1360  
00:57:42,990 --> 00:57:41,680  
horse and he's dressed in this princely

1361  
00:57:44,850 --> 00:57:43,000  
often he says hey mister where are you

1362  
00:57:47,550 --> 00:57:44,860  
going and the guy says I have no idea

1363  
00:57:49,980 --> 00:57:47,560

half the horse and so that's kind of

1364

00:57:52,560 --> 00:57:49,990

like what happens with stress with our

1365

00:57:54,210 --> 00:57:52,570

mind with our thoughts with our anything

1366

00:57:56,010 --> 00:57:54,220

that's going on that's bringing a stress

1367

00:57:58,410 --> 00:57:56,020

is that it kind of has a momentum of its

1368

00:58:01,980 --> 00:57:58,420

own so being able to stop and question

1369

00:58:04,260 --> 00:58:01,990

then allows us to kind of grab the reins

1370

00:58:06,630 --> 00:58:04,270

ourselves and when we question we can

1371

00:58:09,180 --> 00:58:06,640

then do that first are we can reframe

1372

00:58:11,460 --> 00:58:09,190

the situation we can look at it from a

1373

00:58:13,530 --> 00:58:11,470

new and different perspective and when

1374

00:58:16,530 --> 00:58:13,540

we reframe something instead of

1375

00:58:19,560 --> 00:58:16,540

responded instead of reacting based on

1376

00:58:21,180 --> 00:58:19,570

what we did in the past or what we

1377

00:58:23,610 --> 00:58:21,190

anticipate is going to happen in the

1378

00:58:25,500 --> 00:58:23,620

future if we don't do X Y Z we can then

1379

00:58:29,850 --> 00:58:25,510

choose to do the second arm which is

1380

00:58:31,920 --> 00:58:29,860

respond respond in a way that is going

1381

00:58:34,650 --> 00:58:31,930

to increase our ability to be balanced

1382

00:58:36,560 --> 00:58:34,660

rather than responding or reacting in a

1383

00:58:40,860 --> 00:58:36,570

way that just kind of is a habitual

1384

00:58:43,110 --> 00:58:40,870

robotic action and then once we do that

1385

00:58:45,270 --> 00:58:43,120

go through the practice and the

1386

00:58:48,090 --> 00:58:45,280

questioning and reframing and responding

1387

00:58:50,610 --> 00:58:48,100

that is kind of the easy part the hard

1388

00:58:53,130 --> 00:58:50,620

part is this is the last part the S part

1389

00:58:55,829 --> 00:58:53,140

and that is the surrender part

1390

00:58:57,660 --> 00:58:55,839

and again being a red-blooded American

1391

00:58:59,250 --> 00:58:57,670

and likes to strive and make my own

1392

00:59:01,370 --> 00:58:59,260

future and I'm going to do this and I'm

1393

00:59:03,509 --> 00:59:01,380

going to make that happen in da da da da

1394

00:59:07,049 --> 00:59:03,519

surrendering and realizing that you know

1395

00:59:10,559 --> 00:59:07,059

what I've done my best I've gone through

1396

00:59:12,900 --> 00:59:10,569

I've chosen to respond in this way and I

1397

00:59:15,420 --> 00:59:12,910

cannot totally control the outcome I've

1398

00:59:17,549 --> 00:59:15,430

gotta let it go and that that to me is

1399

00:59:20,490 --> 00:59:17,559

the most that's the part where I

1400

00:59:22,470 --> 00:59:20,500

typically find myself when I'm out of

1401  
00:59:24,089 --> 00:59:22,480  
balance I found myself trying to control

1402  
00:59:26,549 --> 00:59:24,099  
what's going on in the future and I'd

1403  
00:59:28,980 --> 00:59:26,559  
find myself kind of get a lot of

1404  
00:59:31,589 --> 00:59:28,990  
shadowboxing with that controlling side

1405  
