



*Just Energy*  
**Radio**

**Gary Wagman  
& CHEF AJ**

**Dr. Rita Louise**

1  
00:00:06,470 --> 00:00:02,629  
you're listening to irn

2  
00:00:27,509 --> 00:00:06,480  
the inception radio network chicago

3  
00:00:32,470 --> 00:00:29,910  
welcome to just energy radio with your

4  
00:00:34,150 --> 00:00:32,480  
host naturopath and medical intuitive dr

5  
00:00:35,750 --> 00:00:34,160  
reed louise

6  
00:00:37,910 --> 00:00:35,760  
we have learned from einstein's theory

7  
00:00:39,910 --> 00:00:37,920  
that matter and energy are one

8  
00:00:41,830 --> 00:00:39,920  
physicists believe that all systems in

9  
00:00:43,510 --> 00:00:41,840  
nature have their own particular way of

10  
00:00:45,670 --> 00:00:43,520  
vibrating from the swinging of a

11  
00:00:47,590 --> 00:00:45,680  
pendulum to the waves of the ocean to

12  
00:00:49,910 --> 00:00:47,600  
the light that brightens the sky each

13  
00:00:51,830 --> 00:00:49,920

day each of these oscillates at its own

14

00:00:54,069 --> 00:00:51,840

unique rate the same holds true for

15

00:00:56,470 --> 00:00:54,079

every thought feeling event or word we

16

00:00:58,630 --> 00:00:56,480

speak each has its own frequency or rate

17

00:01:00,630 --> 00:00:58,640

of vibration what many of us don't

18

00:01:03,189 --> 00:01:00,640

realize is when we take everything in

19

00:01:05,910 --> 00:01:03,199

our universe down to its simplest form

20

00:01:08,070 --> 00:01:05,920

it is all just energy

21

00:01:10,550 --> 00:01:08,080

join dr rita louise on a journey through

22

00:01:13,910 --> 00:01:10,560

time and space where past present and

23

00:01:16,469 --> 00:01:13,920

future collide today what you believe

24

00:01:19,429 --> 00:01:16,479

may be called into question what we want

25

00:01:22,230 --> 00:01:19,439

to know is who made up the rules

26  
00:01:24,390 --> 00:01:22,240  
be brave and step outside the box we are

27  
00:01:26,469 --> 00:01:24,400  
about to turn our world upside down and

28  
00:01:29,190 --> 00:01:26,479  
venture into the unknown

29  
00:01:31,990 --> 00:01:29,200  
hold on we are departing our own beliefs

30  
00:01:40,390 --> 00:01:32,000  
and entering alternative realms

31  
00:01:44,230 --> 00:01:42,390  
hello and welcome to just energy radio

32  
00:01:46,550 --> 00:01:44,240  
i'm your host dr rita louse and thank

33  
00:01:48,310 --> 00:01:46,560  
you all for tuning in to the show today

34  
00:01:50,310 --> 00:01:48,320  
uh just energy radio is brought to you

35  
00:01:52,149 --> 00:01:50,320  
by soulhealer.com where you can find out

36  
00:01:54,069 --> 00:01:52,159  
about all the products and services i

37  
00:01:56,230 --> 00:01:54,079  
offer including medical intuition

38  
00:01:58,069 --> 00:01:56,240

evaluations energy healings and psychic

39

00:01:59,990 --> 00:01:58,079

readings so if there's stuff going on in

40

00:02:01,749 --> 00:02:00,000

your life give me a call send me an

41

00:02:04,149 --> 00:02:01,759

email and we can set up a time for a

42

00:02:05,830 --> 00:02:04,159

private consultation it's also brought

43

00:02:10,550 --> 00:02:05,840

to you by the institute of applied

44

00:02:16,150 --> 00:02:12,390

where you can jumpstart your intuition

45

00:02:18,630 --> 00:02:16,160

today with our new and approved updated

46

00:02:21,830 --> 00:02:18,640

50-page guide that you can download free

47

00:02:24,150 --> 00:02:21,840

off the website that's [www.applied](http://www.applied)

48

00:02:29,110 --> 00:02:26,790

and i just want to do a shout out to uh

49

00:02:31,430 --> 00:02:29,120

the people that have donated some money

50

00:02:33,110 --> 00:02:31,440

to keep this show going i mean i really

51

00:02:35,350 --> 00:02:33,120

don't like like

52

00:02:37,830 --> 00:02:35,360

being out there going oh you know donate

53

00:02:39,750 --> 00:02:37,840

to the show but if you know if you slip

54

00:02:41,910 --> 00:02:39,760

us a couple of bucks i am going to

55

00:02:43,509 --> 00:02:41,920

acknowledge you so i just want to thank

56

00:02:46,070 --> 00:02:43,519

the people that have

57

00:02:47,670 --> 00:02:46,080

uh send some money to the show because

58

00:02:51,430 --> 00:02:47,680

we like it

59

00:02:53,030 --> 00:02:51,440

anyway um

60

00:02:54,150 --> 00:02:53,040

we're gonna have a great show tonight in

61

00:02:57,110 --> 00:02:54,160

the first hour we're going to be

62

00:02:58,470 --> 00:02:57,120

speaking to gary wagman about his new

63

00:03:00,790 --> 00:02:58,480

book

64

00:03:02,470 --> 00:03:00,800

your yin yang body type in the second

65

00:03:04,710 --> 00:03:02,480

hour we're going to be talking to chef

66

00:03:06,710 --> 00:03:04,720

chef aj about

67

00:03:09,190 --> 00:03:06,720

eating healthy

68

00:03:12,309 --> 00:03:09,200

let me tell you a little bit about gary

69

00:03:14,070 --> 00:03:12,319

dr gary and bring him on the air

70

00:03:16,869 --> 00:03:14,080

deeply rooted in the classics of

71

00:03:20,229 --> 00:03:16,879

oriental medicine the ancient korean art

72

00:03:23,030 --> 00:03:20,239

of sensang medicine dr gary

73

00:03:25,350 --> 00:03:23,040

wagman will explain how we each are born

74

00:03:27,910 --> 00:03:25,360

with a specific body type that

75

00:03:30,550 --> 00:03:27,920

establishes our physical and emotional

76  
00:03:32,630 --> 00:03:30,560  
strengths and weaknesses and the kinds

77  
00:03:34,869 --> 00:03:32,640  
of stress we will experience in our

78  
00:03:37,030 --> 00:03:34,879  
bodies uh his webpage is

79  
00:03:39,430 --> 00:03:37,040  
harmonyclinics.com

80  
00:03:41,030 --> 00:03:39,440  
his book again is your yin yang body

81  
00:03:43,990 --> 00:03:41,040  
type so please welcome to just energy

82  
00:03:47,110 --> 00:03:44,000  
radio dr gary wagman hey gary how are

83  
00:03:48,949 --> 00:03:47,120  
you hey rita i'm doing great thank you

84  
00:03:49,910 --> 00:03:48,959  
so much for having me on your wonderful

85  
00:03:52,149 --> 00:03:49,920  
show

86  
00:03:54,710 --> 00:03:52,159  
well thanks so much for coming on i i

87  
00:03:56,550 --> 00:03:54,720  
really enjoyed your book i learned stuff

88  
00:03:58,149 --> 00:03:56,560

that's really hard these days you know

89

00:04:01,270 --> 00:03:58,159

you read so much and you get to where

90

00:04:02,390 --> 00:04:01,280

it's like yeah yeah yeah yeah

91

00:04:04,789 --> 00:04:02,400

yeah

92

00:04:06,390 --> 00:04:04,799

this is true rita this is true i'm so

93

00:04:08,149 --> 00:04:06,400

glad that you learned something i hope

94

00:04:10,949 --> 00:04:08,159

that everybody who opens the book will

95

00:04:12,949 --> 00:04:10,959

at least come away with something

96

00:04:16,390 --> 00:04:12,959

so tonight we're going to be talking

97

00:04:18,870 --> 00:04:16,400

about um body types but actually before

98

00:04:20,629 --> 00:04:18,880

we get into that why don't you share

99

00:04:22,629 --> 00:04:20,639

with the listeners a little bit back

100

00:04:25,749 --> 00:04:22,639

about your background because you really

101  
00:04:27,670 --> 00:04:25,759  
do have an interesting you know how you

102  
00:04:29,990 --> 00:04:27,680  
got to this place so maybe you could

103  
00:04:31,110 --> 00:04:30,000  
spend a couple of minutes

104  
00:04:33,670 --> 00:04:31,120  
sharing

105  
00:04:35,830 --> 00:04:33,680  
sure be happy to do it

106  
00:04:38,150 --> 00:04:35,840  
so uh

107  
00:04:40,230 --> 00:04:38,160  
when i was eight years old uh

108  
00:04:43,430 --> 00:04:40,240  
up until that point we lived a happy

109  
00:04:45,670 --> 00:04:43,440  
life summer parties uh father riding

110  
00:04:47,189 --> 00:04:45,680  
motorcycles taking us up in his plane

111  
00:04:49,030 --> 00:04:47,199  
when we were kids

112  
00:04:52,230 --> 00:04:49,040  
but when i was eight

113  
00:04:54,310 --> 00:04:52,240

i lost him i lost him slowly to a brain

114

00:04:55,189 --> 00:04:54,320

cancer and

115

00:04:57,830 --> 00:04:55,199

that

116

00:05:00,870 --> 00:04:57,840

devastated our family

117

00:05:03,270 --> 00:05:00,880

every single day i saw him slowly slowly

118

00:05:04,469 --> 00:05:03,280

drift off i felt like i needed to do

119

00:05:05,749 --> 00:05:04,479

something

120

00:05:08,390 --> 00:05:05,759

he underwent

121

00:05:11,110 --> 00:05:08,400

really really strong chemotherapy

122

00:05:12,230 --> 00:05:11,120

treatments that left him

123

00:05:14,469 --> 00:05:12,240

uh

124

00:05:16,550 --> 00:05:14,479

incogniscent a lot of the time

125

00:05:19,350 --> 00:05:16,560

and so i felt i really really needed to

126

00:05:23,110 --> 00:05:19,360

help i really need to help him somehow

127

00:05:25,510 --> 00:05:23,120

but i couldn't uh at least not then

128

00:05:28,790 --> 00:05:25,520

so he slowly passed away

129

00:05:30,310 --> 00:05:28,800

and after that i had this urge my heart

130

00:05:31,270 --> 00:05:30,320

felt like it was beating through my

131

00:05:33,670 --> 00:05:31,280

chest

132

00:05:35,029 --> 00:05:33,680

of doing something for some for people

133

00:05:36,550 --> 00:05:35,039

but not

134

00:05:39,830 --> 00:05:36,560

not the way i saw it done in the

135

00:05:43,670 --> 00:05:39,840

hospital when my father was sick

136

00:05:46,310 --> 00:05:43,680

and uh my mom who i i loved so much

137

00:05:48,629 --> 00:05:46,320

she's she really held the

138

00:05:50,469 --> 00:05:48,639

the family together with a strong sense

139

00:05:52,390 --> 00:05:50,479

of love that even her mom instilled in

140

00:05:56,070 --> 00:05:52,400

her

141

00:05:59,110 --> 00:05:56,080

uh and so i i kept searching i spent a

142

00:06:00,629 --> 00:05:59,120

lot of time as as a yin tai b who's very

143

00:06:02,230 --> 00:06:00,639

introverted i'm sure we'll get into that

144

00:06:04,710 --> 00:06:02,240

a little further later

145

00:06:07,590 --> 00:06:04,720

but uh i felt the need to

146

00:06:09,110 --> 00:06:07,600

uh to be by myself so i spent a lot of

147

00:06:11,510 --> 00:06:09,120

time in nature

148

00:06:14,309 --> 00:06:11,520

and i listened to asian music of all

149

00:06:16,629 --> 00:06:14,319

music i i fell in love with the songs

150

00:06:19,270 --> 00:06:16,639

lots of songs by kitaro and i listened

151  
00:06:21,189 --> 00:06:19,280  
to kataro's music a lot then i got into

152  
00:06:23,189 --> 00:06:21,199  
the martial arts and then when i was age

153  
00:06:24,870 --> 00:06:23,199  
12 i said mom i really have to get out

154  
00:06:25,909 --> 00:06:24,880  
to asia and i have to get out there

155  
00:06:27,909 --> 00:06:25,919  
quick

156  
00:06:29,510 --> 00:06:27,919  
and so she frantically

157  
00:06:31,110 --> 00:06:29,520  
looked looked and looked to see if she

158  
00:06:33,110 --> 00:06:31,120  
can find somebody to

159  
00:06:35,510 --> 00:06:33,120  
to accommodate me and she found a

160  
00:06:37,830 --> 00:06:35,520  
distant cousin living in japan

161  
00:06:39,990 --> 00:06:37,840  
so needless to say oh shortly after i

162  
00:06:42,469 --> 00:06:40,000  
was on a plane flying to japan and as

163  
00:06:45,430 --> 00:06:42,479

soon as i stepped off that plane i

164

00:06:48,309 --> 00:06:45,440

finally felt like i was home

165

00:06:49,990 --> 00:06:48,319

i felt like it was i needed to be there

166

00:06:51,590 --> 00:06:50,000

and then from that point on i spent

167

00:06:53,830 --> 00:06:51,600

years there i went from my undergrad in

168

00:06:56,150 --> 00:06:53,840

japan studied japanese and japanese

169

00:06:58,230 --> 00:06:56,160

history after graduating from japan i

170

00:07:00,070 --> 00:06:58,240

went over to korea

171

00:07:00,950 --> 00:07:00,080

and while i was in korea teaching

172

00:07:03,510 --> 00:07:00,960

english

173

00:07:05,350 --> 00:07:03,520

i hurt my back and went to an

174

00:07:07,510 --> 00:07:05,360

acupuncturist

175

00:07:10,230 --> 00:07:07,520

but up until that time

176

00:07:13,350 --> 00:07:10,240

i was extremely neophobic

177

00:07:15,830 --> 00:07:13,360

and what does that mean oh gosh every

178

00:07:18,790 --> 00:07:15,840

time i saw a needle rita i would start

179

00:07:20,950 --> 00:07:18,800

to feel queasy i would scream

180

00:07:23,749 --> 00:07:20,960

i remember going to the doctor's offices

181

00:07:25,110 --> 00:07:23,759

and cursing out those poor nurses hiding

182

00:07:26,950 --> 00:07:25,120

under the table

183

00:07:27,830 --> 00:07:26,960

punching the doctor

184

00:07:31,029 --> 00:07:27,840

oh

185

00:07:34,629 --> 00:07:31,039

i was so bad i was such a bad kid but i

186

00:07:36,790 --> 00:07:34,639

was needle phobic at the same time so uh

187

00:07:40,550 --> 00:07:36,800

when i was on this uh

188

00:07:43,670 --> 00:07:40,560

table in this uh this acupuncture clinic

189

00:07:46,629 --> 00:07:43,680

i need needless to say no pun intended

190

00:07:49,110 --> 00:07:46,639

i just lost it i was gone

191

00:07:51,350 --> 00:07:49,120

uh and when i gained my consciousness

192

00:07:53,189 --> 00:07:51,360

back i remember this elderly

193

00:07:56,150 --> 00:07:53,199

acupuncturist who's been doing this

194

00:07:58,629 --> 00:07:56,160

probably oh gosh his whole life was

195

00:08:01,110 --> 00:07:58,639

frantically taking out the needles just

196

00:08:03,510 --> 00:08:01,120

one after the other like oh my gosh what

197

00:08:06,550 --> 00:08:03,520

what what did i get myself into

198

00:08:09,670 --> 00:08:06,560