00:59:36,839 --> 00:59:31,599  
of myself mm-hmm but if so that's just

1406  
00:59:38,400 --> 00:59:36,849  
one in a nutshell a process that can be

1407  
00:59:40,349 --> 00:59:38,410  
used to help manage stress there's a lot

1408  
00:59:42,630 --> 00:59:40,359  
of great stress management tools there's

1409  
00:59:43,890 --> 00:59:42,640  
again focusing on the breath just

1410  
00:59:46,710 --> 00:59:43,900  
learning to stop there's things like

1411  
00:59:48,269 --> 00:59:46,720  
massage things like again all these

1412  
00:59:52,529 --> 00:59:48,279  
things are linked you know so physical

1413  
00:59:56,370 --> 00:59:52,539

activity can help with stress any number

1414

00:59:57,380 --> 00:59:56,380

of techniques guided imagery met

1415

00:59:59,220 --> 00:59:57,390

different forms of meditation

1416

01:00:01,440 --> 00:59:59,230

progressive muscle relaxant and

1417

01:00:03,660 --> 01:00:01,450

relaxation is a great way to do it so

1418

01:00:06,240 --> 01:00:03,670

just kind of alternatively tensing and

1419

01:00:08,730 --> 01:00:06,250

relaxing your muscles writing down

1420

01:00:10,109 --> 01:00:08,740

things in a journal just writing it's

1421

01:00:12,299 --> 01:00:10,119

kind of taking a journal and just

1422

01:00:13,859 --> 01:00:12,309

freehand writing about a stressful

1423

01:00:17,099 --> 01:00:13,869

experience or writing about just

1424

01:00:20,120 --> 01:00:17,109

anything can be very stress reducing so

1425

01:00:22,200 --> 01:00:20,130

and then again there are also some

1426

01:00:24,720 --> 01:00:22,210

botanicals that can help with stress

1427

01:00:27,299 --> 01:00:24,730

management stress reduction so and those

1428

01:00:28,920 --> 01:00:27,309

would be the like the chamomile tea and

1429

01:00:31,049 --> 01:00:28,930

the valerian root you're talking about I

1430

01:00:34,319 --> 01:00:31,059

would yeah I think those are two pretty

1431

01:00:36,480 --> 01:00:34,329

good ones yeah yeah hmm yeah because

1432

01:00:39,299 --> 01:00:36,490

it's it it just seems so tough because

1433

01:00:40,859 --> 01:00:39,309

stress in itself if someone's under a

1434

01:00:43,680 --> 01:00:40,869

lot of it they don't feel like they can

1435

01:00:46,859 --> 01:00:43,690

take the time how to stop but it is

1436

01:00:48,839 --> 01:00:46,869

exactly what they need you know yeah so

1437

01:00:53,039 --> 01:00:48,849

it it gets to be one of these things

1438

01:00:55,140 --> 01:00:53,049

where it can become a cycle that you

1439

01:00:57,329 --> 01:00:55,150

know we all tend to live on a plateau or

1440

01:00:59,490 --> 01:00:57,339

for the most part and then when we fall

1441

01:01:02,789 --> 01:00:59,500

into illness is usually when we've gone

1442

01:01:05,430 --> 01:01:02,799

through a cycle where we just keep not

1443

01:01:06,510 --> 01:01:05,440

paying attention to what's going on when

1444

01:01:10,080 --> 01:01:06,520

we're out of balance and it

1445

01:01:11,550 --> 01:01:10,090

we do that long enough then we're going

1446

01:01:13,290 --> 01:01:11,560

to remain out of balance and ultimately

1447

01:01:16,050 --> 01:01:13,300

we're going to develop a disease and

1448

01:01:18,840 --> 01:01:16,060

then the disease makes you stop so the

1449

01:01:20,700 --> 01:01:18,850

question is can we learn how to find

1450

01:01:22,080 --> 01:01:20,710