uh you know here it is this jewish guy

199

00:08:12,629 --> 00:08:09,680

from yeah i call myself um a hairy

200

00:08:15,749 --> 00:08:12,639

jewish guy who's more asian than

201  
00:08:17,749 --> 00:08:15,759  
than anything else but uh but you know

202  
00:08:20,869 --> 00:08:17,759  
he was he just didn't know what was

203  
00:08:23,189 --> 00:08:20,879  
going on so anyway um

204  
00:08:25,430 --> 00:08:23,199  
he uh he took out the needles i gained

205  
00:08:27,990 --> 00:08:25,440  
my conscious back and i asked him i said

206  
00:08:30,790 --> 00:08:28,000  
wow that was incredible my back my back

207  
00:08:32,870 --> 00:08:30,800  
pain feels better what did you do

208  
00:08:35,509 --> 00:08:32,880  
and he said well you know that's how

209  
00:08:38,230 --> 00:08:35,519  
acupuncture works and i said can i come

210  
00:08:40,949 --> 00:08:38,240  
back next week and he goes oh uh he

211  
00:08:42,949 --> 00:08:40,959  
started scratching his chin said i know

212  
00:08:44,949 --> 00:08:42,959  
a good intern who just started working

213  
00:08:47,030 --> 00:08:44,959

here maybe he'd like to work with you

214

00:08:50,310 --> 00:08:47,040

so i became really good friends with the

215

00:08:52,230 --> 00:08:50,320

intern and i soaked up all this

216

00:08:56,070 --> 00:08:52,240

information about yin and yang which i

217

00:08:58,150 --> 00:08:56,080

still love to study and absorb uh

218

00:09:00,630 --> 00:08:58,160

to this day

219

00:09:02,710 --> 00:09:00,640

and and then as soon as i went back to

220

00:09:05,030 --> 00:09:02,720

united states i

221

00:09:07,269 --> 00:09:05,040

i went to school oriental medicine

222

00:09:09,670 --> 00:09:07,279

school in santa monica called emperor's

223

00:09:11,910 --> 00:09:09,680

college and then

224

00:09:12,870 --> 00:09:11,920

as a frail child i

225

00:09:15,590 --> 00:09:12,880

was

226

00:09:17,750 --> 00:09:15,600

had trouble with my digestive system

227

00:09:19,590 --> 00:09:17,760

in that bees their weakest part of their

228

00:09:20,550 --> 00:09:19,600

body the weakest link is their digestive

229

00:09:23,110 --> 00:09:20,560

system

230

00:09:25,190 --> 00:09:23,120

so i would constantly get stomachaches i

231

00:09:28,470 --> 00:09:25,200

wouldn't be able to eat that much

232

00:09:29,990 --> 00:09:28,480

and uh i tried every herb under the sun

233

00:09:32,949 --> 00:09:30,000

i had some really great teachers who

234

00:09:35,110 --> 00:09:32,959

told me hey gary try this or try that or

235

00:09:36,630 --> 00:09:35,120

and these teachers would they were

236

00:09:38,230 --> 00:09:36,640

wonderful people they would work with me

237

00:09:40,310 --> 00:09:38,240

and they had so much knowledge of the

238

00:09:41,990 --> 00:09:40,320

herbs but they kept looking at my

239

00:09:43,590 --> 00:09:42,000

symptoms and saying well this herb is

240

00:09:45,990 --> 00:09:43,600

good for this and this server is good

241

00:09:48,630 --> 00:09:46,000

for that that didn't work

242

00:09:51,750 --> 00:09:48,640

until a visiting professor came from

243

00:09:54,150 --> 00:09:51,760

korea and she shared with me a a formula

244

00:09:56,310 --> 00:09:54,160

a sassang medical formula which was

245

00:09:57,829 --> 00:09:56,320

based on my constitution and looked at

246

00:10:00,150 --> 00:09:57,839

these herbs and i said well none of

247

00:10:02,230 --> 00:10:00,160

these are for my symptoms how could this

248

00:10:03,269 --> 00:10:02,240

work how could it be

249

00:10:05,110 --> 00:10:03,279

and

250

00:10:07,910 --> 00:10:05,120

well i thought i tried anyway because i

251

00:10:10,470 --> 00:10:07,920

tried everything else under the sun

252

00:10:13,750 --> 00:10:10,480

and soon afterwards i started getting

253

00:10:16,870 --> 00:10:13,760

more energy my appetite increased no

254

00:10:18,870 --> 00:10:16,880

more indigestion i felt wonderful

255

00:10:21,030 --> 00:10:18,880

and so as soon as i graduated from

256

00:10:22,710 --> 00:10:21,040

oriental medicine school united states i

257

00:10:23,910 --> 00:10:22,720

went back to korea and studied another

258

00:10:25,829 --> 00:10:23,920

five years

259

00:10:26,790 --> 00:10:25,839

got another degree in satsang medicine

260

00:10:28,230 --> 00:10:26,800

there

261

00:10:34,550 --> 00:10:28,240

and

262

00:10:35,670 --> 00:10:34,560

sharing this wonderful stuff with my

263

00:10:38,069 --> 00:10:35,680

clients

264

00:10:40,790 --> 00:10:38,079

who i treat based on their constitution

265

00:10:43,190 --> 00:10:40,800

rather than just the symptom the symptom

266

00:10:45,350 --> 00:10:43,200

is just one manifestation of so many

267

00:10:46,949 --> 00:10:45,360

other things so that's my background

268

00:10:49,750 --> 00:10:46,959

rita

269

00:10:52,630 --> 00:10:49,760

well and that's pretty heavy um

270

00:10:55,269 --> 00:10:52,640

sounds like you've been in school

271

00:10:57,430 --> 00:10:55,279

a long time

272

00:11:01,269 --> 00:10:57,440

i'm a nerd what can i tell you

273

00:11:03,190 --> 00:11:01,279

i'm i'm feeling you i'm feeling ya

274

00:11:06,150 --> 00:11:03,200

you know so you you have been talking

275

00:11:08,069 --> 00:11:06,160

about body types and constitutions and

276

00:11:10,470 --> 00:11:08,079

maybe you can explain

277

00:11:12,310 --> 00:11:10,480

what that is and what that means and

278

00:11:15,750 --> 00:11:12,320

kind of open the door to where we're

279

00:11:16,949 --> 00:11:15,760

going to be heading tonight sure sure

280

00:11:21,430 --> 00:11:16,959

so

281

00:11:22,470 --> 00:11:21,440

the constitution is a pattern of energy

282

00:11:24,389 --> 00:11:22,480

that

283

00:11:26,870 --> 00:11:24,399

we all are born with

284

00:11:29,110 --> 00:11:26,880

now this pattern of energy

285

00:11:30,470 --> 00:11:29,120

part of it is prob is affected by when

286

00:11:33,590 --> 00:11:30,480

we're in the womb

287

00:11:36,310 --> 00:11:33,600

but also even beyond prenatally

288

00:11:39,590 --> 00:11:36,320

beyond uh the womb that we take this

289

00:11:43,750 --> 00:11:39,600

energy with us we can click karma

290

00:11:46,870 --> 00:11:43,760

uh if you will it's energy that we

291

00:11:48,949 --> 00:11:46,880

have taken with us into this life based

292

00:11:51,670 --> 00:11:48,959

on choices that we've made

293

00:11:56,550 --> 00:11:51,680

uh based on energies that we chose to

294

00:12:01,430 --> 00:11:59,030

these patterns are based on which organs

295

00:12:03,509 --> 00:12:01,440

in our body are developed stronger in

296

00:12:05,190 --> 00:12:03,519

which arrogance are underdeveloped

297

00:12:08,150 --> 00:12:05,200

develop weaker

298

00:12:10,470 --> 00:12:08,160

so we have different patterns based on

299

00:12:13,110 --> 00:12:10,480

in samsung medicine we refer to as four

300

00:12:14,150 --> 00:12:13,120

major energy groups or four major organ

301  
00:12:16,069 --> 00:12:14,160  
groups

302  
00:12:19,190 --> 00:12:16,079  
so we have the lung group

303  
00:12:21,110 --> 00:12:19,200  
which governs the upper body

304  
00:12:22,389 --> 00:12:21,120  
so anywhere from the thoracic cavity

305  
00:12:24,949 --> 00:12:22,399  
upwards

306  
00:12:27,910 --> 00:12:24,959  
we have the spleen group

307  
00:12:31,910 --> 00:12:27,920  
which cav which covers the uh spleen

308  
00:12:33,670 --> 00:12:31,920  
pancreas epigastric or solar plexus area

309  
00:12:37,190 --> 00:12:33,680  
and then we have the liver group which

310  
00:12:41,190 --> 00:12:37,200  
is covers the liver the small intestine

311  
00:12:43,670 --> 00:12:41,200  
and everything else in that general area

312  
00:12:45,750 --> 00:12:43,680  
and then the hepatic doctor the

313  
00:12:47,509 --> 00:12:45,760

gallbladder and all that stuff

314

00:12:51,269 --> 00:12:47,519

and then we have the kidney group which

315

00:12:53,990 --> 00:12:51,279

is down deeper the deepest level which

316

00:12:56,470 --> 00:12:54,000

also governs and controls the urinary

317

00:12:57,750 --> 00:12:56,480

bladder the large intestine

318

00:12:59,910 --> 00:12:57,760

and so

319

00:13:00,949 --> 00:12:59,920

we each will be born with a different

320

00:13:03,190 --> 00:13:00,959

system

321

00:13:05,110 --> 00:13:03,200

based on the choices we make and the

322

00:13:09,829 --> 00:13:05,120

choices we make

323

00:13:11,590 --> 00:13:09,839

control how each one of these organs

324

00:13:12,470 --> 00:13:11,600

function

325

00:13:14,949 --> 00:13:12,480

so

326

00:13:16,629 --> 00:13:14,959

the lung system for example correlates

327

00:13:18,629 --> 00:13:16,639

with sorrow

328

00:13:21,190 --> 00:13:18,639

so those of us who are born with a

329

00:13:24,230 --> 00:13:21,200

stronger lung tend to do everything

330

00:13:26,710 --> 00:13:24,240

based on the emotion of sorrow

331

00:13:29,190 --> 00:13:26,720

so if sorrow is in balance maybe it'll

332

00:13:31,990 --> 00:13:29,200

be used for to to uh to express

333

00:13:34,790 --> 00:13:32,000

compassion if sorrow is out of balance

334

00:13:36,949 --> 00:13:34,800

it will lead to depression and this body

335

00:13:39,110 --> 00:13:36,959

type also sorrow really gets out of hand

336

00:13:41,430 --> 00:13:39,120

if they have this abundance this extreme

337

00:13:43,509 --> 00:13:41,440

sorrow then it turns into anger

338

00:13:46,069 --> 00:13:43,519

and that's extreme anger

339

00:13:48,710 --> 00:13:46,079

and so the spleen uh

340

00:13:49,750 --> 00:13:48,720

spleen system correlates with anger

341

00:13:51,990 --> 00:13:49,760

and so

342

00:13:54,470 --> 00:13:52,000

the uh the the

343

00:13:56,069 --> 00:13:54,480

so the the the body type that's born

344

00:13:58,790 --> 00:13:56,079

with the strongest lung they're they're

345

00:13:59,590 --> 00:13:58,800

referred to in my book as the young type

346

00:14:07,590 --> 00:13:59,600

b

347

00:14:09,910 --> 00:14:07,600

stronger spleen is the so young which is

348

00:14:12,150 --> 00:14:09,920

the young type a in my book we talked

349

00:14:14,710 --> 00:14:12,160

about the young taipei these guys

350

00:14:17,750 --> 00:14:14,720

everything is based on anger anger could

351  
00:14:20,069 --> 00:14:17,760  
be productive anger could lead to action

352  
00:14:21,750 --> 00:14:20,079  
taking action for the for

353  
00:14:22,870 --> 00:14:21,760  
the rights of others or the rights of

354  
00:14:24,870 --> 00:14:22,880  
oneself

355  
00:14:26,710 --> 00:14:24,880  
speaking out

356  
00:14:27,829 --> 00:14:26,720  
and so but this anger can get out of

357  
00:14:30,389 --> 00:14:27,839  
control

358  
00:14:32,470 --> 00:14:30,399  
and it also correlates with sorrow

359  
00:14:34,870 --> 00:14:32,480  
so if it gets out of control turns into

360  
00:14:36,949 --> 00:14:34,880  
extreme sorrow so the young type and the

361  
00:14:38,310 --> 00:14:36,959  
young type b their emotions can flip

362  
00:14:40,389 --> 00:14:38,320  
back and forth

363  
00:14:42,949 --> 00:14:40,399

now if we get to the strong liver we're

364

00:14:44,629 --> 00:14:42,959

in the yin types because yang correlates

365

00:14:46,629 --> 00:14:44,639

with the upper body and the yin

366

00:14:48,230 --> 00:14:46,639

correlates with the lower body so those

367

00:14:49,430 --> 00:14:48,240

of us are born with a strong liver

368

00:14:52,310 --> 00:14:49,440

system

369

00:14:54,150 --> 00:14:52,320

they tend to radiate towards joy

370

00:14:55,509 --> 00:14:54,160

now this is also a very interesting

371

00:14:56,470 --> 00:14:55,519

concept because

372

00:15:01,030 --> 00:14:56,480

joy

373

00:15:04,230 --> 00:15:01,040

most of us would say that that's a

374

00:15:05,590 --> 00:15:04,240

wonderful thing but sometimes we can

375

00:15:07,350 --> 00:15:05,600

crave joy

376

00:15:08,710 --> 00:15:07,360

and the in taipei who's born with a

377

00:15:10,870 --> 00:15:08,720

strong liver

378

00:15:12,790 --> 00:15:10,880

they because they radiate towards joy

379

00:15:15,750 --> 00:15:12,800

all the time they tend to crave it and

380

00:15:17,829 --> 00:15:15,760

when they crave it things can go wrong

381

00:15:19,430 --> 00:15:17,839

if they don't feel joyful for example

382

00:15:21,110 --> 00:15:19,440

they're working really hard

383

00:15:23,110 --> 00:15:21,120

at a job that they don't like and it's

384

00:15:25,350 --> 00:15:23,120

not allowing them to feel joy

385

00:15:28,150 --> 00:15:25,360

then they will crave it and sometimes go

386

00:15:31,030 --> 00:15:28,160

to extremes to sort of get it like to

387

00:15:32,949 --> 00:15:31,040

choose drinking for example or

388

00:15:35,509 --> 00:15:32,959

to just say you know to heck with

389

00:15:36,790 --> 00:15:35,519

everything i'm just going to give up

390

00:15:38,870 --> 00:15:36,800

that's it i don't want to have to deal

391

00:15:40,949 --> 00:15:38,880

with struggle anymore

392

00:15:43,269 --> 00:15:40,959

and then the last body type is the yin

393

00:15:46,150 --> 00:15:43,279

type b and they're born with a stronger

394

00:15:47,269 --> 00:15:46,160

kidney and the kidney is

395

00:15:50,069 --> 00:15:47,279

comfort

396

00:15:52,389 --> 00:15:50,079

calmness complacency they're the most

397

00:15:54,470 --> 00:15:52,399

yin of all the body types so they look

398

00:15:57,110 --> 00:15:54,480

very calm that's a very yin aspect

399

00:15:59,430 --> 00:15:57,120

whereas yang is very active

400

00:16:02,389 --> 00:15:59,440

and so the in type b

401  
00:16:05,670 --> 00:16:02,399  
will always radiate towards calmness but

402  
00:16:09,590 --> 00:16:05,680  
if they try so hard to feel calm that

403  
00:16:10,470 --> 00:16:09,600  
can cause other issues like fear

404  
00:16:12,069 --> 00:16:10,480  
and

405  
00:16:14,150 --> 00:16:12,079  
anxiety

406  
00:16:16,790 --> 00:16:14,160  
because they can't reach their calmness

407  
00:16:18,389 --> 00:16:16,800  
they can't reach their mother nature

408  
00:16:20,550 --> 00:16:18,399  
and so these are all natures or

409  
00:16:22,629 --> 00:16:20,560  
characteristics that we all have and we

410  
00:16:24,389 --> 00:16:22,639  
sh and we are born into this life with

411  
00:16:26,470 --> 00:16:24,399  
these characteristics

412  
00:16:29,269 --> 00:16:26,480  
and they control our every move and our

413  
00:16:30,230 --> 00:16:29,279

every funk physiological and emotional

414

00:16:32,310 --> 00:16:30,240

function

415

00:16:34,150 --> 00:16:32,320

the kidneys for example also are like

416

00:16:36,550 --> 00:16:34,160

the body's air conditioner they have so

417

00:16:38,069 --> 00:16:36,560

much cold in them so the n-type b is

418

00:16:41,030 --> 00:16:38,079

cold all the time

419

00:16:43,269 --> 00:16:41,040

whereas the spleen is the body's heater

420

00:16:45,910 --> 00:16:43,279

so those of us who are born with a

421

00:16:47,749 --> 00:16:45,920

stronger spleen tend to be radiated

422

00:16:49,590 --> 00:16:47,759

towards heat or even if they don't feel

423

00:16:51,590 --> 00:16:49,600

hot in the summertime they have a

424

00:16:54,389 --> 00:16:51,600

tendency to get sick versus in the

425

00:16:57,670 --> 00:16:54,399

wintertime so these are all aspects that

426

00:16:59,509 --> 00:16:57,680

control our physiological uh functions

427

00:17:01,189 --> 00:16:59,519

but they start from the choices that we

428

00:17:03,030 --> 00:17:01,199

made either in a previous lifetime or

429

00:17:05,350 --> 00:17:03,040

before birth

430

00:17:06,549 --> 00:17:05,360

and we take with us and they control our

431

00:17:09,110 --> 00:17:06,559

every move

432

00:17:11,429 --> 00:17:09,120

uh but we can keep them in control the

433

00:17:14,870 --> 00:17:11,439

more we balance these emotions the

434

00:17:17,990 --> 00:17:14,880

emotions of sorrow anger

435

00:17:21,350 --> 00:17:18,000

joy and complacency

436

00:17:23,270 --> 00:17:21,360

can these traits be

437

00:17:25,189 --> 00:17:23,280

you know and i hate say passed down

438

00:17:28,549 --> 00:17:25,199

through a family but can there be like a

439

00:17:30,549 --> 00:17:28,559

family programming where

440

00:17:33,590 --> 00:17:30,559

you know maybe my

441

00:17:36,230 --> 00:17:33,600

mom was always in sorrow and so i pick

442

00:17:39,510 --> 00:17:36,240

up that characteristic even though it is

443

00:17:41,350 --> 00:17:39,520

not my soul energy

444

00:17:42,870 --> 00:17:41,360

absolutely rita

445

00:17:43,830 --> 00:17:42,880

absolutely

446

00:17:50,630 --> 00:17:43,840

we

447

00:17:52,310 --> 00:17:50,640

take on energies from our environments

448

00:17:54,950 --> 00:17:52,320

so a lot of the time

449

00:17:57,190 --> 00:17:54,960

we will take on the energy from our mom

450

00:17:58,710 --> 00:17:57,200

or from anybody around us when we're in

451  
00:18:00,710 --> 00:17:58,720  
the womb

452  
00:18:03,669 --> 00:18:00,720  
and that can change our body type that

453  
00:18:07,909 --> 00:18:03,679  
can form our body type uh also if we

454  
00:18:10,630 --> 00:18:07,919  
talk karmically even prenatally uh if we

455  
00:18:12,549 --> 00:18:10,640  
uh are influenced by or

456  
00:18:14,549 --> 00:18:12,559  
if we are born into a certain family

457  
00:18:17,750 --> 00:18:14,559  
there's probably a good reason for us to

458  
00:18:20,310 --> 00:18:17,760  
be in that family because we can grow

459  
00:18:23,270 --> 00:18:20,320  
from the energy of my of our parents

460  
00:18:26,070 --> 00:18:23,280  
from our sisters and brothers and so

461  
00:18:29,270 --> 00:18:26,080  
uh yes there is definitely significance

462  
00:18:32,310 --> 00:18:29,280  
uh if uh influence of our family members

463  
00:18:34,950 --> 00:18:32,320

but rita for me for example both my mom

464

00:18:37,430 --> 00:18:34,960

and dad are yin taipeis i'm a yin type

465

00:18:38,710 --> 00:18:37,440

bee and then i looked at my family tree

466

00:18:40,950 --> 00:18:38,720

and saw wow

467

00:18:43,029 --> 00:18:40,960

uh my grandpa was definitely you know

468

00:18:45,430 --> 00:18:43,039

based on his the way he looks the way

469

00:18:48,230 --> 00:18:45,440

he's you know his characteristics

470

00:18:50,950 --> 00:18:48,240

was a yin tai b so it it might have

471

00:18:52,789 --> 00:18:50,960

skipped a uh generation two

472

00:18:53,830 --> 00:18:52,799

so there's likely a connection here

473

00:18:56,390 --> 00:18:53,840

between

474

00:18:58,310 --> 00:18:56,400

influence and genetics and everything

475

00:19:00,870 --> 00:18:58,320

else you can possibly imagine

476

00:19:03,029 --> 00:19:00,880

uh which comes when it comes down to

477

00:19:05,430 --> 00:19:03,039

environmental influence

478

00:19:07,110 --> 00:19:05,440

well i just want to follow this trail

479

00:19:08,549 --> 00:19:07,120

because i think i think it's kind of

480

00:19:10,390 --> 00:19:08,559

interesting

481

00:19:12,870 --> 00:19:10,400

do you have you found

482

00:19:15,110 --> 00:19:12,880

um in your work you know individuals

483

00:19:17,110 --> 00:19:15,120

that this is the case you know where

484

00:19:20,230 --> 00:19:17,120

it's they're reflecting something that's

485

00:19:22,470 --> 00:19:20,240

really not their energy and once they

486

00:19:24,549 --> 00:19:22,480

have the realization that they're not

487

00:19:26,230 --> 00:19:24,559

carrying around their sorrow or they're

488

00:19:28,390 --> 00:19:26,240

not carrying around

489

00:19:30,789 --> 00:19:28,400

their own fear

490

00:19:33,669 --> 00:19:30,799

that they're able to

491

00:19:36,230 --> 00:19:33,679

relieve their health symptoms or come

492

00:19:38,390 --> 00:19:36,240

back into balance in a different way or

493

00:19:39,909 --> 00:19:38,400

etc etc

494

00:19:42,710 --> 00:19:39,919

yes

495

00:19:47,029 --> 00:19:42,720

i had a client the other day come in and

496

00:19:49,190 --> 00:19:47,039

say oh doc i just i have so much anger

497

00:19:51,669 --> 00:19:49,200

i'm angry all the time

498