those little imbalances before we have

1451

01:01:25,260 --> 01:01:22,090

to deal with the fact that we've got a

1452

01:01:27,080 --> 01:01:25,270

disease that's making a stop right well

1453

01:01:29,670 --> 01:01:27,090

that about does it for me hopefully

1454

01:01:31,110 --> 01:01:29,680

there's something that people can take

1455

01:01:35,040 --> 01:01:31,120

away from this whether it's dealing with

1456

01:01:36,960 --> 01:01:35,050

the stress or changing your diet but is

1457

01:01:38,280 --> 01:01:36,970

there anything else you or miss reader

1458

01:01:41,400 --> 01:01:38,290

working on that you'd like to share with

1459

01:01:46,400 --> 01:01:41,410

the people yeah we have a website that's

1460

01:01:49,950 --> 01:01:46,410

sustainable wellness online.com and

1461

01:01:53,220 --> 01:01:49,960

that's got some good resources on it

1462

01:01:55,860 --> 01:01:53,230

some good information I would recommend

1463

01:01:57,930 --> 01:01:55,870

that you pick up the book and and you

1464

01:02:00,030 --> 01:01:57,940

can either read it on your own or start

1465

01:02:03,090 --> 01:02:00,040

a group of just a couple of friends that

1466

01:02:06,600 --> 01:02:03,100

you can meet once weekly to go through

1467

01:02:08,400 --> 01:02:06,610

the eight steps together you can ask us

1468

01:02:10,410 --> 01:02:08,410

questions online there's a little

1469

01:02:12,600 --> 01:02:10,420

section that says ask dr. Matt and

1470

01:02:16,200 --> 01:02:12,610

Heather we're also developing an app

1471

01:02:19,590 --> 01:02:16,210

that will consist of the sum of the

1472

01:02:21,300 --> 01:02:19,600

meditations that are in each part of the

1473

01:02:22,740 --> 01:02:21,310

group such that you can instead of

1474

01:02:25,440 --> 01:02:22,750

having to read them you can actually

1475

01:02:28,050 --> 01:02:25,450

hear Heather and I going through those

1476

01:02:31,610 --> 01:02:28,060

meditations so that'd be a nice tool to

1477

01:02:34,020 --> 01:02:31,620

use from a standpoint of using the book

1478

01:02:36,450 --> 01:02:34,030

so those are the main things I think

1479

01:02:38,730 --> 01:02:36,460

yeah well thanks a bunch doc I mean I

1480

01:02:40,560 --> 01:02:38,740

appreciate your time and the education I

1481

01:02:43,560 --> 01:02:40,570

do encourage everyone look at the book

1482

01:02:45,000 --> 01:02:43,570

it is it's a great read that it asks you

1483

01:02:48,390 --> 01:02:45,010

a lot of questions you have to think

1484

01:02:50,910 --> 01:02:48,400

about there's a fun little personality

1485

01:02:52,560 --> 01:02:50,920

test that you know had a different

1486

01:02:55,590 --> 01:02:52,570

result than I thought I would have it

1487

01:02:58,890 --> 01:02:55,600

tells you about you know what your main

1488

01:03:00,960 --> 01:02:58,900

vices are you know for your personality

1489

01:03:02,940 --> 01:03:00,970

or you're in your virtues and your ego

1490

01:03:04,410 --> 01:03:02,950

fixation it's it's pretty cool it's

1491

01:03:06,330 --> 01:03:04,420

interesting so I encourage everyone to

1492

01:03:08,310 --> 01:03:06,340

check it out sustainable wellness and

1493

01:03:12,300 --> 01:03:08,320

integrative approach to transform your

1494

01:03:13,710 --> 01:03:12,310

mind body and spirit and make sure you

1495

01:03:17,850 --> 01:03:13,720