00:19:54,870 --> 00:19:51,679

and this anger you know i i can't be

499

00:19:56,950 --> 00:19:54,880

around people they just anger me and i i

500

00:19:59,029 --> 00:19:56,960

don't want to show them my anger

501  
00:20:01,990 --> 00:19:59,039  
well she comes in

502  
00:20:02,950 --> 00:20:02,000  
with this radiant smile

503  
00:20:06,070 --> 00:20:02,960  
and

504  
00:20:09,430 --> 00:20:06,080  
these sparkle in her eye that makes me

505  
00:20:12,789 --> 00:20:09,440  
feel like she's quite a joyous person

506  
00:20:15,510 --> 00:20:12,799  
and so the yin tai bay for example will

507  
00:20:17,590 --> 00:20:15,520  
radiate towards joy all the time and

508  
00:20:20,070 --> 00:20:17,600  
when they can't reach their joy these

509  
00:20:22,390 --> 00:20:20,080  
other emotions pop up and then we think

510  
00:20:23,830 --> 00:20:22,400  
for example gosh i must be angry it must

511  
00:20:26,630 --> 00:20:23,840  
be this or other people will say you

512  
00:20:27,510 --> 00:20:26,640  
look angry or you know uh you must be so

513  
00:20:30,950 --> 00:20:27,520

angry

514

00:20:32,630 --> 00:20:30,960

uh this might not be the the underlying

515

00:20:34,950 --> 00:20:32,640

emotion so

516

00:20:37,909 --> 00:20:34,960

what we talked about this client and i

517

00:20:39,590 --> 00:20:37,919

is what is stopping you from joy because

518

00:20:41,590 --> 00:20:39,600

there were so many other hints that she

519

00:20:43,669 --> 00:20:41,600

was a in taipei for example

520

00:20:45,590 --> 00:20:43,679

physiologically

521

00:20:47,669 --> 00:20:45,600

her body shape

522

00:20:49,590 --> 00:20:47,679

her her habits

523

00:20:51,510 --> 00:20:49,600

that she has

524

00:20:54,710 --> 00:20:51,520

she's really good with her hands which

525

00:20:55,990 --> 00:20:54,720

is a very in type a

526  
00:20:58,149 --> 00:20:56,000  
she is very

527  
00:21:00,310 --> 00:20:58,159  
group oriented which is extremely in

528  
00:21:02,870 --> 00:21:00,320  
taipei it's called tanyo it's a property

529  
00:21:05,510 --> 00:21:02,880  
that the in taipei's are born with very

530  
00:21:07,510 --> 00:21:05,520  
very uh cool characteristic sometimes

531  
00:21:09,110 --> 00:21:07,520  
get them in trouble but anyway you know

532  
00:21:12,549 --> 00:21:09,120  
for the most part it's pretty cool being

533  
00:21:14,310 --> 00:21:12,559  
able to associate well in groups but uh

534  
00:21:16,390 --> 00:21:14,320  
so we talked about what's stopping you

535  
00:21:19,029 --> 00:21:16,400  
from your joy what's what's stopping you

536  
00:21:21,270 --> 00:21:19,039  
from bringing out your true nature

537  
00:21:23,990 --> 00:21:21,280  
and then she talked about that and it

538  
00:21:26,870 --> 00:21:24,000

found it we found out that she really

539

00:21:28,710 --> 00:21:26,880

it wasn't an angry nature that she has

540

00:21:31,909 --> 00:21:28,720

it was anger that she was displaying and

541

00:21:34,870 --> 00:21:31,919

there's countless numbers of of examples

542

00:21:36,230 --> 00:21:34,880

of that where we carry with us emotions

543

00:21:37,909 --> 00:21:36,240

of the moment

544

00:21:39,350 --> 00:21:37,919

but the more we know our body type the

545

00:21:40,149 --> 00:21:39,360

more we know what

546

00:21:42,549 --> 00:21:40,159

uh

547

00:21:45,270 --> 00:21:42,559

what underlies all that it's called the

548

00:21:49,270 --> 00:21:45,280

che aspect or the internal

549

00:21:51,350 --> 00:21:49,280

non-manifest latent aspect of who we are

550

00:21:53,590 --> 00:21:51,360

that's what sassang medicine helps us

551  
00:21:57,270 --> 00:21:53,600  
bring out

552  
00:22:02,390 --> 00:21:59,270  
and i know i'm asking a lot but i'm

553  
00:22:04,470 --> 00:22:02,400  
hoping you have done this in the past on

554  
00:22:06,789 --> 00:22:04,480  
interviews or whatever or you know in

555  
00:22:08,230 --> 00:22:06,799  
giving a presentation

556  
00:22:10,230 --> 00:22:08,240  
you know we're talking about these

557  
00:22:11,990 --> 00:22:10,240  
different body types and i know we're

558  
00:22:14,710 --> 00:22:12,000  
going to give examples for the different

559  
00:22:17,750 --> 00:22:14,720  
ones so do you have like a

560  
00:22:20,070 --> 00:22:17,760  
a generalization for the listeners to

561  
00:22:22,149 --> 00:22:20,080  
hear that they maybe can you know maybe

562  
00:22:25,029 --> 00:22:22,159  
it won't be 100 but that they can get a

563  
00:22:29,669 --> 00:22:25,039

better idea of oh i must be one of those

564

00:22:31,430 --> 00:22:30,630

okay

565

00:22:37,430 --> 00:22:31,440

yeah

566

00:22:39,029 --> 00:22:37,440

the in type b

567

00:22:41,750 --> 00:22:39,039

which is the most union of the body

568

00:22:43,350 --> 00:22:41,760

types they are very shy

569

00:22:46,230 --> 00:22:43,360

very kind of

570

00:22:48,149 --> 00:22:46,240

introverted uh they have to really work

571

00:22:50,789 --> 00:22:48,159

to bring out their

572

00:22:52,789 --> 00:22:50,799

their social skills

573

00:22:54,390 --> 00:22:52,799

the shyness comes from the power of the

574

00:22:59,110 --> 00:22:54,400

kidneys

575

00:23:01,830 --> 00:22:59,120

they're the lowest of what we say the

576

00:23:04,710 --> 00:23:01,840

yin organs so they're really low

577

00:23:05,669 --> 00:23:04,720

the intake bees also tend to have

578

00:23:07,750 --> 00:23:05,679

trouble

579

00:23:10,230 --> 00:23:07,760

trying new foods when it comes to

580

00:23:11,830 --> 00:23:10,240

seafood they lots of them can't stand

581

00:23:13,750 --> 00:23:11,840

the smell not everybody it really

582

00:23:14,710 --> 00:23:13,760

depends on how healthy and taipei you

583

00:23:17,270 --> 00:23:14,720

are

584

00:23:19,510 --> 00:23:17,280

and the antibes tend to get cold all the

585

00:23:22,630 --> 00:23:19,520

time uh not just hands and feet but the

586

00:23:23,510 --> 00:23:22,640

whole body uh they can sit in a bathtub

587

00:23:25,669 --> 00:23:23,520

for

588

00:23:27,909 --> 00:23:25,679

hours as a matter of fact have you ever

589

00:23:29,430 --> 00:23:27,919

seen rid of those mountain monkeys

590

00:23:31,190 --> 00:23:29,440

sanzaru in

591

00:23:32,789 --> 00:23:31,200

in japan

592

00:23:35,350 --> 00:23:32,799

i'm a yin tai b

593

00:23:37,270 --> 00:23:35,360

and i see these monkeys

594

00:23:40,789 --> 00:23:37,280

they basically all they do is hang out

595

00:23:43,430 --> 00:23:40,799

in a in a in a warm spring in the

596

00:23:46,230 --> 00:23:43,440

mountains of japan with snow all around

597

00:23:48,549 --> 00:23:46,240

them oh i've seen pictures

598

00:23:50,950 --> 00:23:48,559

i've definitely seen gosh but they're

599

00:23:53,190 --> 00:23:50,960

like hot springs right

600

00:23:55,270 --> 00:23:53,200

the hot springs yeah hot springs right i

601  
00:23:59,350 --> 00:23:55,280  
mean it's not just the water it's it's

602  
00:24:01,190 --> 00:23:59,360  
the hot springs oh yeah and and the cold

603  
00:24:04,070 --> 00:24:01,200  
all around you and you look at the cold

604  
00:24:07,110 --> 00:24:04,080  
and you go uh-uh you can't get inside of

605  
00:24:09,190 --> 00:24:07,120  
me that's that is a in taipei's dream or

606  
00:24:11,510 --> 00:24:09,200  
at least it's my dream you know i look

607  
00:24:14,310 --> 00:24:11,520  
at that and i go ah so

608  
00:24:17,269 --> 00:24:14,320  
you know he'd please get inside i want

609  
00:24:19,350 --> 00:24:17,279  
you to soak in to the core of me because

610  
00:24:21,909 --> 00:24:19,360  
it most of the time it only gets you

611  
00:24:24,789 --> 00:24:21,919  
know skin deep so

612  
00:24:26,470 --> 00:24:24,799  
if that so the that's a yin type b the

613  
00:24:27,430 --> 00:24:26,480

yin tai bays

614

00:24:29,510 --> 00:24:27,440

they

615

00:24:30,470 --> 00:24:29,520

are a little bit more

616

00:24:32,789 --> 00:24:30,480

open

617

00:24:34,710 --> 00:24:32,799

they're very group oriented

618

00:24:36,549 --> 00:24:34,720

uh which can get them in trouble like i

619

00:24:38,870 --> 00:24:36,559

said they tend to be the more the

620

00:24:41,430 --> 00:24:38,880

religious type uh they tend to be the

621

00:24:43,590 --> 00:24:41,440

followers uh sometimes they are the

622

00:24:45,110 --> 00:24:43,600

leaders if they really master that dang

623

00:24:48,230 --> 00:24:45,120

yo i was talking to you about that group

624

00:24:50,710 --> 00:24:48,240

orientation they're they're they're food

625

00:24:51,750 --> 00:24:50,720

they love food they food is more of a

626  
00:24:55,350 --> 00:24:51,760  
social

627  
00:24:58,630 --> 00:24:55,360  
uh thing for them in groups of course uh

628  
00:25:00,630 --> 00:24:58,640  
they tend to be a little bit more round

629  
00:25:03,510 --> 00:25:00,640  
uh and they tend to fat tends to

630  
00:25:05,750 --> 00:25:03,520  
accumulate in their abdomen if anywhere

631  
00:25:07,350 --> 00:25:05,760  
uh first although there are skinny in

632  
00:25:08,950 --> 00:25:07,360  
taipei's for sure

633  
00:25:11,750 --> 00:25:08,960  
and uh

634  
00:25:12,950 --> 00:25:11,760  
yeah the yin tai bays they um

635  
00:25:18,230 --> 00:25:12,960  
they

636  
00:25:20,070 --> 00:25:18,240  
other body type under the table

637  
00:25:21,990 --> 00:25:20,080  
i remember uh

638  
00:25:23,510 --> 00:25:22,000

in my 20s i was playing quarters with

639

00:25:26,149 --> 00:25:23,520

the yin tai bay

640

00:25:27,830 --> 00:25:26,159

and i thought that he was pouring the

641

00:25:30,870 --> 00:25:27,840

drinks down his shirt while i wasn't

642

00:25:33,269 --> 00:25:30,880

looking because he just i mean by my

643

00:25:35,750 --> 00:25:33,279

second drink i was gone and he just kept

644

00:25:37,430 --> 00:25:35,760

going and going and going and even even

645

00:25:39,590 --> 00:25:37,440

though i totally gave up he thought it

646

00:25:42,549 --> 00:25:39,600

was kind of fun to keep drinking so

647

00:25:44,390 --> 00:25:42,559

and i have clients too who tell me hey

648

00:25:47,029 --> 00:25:44,400

doc you know

649

00:25:49,430 --> 00:25:47,039

you tell me to slow down on my drinking

650

00:25:50,310 --> 00:25:49,440

my in taipei clients but

651  
00:25:52,390 --> 00:25:50,320  
uh

652  
00:25:54,789 --> 00:25:52,400  
i feel fine when i drink as a matter of

653  
00:25:56,470 --> 00:25:54,799  
fact it helps me sleep well this is

654  
00:25:58,470 --> 00:25:56,480  
because they're born with and a

655  
00:26:00,070 --> 00:25:58,480  
developed liver

656  
00:26:02,070 --> 00:26:00,080  
the issue is that

657  
00:26:05,029 --> 00:26:02,080  
over time what happens is that liver

658  
00:26:06,630 --> 00:26:05,039  
gets congested and they won't know it so

659  
00:26:08,470 --> 00:26:06,640  
a lot of the time when we mess with our

660  
00:26:10,870 --> 00:26:08,480  
stronger organs we don't know it so

661  
00:26:13,110 --> 00:26:10,880  
that's a yin yentai bay they they can

662  
00:26:15,430 --> 00:26:13,120  
drink if they choose

663  
00:26:17,430 --> 00:26:15,440

but uh they you know they're of course

664

00:26:19,430 --> 00:26:17,440

there there are tons of healthy in

665

00:26:20,950 --> 00:26:19,440

taipei's so that doesn't necessarily be

666

00:26:22,950 --> 00:26:20,960

the case but if you see somebody who's a

667

00:26:24,870 --> 00:26:22,960

good drinker chances are they're in type

668

00:26:25,990 --> 00:26:24,880

a if they don't get the hangover the

669

00:26:28,630 --> 00:26:26,000

next day

670

00:26:30,950 --> 00:26:28,640

um and and they uh they can drink you

671

00:26:32,070 --> 00:26:30,960

under the table and then you have the

672

00:26:33,830 --> 00:26:32,080

yang tai

673

00:26:35,750 --> 00:26:33,840

a's

674

00:26:37,269 --> 00:26:35,760

which are one with the stronger spleen

675

00:26:39,990 --> 00:26:37,279

they're the ones who

676

00:26:43,269 --> 00:26:40,000

uh jay leno is a kind of good example of

677

00:26:44,230 --> 00:26:43,279

a young type a structurally the pointy

678

00:26:46,310 --> 00:26:44,240

chin

679

00:26:47,350 --> 00:26:46,320

prominent cheekbones kind of that upside

680

00:26:50,230 --> 00:26:47,360

down

681

00:26:53,269 --> 00:26:50,240

uh looking triangle on the face there

682

00:26:55,669 --> 00:26:53,279

where it's pointy chin and uh prominent

683

00:26:58,230 --> 00:26:55,679

cheekbones and then um

684

00:27:01,750 --> 00:26:58,240

the yangtai base their their chest is

685

00:27:03,909 --> 00:27:01,760

developed so they have uh they may have

686

00:27:05,590 --> 00:27:03,919

females may have a larger

687

00:27:07,430 --> 00:27:05,600

bust size

688

00:27:10,470 --> 00:27:07,440

males in general might have

689

00:27:12,310 --> 00:27:10,480

developed pec muscles um

690

00:27:13,029 --> 00:27:12,320

maybe if they they

691

00:27:14,950 --> 00:27:13,039

if

692

00:27:16,630 --> 00:27:14,960

on the occasion when they gain weight

693

00:27:20,070 --> 00:27:16,640

they'll have a lot of flab around their

694

00:27:22,950 --> 00:27:20,080

pec muscles the chest area

695

00:27:25,029 --> 00:27:22,960

they can eat just about anything they're

696

00:27:26,149 --> 00:27:25,039

not really

697

00:27:31,510 --> 00:27:26,159

they're

698

00:27:33,350 --> 00:27:31,520

either love them or you hate them

699

00:27:35,830 --> 00:27:33,360

if you love them it's because you like

700

00:27:37,510 --> 00:27:35,840

people who are very direct so the young

701  
00:27:39,909 --> 00:27:37,520

taipei's

702  
00:27:42,470 --> 00:27:39,919

strongest sense is their eyesight so

703  
00:27:43,590 --> 00:27:42,480

they can see through people and they can

704  
00:27:44,549 --> 00:27:43,600

see things

705  
00:27:51,029 --> 00:27:44,559

quite

706  
00:27:54,149 --> 00:27:51,039

acutely and so if i wake up on the wrong

707  
00:27:56,789 --> 00:27:54,159

side of the bed my hair is disheveled uh

708  
00:28:00,070 --> 00:27:56,799

you know and i look like uh you know i'm

709  
00:28:02,950 --> 00:28:00,080

really tired a young type a might say

710  
00:28:05,750 --> 00:28:02,960

gee gary you look like crap you know and

711  
00:28:08,070 --> 00:28:05,760

uh or gosh you've gained weight lately

712  
00:28:09,990 --> 00:28:08,080

uh so they'll tell it like it is they're

713  
00:28:12,549 --> 00:28:10,000

very direct and that's because of that

714

00:28:14,149 --> 00:28:12,559

keen eyesight it also has to do with the

715

00:28:15,990 --> 00:28:14,159

strength of their spleen

716

00:28:17,750 --> 00:28:16,000

which is really good at breaking down

717

00:28:20,070 --> 00:28:17,760

food so breaking down

718

00:28:22,310 --> 00:28:20,080

breaking down the crap breaking down the

719

00:28:23,909 --> 00:28:22,320

nonsense and getting to the nitty-gritty

720

00:28:25,430 --> 00:28:23,919

the young taipei's are very good at that

721

00:28:28,389 --> 00:28:25,440

but they're not so good at following

722

00:28:31,269 --> 00:28:28,399

through with things which is a yin trait

723

00:28:33,510 --> 00:28:31,279

yin is more consistency yang is like

724

00:28:37,269 --> 00:28:33,520

fire it burns very easily

725

00:28:40,310 --> 00:28:37,279

and then you have the young type b

726

00:28:42,710 --> 00:28:40,320

which is uh born with the stronger lungs

727

00:28:45,430 --> 00:28:42,720

these are your

728

00:28:47,669 --> 00:28:45,440

if they're healthy they're usually

729

00:28:49,669 --> 00:28:47,679

leading a group not a group of people

730

00:28:51,830 --> 00:28:49,679

but the masses are or

731

00:28:54,230 --> 00:28:51,840

um i guess you could say group but

732

00:28:56,630 --> 00:28:54,240

the group oriented leaders are the ones

733

00:28:58,870 --> 00:28:56,640

who are more the in taipei's these guys

734

00:29:01,590 --> 00:28:58,880

just keep going they're like climbing up

735

00:29:04,710 --> 00:29:01,600

a ladder and pulling everybody with them

736

00:29:06,630 --> 00:29:04,720

and if they succeed they'll be very

737

00:29:08,549 --> 00:29:06,640

healthy their energy will flow from

738

00:29:10,710 --> 00:29:08,559

their lungs to the rest of the body if

739

00:29:12,710 --> 00:29:10,720

they don't succeed they'll get lung

740

00:29:14,870 --> 00:29:12,720

issues and since their liver is the

741

00:29:17,110 --> 00:29:14,880

weaker organ they will have trouble

742

00:29:18,789 --> 00:29:17,120

digesting meats for example because the

743

00:29:21,669 --> 00:29:18,799

liver is in charge of detoxifying

744

00:29:23,990 --> 00:29:21,679

breaking down the peptide bonds in meat

745

00:29:27,350 --> 00:29:24,000

and so they'll they'll vomit right after

746

00:29:29,590 --> 00:29:27,360

uh eating meat uh they will uh their

747

00:29:31,750 --> 00:29:29,600

lower body since young is upper body and

748

00:29:33,750 --> 00:29:31,760

that's their strength in his lower body

749

00:29:34,710 --> 00:29:33,760

they'll have very very little leg

750

00:29:35,510 --> 00:29:34,720

strength

751  
00:29:37,909 --> 00:29:35,520  
and

752  
00:29:39,909 --> 00:29:37,919  
but when they're successful they will be

753  
00:29:42,870 --> 00:29:39,919  
leaders they'll be

754  
00:29:43,990 --> 00:29:42,880  
mayors governors

755  
00:29:46,389 --> 00:29:44,000  
and

756  
00:29:47,830 --> 00:29:46,399  
even if they become a successful leader

757  
00:29:49,990 --> 00:29:47,840  
they have to watch out because they'll

758  
00:29:51,029 --> 00:29:50,000  
keep going and going and going if they

759  
00:29:53,669 --> 00:29:51,039  
don't

760  
00:29:56,310 --> 00:29:53,679  
reflect on their behavior so there's

761  
00:29:59,269 --> 00:29:56,320  
very few young type uh

762  
00:30:01,430 --> 00:29:59,279  
bees in this world but you will

763  
00:30:04,470 --> 00:30:01,440

definitely spot one if you see one

764

00:30:06,230 --> 00:30:04,480

pointy ears uh pointy head they kind of

765

00:30:08,630 --> 00:30:06,240

look like a sometimes look like a

766

00:30:11,350 --> 00:30:08,640

conehead um

767

00:30:15,669 --> 00:30:11,360

and uh i'm thinking of dan aykroyd but

768

00:30:17,029 --> 00:30:15,679

that was just a costume he was wearing

769

00:30:18,549 --> 00:30:17,039

but that you know i mean if you can

770

00:30:20,470 --> 00:30:18,559

imagine so

771

00:30:22,230 --> 00:30:20,480

so that's kind of your general

772

00:30:23,990 --> 00:30:22,240

general but there's of course much more

773

00:30:24,789 --> 00:30:24,000

to it

774

00:30:27,110 --> 00:30:24,799

okay

775

00:30:31,269 --> 00:30:27,120

and one of the things that you keep

776

00:30:33,269 --> 00:30:31,279

mentioning is this emotional part i i

777

00:30:35,669 --> 00:30:33,279

i thought we were talking about the body

778

00:30:39,029 --> 00:30:35,679

why do you keep bringing up emotions

779

00:30:42,070 --> 00:30:39,039

mixed in with this whole thing

780

00:30:44,310 --> 00:30:42,080

that's a good question well because in

781

00:30:47,590 --> 00:30:44,320

sasang medicine

782

00:30:52,230 --> 00:30:47,600

the emotions or the decisions we make

783

00:30:55,750 --> 00:30:52,240

are really at the key are at the core of

784

00:30:57,269 --> 00:30:55,760

our health of our physical well-being

785

00:31:00,230 --> 00:30:57,279

so

786

00:31:02,950 --> 00:31:00,240

samsung medicine is just as much of a

787

00:31:05,590 --> 00:31:02,960

philosophy as it is a

788

00:31:07,750 --> 00:31:05,600

a medicine meaning that we have herbs to

789

00:31:09,110 --> 00:31:07,760

that go to the heart go to the lungs go

790

00:31:11,990 --> 00:31:09,120

to the spleen

791

00:31:13,510 --> 00:31:12,000

and we talk about foods and exercises

792

00:31:17,350 --> 00:31:13,520

all these are

793

00:31:19,590 --> 00:31:17,360

what we can do to help increase improve

794

00:31:22,789 --> 00:31:19,600

our flow through our body our to help

795

00:31:26,389 --> 00:31:22,799

our physiological uh energy and and and

796

00:31:29,350 --> 00:31:26,399

functioning but it all starts from the

797

00:31:33,990 --> 00:31:29,360