eat your spinach is there anything else

1496

01:03:19,730 --> 01:03:17,860

to add Matt that sounds great great God

1497

01:03:21,710 --> 01:03:19,740

thank you so much for four

1498

01:03:23,570 --> 01:03:21,720

talking with me today and wish you the

1499

01:03:25,040 --> 01:03:23,580

best of luck all right thank you let me

1500

01:03:27,320 --> 01:03:25,050

know let me know how it goes over the

1501

01:03:29,950 --> 01:03:27,330

next eight weeks all right I'll do that

1502

01:03:32,690 --> 01:03:29,960

stay well oh you could pick i right

1503

01:03:35,120 --> 01:03:32,700

there it is people sustainable wellness

1504

01:03:36,470 --> 01:03:35,130

and health with dr. Mann member in other

1505

01:03:38,510 --> 01:03:36,480

news thanks for all the support in the

1506

01:03:41,330 --> 01:03:38,520

podcast Awards will know in January of

1507

01:03:43,310 --> 01:03:41,340

th e is worthy also the fun folks over

1508

01:03:45,380 --> 01:03:43,320

at tuk and toke have reached out to me

1509

01:03:48,320 --> 01:03:45,390

and the THC audience the founder tuck

1510

01:03:50,480 --> 01:03:48,330

and toke smoking apparatus came up with

1511

01:03:53,720 --> 01:03:50,490

a design which is like a hookah hose on

1512

01:03:55,850 --> 01:03:53,730

the end of enclosed metal bowl he was

1513

01:03:57,620 --> 01:03:55,860

trying to smoke on a ski lift not easy

1514

01:03:59,780 --> 01:03:57,630

with gloves and wind so he created the

1515

01:04:02,210 --> 01:03:59,790

talking to que sort of a fun way to smoke

1516

01:04:04,100 --> 01:04:02,220

regardless of if you need to be discreet

1517

01:04:05,990 --> 01:04:04,110

or not they were cool enough to send a

1518

01:04:08,390 --> 01:04:06,000

couple out to me I've been digging it

1519

01:04:11,420 --> 01:04:08,400

they're fifteen bucks at tuck the letter

1520

01:04:13,609 --> 01:04:11,430

n take calm and if you use the coupon

1521

01:04:15,680 --> 01:04:13,619

code higher side you'll get five bucks

1522

01:04:18,020 --> 01:04:15,690

off a cool little ten dollar piece for

1523

01:04:19,910 --> 01:04:18,030

the holidays or something for a stocking

1524

01:04:22,670 --> 01:04:19,920

stuffer and you're supporting a man's

1525

01:04:24,290 --> 01:04:22,680

small business which is important you

1526

01:04:25,490 --> 01:04:24,300

know as always check out conspiracies

1527

01:04:27,410 --> 01:04:25,500

that net for all your conspiracy

1528

01:04:29,359 --> 01:04:27,420

clothing needs we have a new design the

1529

01:04:31,670 --> 01:04:29,369

corporate sheep heads very [h\_\_h] cool

1530

01:04:33,109 --> 01:04:31,680

check it out enough from me here's a

1531

01:04:34,880 --> 01:04:33,119

great song to get you started on the

1532

01:04:37,760 --> 01:04:34,890

path to health and wellness while you

1533

01:04:40,910 --> 01:04:37,770

reflect on your life listen to let me

1534

01:04:42,620 --> 01:04:40,920

sleep by night lightning keep your pimp

1535

01:04:44,599 --> 01:04:42,630

and strong get on your [h\_\_h]

1536

01:04:57,510 --> 01:04:44,609

wellness chase and i'll catch you next

1537

01:04:57,520 --> 01:05:04,539

hugs

1538

01:05:04,549 --> 01:05:09,079

Oh

1539

01:05:09,089 --> 01:05:12,670

it's calm

1540

01:06:51,160 --> 01:05:53,599

Oh

1541

01:06:51,170 --> 01:06:59,350

you

1542

01:06:59,360 --> 01:07:07,279

son

1543

01:07:07,289 --> 01:07:23,520

so