decisions we make or what we would refer

798

00:31:38,230 --> 00:31:36,149

is

799

00:31:41,750 --> 00:31:38,240

roughly translated as

800

00:31:44,389 --> 00:31:41,760

heavenly endowed nature or the nature

801  
00:31:47,750 --> 00:31:44,399  
that we receive from the universe in it

802  
00:31:51,029 --> 00:31:47,760  
gets implanted into our heart so the

803  
00:31:53,430 --> 00:31:51,039  
chinese character for song has the heart

804  
00:31:55,350 --> 00:31:53,440  
on the left as a radical of the

805  
00:31:57,190 --> 00:31:55,360  
character part of the character and on

806  
00:31:59,669 --> 00:31:57,200  
the right is birth

807  
00:32:02,630 --> 00:31:59,679  
so you have the heart implanted in the

808  
00:32:05,029 --> 00:32:02,640  
heart at birth is this heavenly endowed

809  
00:32:07,430 --> 00:32:05,039  
nature so our heart is sort of like the

810  
00:32:10,710 --> 00:32:07,440  
king talk about the heart as the king

811  
00:32:14,950 --> 00:32:10,720  
controlling all the different

812  
00:32:17,029 --> 00:32:14,960  
areas of the body and that heart uh

813  
00:32:18,630 --> 00:32:17,039

we talk about in satsang medicine needs

814

00:32:22,230 --> 00:32:18,640

to be polished

815

00:32:24,950 --> 00:32:22,240

for us to truly bring out our virtue

816

00:32:27,430 --> 00:32:24,960

samsung medicine is based in confucian

817

00:32:31,190 --> 00:32:27,440

theory which talks about virtue

818

00:32:33,430 --> 00:32:31,200

so there's a saying in sassang medicine

819

00:32:34,549 --> 00:32:33,440

in confucian

820

00:32:36,470 --> 00:32:34,559

teachings

821

00:32:40,310 --> 00:32:36,480

as well which is

822

00:32:42,789 --> 00:32:40,320

sangisin yangi-sung to reside in our

823

00:32:45,269 --> 00:32:42,799

heart to take matters of the heart

824

00:32:48,630 --> 00:32:45,279

seriously that's how we

825

00:32:50,870 --> 00:32:48,640

uh can truly bring out our

826

00:32:53,430 --> 00:32:50,880

the there's another another saying

827

00:32:55,990 --> 00:32:53,440

confusion uh teachings

828

00:32:58,070 --> 00:32:56,000

uh suggest

829

00:33:00,870 --> 00:32:58,080

to polish that heart and then we can

830

00:33:04,070 --> 00:33:00,880

bring out our myeong them young is

831

00:33:06,070 --> 00:33:04,080

our life's mission our calling and if

832

00:33:09,750 --> 00:33:06,080

you break down the young character it's

833

00:33:12,149 --> 00:33:09,760

kind of interesting because it has the

834

00:33:13,350 --> 00:33:12,159

character for separation

835

00:33:14,870 --> 00:33:13,360

and

836

00:33:17,669 --> 00:33:14,880

um

837

00:33:20,710 --> 00:33:17,679

coming together uniting all in one

838

00:33:22,950 --> 00:33:20,720

category the ability to recognize when

839

00:33:24,950 --> 00:33:22,960

we need to unite the ability to

840

00:33:27,990 --> 00:33:24,960

recognize when we need to separate

841

00:33:31,590 --> 00:33:28,000

that's sifting through our true nature

842

00:33:33,990 --> 00:33:31,600

and then bringing out our own

843

00:33:37,269 --> 00:33:34,000

mission or carrying out our own mission

844

00:33:40,630 --> 00:33:37,279

so that this is as much of a philosophy

845

00:33:43,509 --> 00:33:40,640

as it is a medicine if we can do that by

846

00:33:46,230 --> 00:33:43,519

understanding our body type and then

847

00:33:47,909 --> 00:33:46,240

when we carry out our mission literally

848

00:33:49,509 --> 00:33:47,919

physiologically what we're doing is

849

00:33:52,630 --> 00:33:49,519

we're sending energy

850

00:33:54,310 --> 00:33:52,640

from our stronger to our weaker organs

851  
00:33:57,269 --> 00:33:54,320  
and if we don't carry out that mission

852  
00:34:01,110 --> 00:33:57,279  
we feel lost we feel stuck we feel like

853  
00:34:02,789 --> 00:34:01,120  
we don't we feel sick it's because that

854  
00:34:05,190 --> 00:34:02,799  
energy is not flowing from our stronger

855  
00:34:06,870 --> 00:34:05,200  
to weaker organ so our stronger organs

856  
00:34:07,750 --> 00:34:06,880  
are more developed organs are like a

857  
00:34:09,349 --> 00:34:07,760  
bully

858  
00:34:12,069 --> 00:34:09,359  
that are picking on the weak organs and

859  
00:34:14,790 --> 00:34:12,079  
say hey you guys you fetch for yourself

860  
00:34:17,349 --> 00:34:14,800  
or it's like a king who is so happy in

861  
00:34:18,950 --> 00:34:17,359  
his palace and doesn't give

862  
00:34:20,790 --> 00:34:18,960  
doesn't care whatsoever about what's

863  
00:34:21,909 --> 00:34:20,800

happening in the provinces surrounding

864

00:34:23,990 --> 00:34:21,919

the palace

865

00:34:26,470 --> 00:34:24,000

so you know we've all been there we've

866

00:34:30,149 --> 00:34:26,480

all felt like we wanted to be a king or

867

00:34:32,149 --> 00:34:30,159

a queen in the palace uh you know but if

868

00:34:34,069 --> 00:34:32,159

that happens chronically

869

00:34:36,149 --> 00:34:34,079

then what happens is the energy just

870

00:34:38,710 --> 00:34:36,159

doesn't go to the weaker parts of our

871

00:34:40,869 --> 00:34:38,720

body and that's when we feel sick so it

872

00:34:43,190 --> 00:34:40,879

does start from emotion

873

00:34:44,869 --> 00:34:43,200

and if we work on the matters of our

874

00:34:47,669 --> 00:34:44,879

heart we understand how we do that

875

00:34:51,589 --> 00:34:47,679

through our understanding uh our deep

876

00:34:54,869 --> 00:34:51,599

nature our true natures then um not only

877

00:34:56,310 --> 00:34:54,879

do we feel happier and joyful

878

00:34:57,670 --> 00:34:56,320

we can we can

879

00:35:00,630 --> 00:34:57,680

be angry and

880

00:35:04,150 --> 00:35:00,640

anger but our anger could be expressed

881

00:35:06,950 --> 00:35:04,160

in a very positive very virtuous way

882

00:35:09,589 --> 00:35:06,960

then we're healthy and so yes it does

883

00:35:13,030 --> 00:35:09,599

start from the heart and uh

884

00:35:17,430 --> 00:35:13,040

and i saw some medicine and i like to

885

00:35:20,069 --> 00:35:17,440

emphasize that in in my book as well

886

00:35:22,390 --> 00:35:20,079

okay when you know you're you're talking

887

00:35:25,910 --> 00:35:22,400

about balancing them

888

00:35:28,069 --> 00:35:25,920

are you trying to balance like the yin a

889

00:35:30,390 --> 00:35:28,079

and the yin b

890

00:35:34,630 --> 00:35:30,400

together or are you trying to balance

891

00:35:37,990 --> 00:35:34,640

the yin a and the yang a

892

00:35:40,550 --> 00:35:38,000

or the yin a and the yang b

893

00:35:42,069 --> 00:35:40,560

and i'm going is it up down left right

894

00:35:44,310 --> 00:35:42,079

diagonal

895

00:35:49,190 --> 00:35:44,320

which way are we going here is it a big

896

00:35:53,990 --> 00:35:51,430

you know sometimes uh people will come

897

00:35:57,750 --> 00:35:54,000

back to me and say gary i scarred a thai

898

00:36:00,390 --> 00:35:57,760

score on all of the body types exactly

899

00:36:03,109 --> 00:36:00,400

the same i'm a yin type a b young type a

900

00:36:05,750 --> 00:36:03,119

b what do i do what do i do

901  
00:36:08,550 --> 00:36:05,760  
i i mentioned to them in that case you

902  
00:36:11,430 --> 00:36:08,560  
are very balanced because

903  
00:36:14,390 --> 00:36:11,440  
we naturally throughout life

904  
00:36:16,950 --> 00:36:14,400  
acquire traits if we're yin types we

905  
00:36:18,870 --> 00:36:16,960  
tend to acquire young traits we're young

906  
00:36:20,870 --> 00:36:18,880  
types we tend to acquire yin types

907  
00:36:23,670 --> 00:36:20,880  
traits naturally

908  
00:36:26,390 --> 00:36:23,680  
salsa medicine is not foreign it's

909  
00:36:29,910 --> 00:36:26,400  
something we do naturally but it's a

910  
00:36:31,910 --> 00:36:29,920  
tool to help navigate so if we have a

911  
00:36:33,750 --> 00:36:31,920  
map in hand and we sort of know where to

912  
00:36:36,230 --> 00:36:33,760  
go based on

913  
00:36:39,030 --> 00:36:36,240

past memory we've been there a time ago

914

00:36:41,510 --> 00:36:39,040

and you know maybe once or twice

915

00:36:44,550 --> 00:36:41,520

but sassong medicine is like then is

916

00:36:46,470 --> 00:36:44,560

like the compass to go with that map

917

00:36:48,230 --> 00:36:46,480

so that if we remember

918

00:36:50,069 --> 00:36:48,240

we've been here we have trouble getting

919

00:36:54,230 --> 00:36:50,079

around we use the compass it makes it a

920

00:36:57,109 --> 00:36:54,240

lot easier so it's it's a tool basically

921

00:36:58,470 --> 00:36:57,119

but getting back to to what you said

922

00:37:01,270 --> 00:36:58,480

uh the

923

00:37:02,790 --> 00:37:01,280

weakest organ of the anti-b is the

924

00:37:06,310 --> 00:37:02,800

spleen

925

00:37:07,190 --> 00:37:06,320

uh

926

00:37:11,750 --> 00:37:07,200

is

927

00:37:13,109 --> 00:37:11,760

so the anti bees have really they have

928

00:37:15,670 --> 00:37:13,119

trouble getting in touch with their

929

00:37:17,030 --> 00:37:15,680

anger they kind of shy away from it they

930

00:37:18,710 --> 00:37:17,040

don't want to have anything to do with

931

00:37:20,069 --> 00:37:18,720

it and when they get angry they have

932

00:37:21,670 --> 00:37:20,079

trouble

933

00:37:23,349 --> 00:37:21,680

knowing what to say

934

00:37:24,470 --> 00:37:23,359

because as soon as they look at somebody

935

00:37:26,550 --> 00:37:24,480

else and if they're turning the wrong

936

00:37:28,150 --> 00:37:26,560

way they'll be like oh no they're not

937

00:37:30,950 --> 00:37:28,160

listening to me

938

00:37:34,790 --> 00:37:30,960

that's a very kidney way of approaching

939

00:37:36,870 --> 00:37:34,800

that kind of oh woe is me

940

00:37:40,069 --> 00:37:36,880

maybe it's not worth it i'm gonna go

941

00:37:42,630 --> 00:37:40,079

back into my little space my frog and uh

942

00:37:45,510 --> 00:37:42,640

i i'd say it's like a frog in a well go

943

00:37:47,430 --> 00:37:45,520

back into my well and be happy there so

944

00:37:51,430 --> 00:37:47,440

uh you know and then the young the in

945

00:37:53,670 --> 00:37:51,440

taipei's uh their weakest organ is the

946

00:37:55,510 --> 00:37:53,680

uh the lungs the strongest one is the

947

00:37:57,349 --> 00:37:55,520

liver which is associated with joy

948

00:37:59,109 --> 00:37:57,359

talked about joy before so they they

949

00:38:01,349 --> 00:37:59,119

want to be joyous all the time and

950

00:38:02,630 --> 00:38:01,359

sorrow forget sorrow i don't want to be

951  
00:38:04,870 --> 00:38:02,640  
sorrow

952  
00:38:06,710 --> 00:38:04,880  
clients come in day in and day out

953  
00:38:09,270 --> 00:38:06,720  
feeling sorrowful

954  
00:38:11,190 --> 00:38:09,280  
and i mentioned a lot of the time to

955  
00:38:13,829 --> 00:38:11,200  
them of course in extreme cases this

956  
00:38:16,950 --> 00:38:13,839  
might not be the case but sorrow is a

957  
00:38:19,670 --> 00:38:16,960  
good emotion let it out

958  
00:38:21,589 --> 00:38:19,680  
let it out express it

959  
00:38:23,030 --> 00:38:21,599  
and behind that will be another emotion

960  
00:38:24,069 --> 00:38:23,040  
will be the joy

961  
00:38:25,990 --> 00:38:24,079  
just like

962  
00:38:27,910 --> 00:38:26,000  
after that last tear

963  
00:38:29,670 --> 00:38:27,920

all of a sudden or after that last day

964

00:38:31,349 --> 00:38:29,680

of pain all of a sudden that joy just

965

00:38:32,870 --> 00:38:31,359

breaks through so the in taipei has to

966

00:38:35,910 --> 00:38:32,880

be

967

00:38:38,950 --> 00:38:35,920

has to get in touch with that uh that

968

00:38:41,430 --> 00:38:38,960

sorrow a little little further and so

969

00:38:44,310 --> 00:38:41,440

and then you have the young type a which

970

00:38:47,270 --> 00:38:44,320

uh weakest organ is the kidneys

971

00:38:49,030 --> 00:38:47,280

which is calmness so the young taipei's

972

00:38:51,349 --> 00:38:49,040

are up up go go

973

00:38:54,550 --> 00:38:51,359

and they just want uh you know to

974

00:38:57,430 --> 00:38:54,560

accomplish to achieve like a fire

975

00:39:00,069 --> 00:38:57,440

uh just uh swallowing everything up in

976

00:39:01,750 --> 00:39:00,079

its path well this calmness if you if

977

00:39:03,670 --> 00:39:01,760

you mentioned to a young taipei who's

978

00:39:05,270 --> 00:39:03,680

very active you know how about some

979

00:39:07,589 --> 00:39:05,280

meditation they'll say i don't know how

980

00:39:09,430 --> 00:39:07,599

to meditate i just don't you know it's

981

00:39:10,950 --> 00:39:09,440

not worth it and then you have the young

982

00:39:13,349 --> 00:39:10,960

type b

983

00:39:16,150 --> 00:39:13,359

whose weakest organ is the liver

984

00:39:17,829 --> 00:39:16,160

and through with all their sorrow they

985

00:39:19,430 --> 00:39:17,839

have so much trouble getting in touch

986

00:39:20,550 --> 00:39:19,440

with joy

987

00:39:21,910 --> 00:39:20,560

and so

988

00:39:23,990 --> 00:39:21,920

uh

989

00:39:26,950 --> 00:39:24,000

bringing in a little joy you know have a

990

00:39:28,630 --> 00:39:26,960

little fun take some time off

991

00:39:31,349 --> 00:39:28,640

enjoy yourself

992

00:39:33,270 --> 00:39:31,359

and so so yeah in a sense

993

00:39:35,430 --> 00:39:33,280

we have to work on the emotions but we

994

00:39:37,510 --> 00:39:35,440

can also do this through acupuncture we

995

00:39:40,470 --> 00:39:37,520

can do it through meditation we can do

996

00:39:43,190 --> 00:39:40,480

it through chi gong which is hands-on or

997

00:39:44,870 --> 00:39:43,200

medical qigong hands-on

998

00:39:48,790 --> 00:39:44,880

moving the energy from one organ to the

999

00:39:52,950 --> 00:39:51,030

foods foods is the first line of

1000

00:39:54,630 --> 00:39:52,960

medicine first

1001  
00:39:56,950 --> 00:39:54,640  
step to go

1002  
00:39:59,589 --> 00:39:56,960  
when it comes to trying something

1003  
00:40:01,270 --> 00:39:59,599  
uh so yeah it can be done in many many

1004  
00:40:03,270 --> 00:40:01,280  
different ways but ideally it's

1005  
00:40:05,589 --> 00:40:03,280  
balancing out a body type even the yin

1006  
00:40:07,670 --> 00:40:05,599  
type b's have because they're so

1007  
00:40:11,190 --> 00:40:07,680  
introverted have trouble with the the

1008  
00:40:13,109 --> 00:40:11,200  
yin type ah

1009  
00:40:14,550 --> 00:40:13,119  
getting in touch with groups for example

1010  
00:40:16,630 --> 00:40:14,560  
are uncomfortable in groups which is

1011  
00:40:18,950 --> 00:40:16,640  
another yin trait it's just that they

1012  
00:40:21,910 --> 00:40:18,960  
haven't uh if they don't work at it they

1013  
00:40:25,430 --> 00:40:21,920

have they don't develop it naturally

1014

00:40:27,670 --> 00:40:25,440

so it's it's scoring getting that high

1015

00:40:33,270 --> 00:40:27,680

score on all the body types that

1016

00:40:37,030 --> 00:40:35,190

i guess i'm gonna have to redo the test

1017

00:40:39,270 --> 00:40:37,040

and maybe lie a little bit here and

1018

00:40:41,990 --> 00:40:39,280

there so i could do better

1019

00:40:43,670 --> 00:40:42,000

yeah that's it that's it

1020

00:40:46,230 --> 00:40:43,680

well let me tell you rita something

1021

00:40:47,910 --> 00:40:46,240

something very interesting and i i one

1022

00:40:49,829 --> 00:40:47,920

thing i got out of chemistry i was never

1023

00:40:51,589 --> 00:40:49,839

really good at the sciences but one

1024

00:40:54,150 --> 00:40:51,599

thing i got out of chemistry was that

1025

00:40:56,150 --> 00:40:54,160

you when you study the element groups

1026  
00:40:57,670 --> 00:40:56,160  
you have group one through seven are

1027  
00:41:00,710 --> 00:40:57,680  
active elements they're constantly

1028  
00:41:02,790 --> 00:41:00,720  
trying to achieve valence uh gain

1029  
00:41:05,030 --> 00:41:02,800  
another electron in their outer shell so

1030  
00:41:07,910 --> 00:41:05,040  
they achieve this sense of fulfillment

1031  
00:41:10,150 --> 00:41:07,920  
this this uh balance and harmony but

1032  
00:41:12,630 --> 00:41:10,160  
group eight is the last group and that

1033  
00:41:14,230 --> 00:41:12,640  
is the innate elements they no longer

1034  
00:41:16,470 --> 00:41:14,240  
can function they no longer have any

1035  
00:41:19,270 --> 00:41:16,480  
interaction with anything else they're

1036  
00:41:21,430 --> 00:41:19,280  
dead pretty much so but group one

1037  
00:41:23,349 --> 00:41:21,440  
through seven is constantly trying to

1038  
00:41:25,510 --> 00:41:23,359

get there constantly trying to fill in

1039

00:41:27,670 --> 00:41:25,520

their balance and then when they finally

1040

00:41:30,230 --> 00:41:27,680

get there

1041

00:41:31,910 --> 00:41:30,240

they're dead or their innate elements

1042

00:41:33,670 --> 00:41:31,920

and that's the way you know when we

1043

00:41:35,270 --> 00:41:33,680

think about what it is to be healthy

1044

00:41:37,750 --> 00:41:35,280

what it is to be balanced we're not

1045

00:41:40,630 --> 00:41:37,760

talking complete balance if you have uh

1046

00:41:42,309 --> 00:41:40,640

you know complete equal flow from one

1047

00:41:43,990 --> 00:41:42,319

organ to the other you don't have

1048

00:41:46,069 --> 00:41:44,000

movement if you look at the tai chi

1049

00:41:48,470 --> 00:41:46,079

symbol you have yin going into yang and

1050

00:41:51,030 --> 00:41:48,480

yang going into yin they blend into each

1051  
00:41:53,430 --> 00:41:51,040  
other they move into each other so dance

1052  
00:41:55,670 --> 00:41:53,440  
young pushes upwards yin downwards

1053  
00:41:58,950 --> 00:41:55,680  
they're constantly dancing and that's

1054  
00:42:00,790 --> 00:41:58,960  
what makes flow so it's okay to have

1055  
00:42:02,870 --> 00:42:00,800  
some in balance it's okay not to be

1056  
00:42:03,750 --> 00:42:02,880  
completely balanced

1057  
00:42:07,589 --> 00:42:03,760  
but

1058  
00:42:09,829 --> 00:42:07,599  
trying to achieve it uh along the way

1059  
00:42:11,910 --> 00:42:09,839  
uh you know there's there's beauty in

1060  
00:42:14,710 --> 00:42:11,920  
that now understanding more about

1061  
00:42:16,630 --> 00:42:14,720  
ourselves our unique qualities it's okay

1062  
00:42:18,790 --> 00:42:16,640  
for me to be introvert it's okay for me

1063  
00:42:21,430 --> 00:42:18,800

to want to escape to the mountain after

1064

00:42:23,829 --> 00:42:21,440

having a busy day at work i didn't know

1065

00:42:28,829 --> 00:42:23,839

that before i knew my body type kept

1066

00:42:28,839 --> 00:42:36,870

whoo now i feel better

1067

00:42:41,829 --> 00:42:39,190

what happens to us

1068

00:42:43,910 --> 00:42:41,839

if we're not balanced

1069

00:42:46,710 --> 00:42:43,920

you know what i mean other than you get

1070

00:42:50,710 --> 00:42:46,720

sick and and maybe i want to add into

1071

00:42:52,950 --> 00:42:50,720

this is if based on these body types

1072

00:42:55,829 --> 00:42:52,960

um are there any

1073

00:42:58,230 --> 00:42:55,839

diseases that tend to be characteristic

1074

00:43:00,230 --> 00:42:58,240

with a specific

1075

00:43:02,790 --> 00:43:00,240

body type

1076  
00:43:04,470 --> 00:43:02,800  
yes yes and no

1077  
00:43:07,910 --> 00:43:04,480  
the yes part is

1078  
00:43:10,069 --> 00:43:07,920  
there are specific diseases

1079  
00:43:12,550 --> 00:43:10,079  
we have to look into

1080  
00:43:15,109 --> 00:43:12,560  
the details of what is happening to to

1081  
00:43:16,710 --> 00:43:15,119  
figure it out usually which body type

1082  
00:43:19,109 --> 00:43:16,720  
has which disease

1083  
00:43:22,150 --> 00:43:19,119  
and why this body type is having this

1084  
00:43:24,790 --> 00:43:22,160  
disease uh that requires a lot of detail

1085  
00:43:28,950 --> 00:43:24,800  
uh and a lot of uh study

1086  
00:43:31,510 --> 00:43:28,960  
um but there are characteristics

1087  
00:43:34,470 --> 00:43:31,520  
uh tendencies physiological tendencies

1088  
00:43:37,910 --> 00:43:34,480

that each body type has

1089

00:43:40,150 --> 00:43:37,920

and so for example we talked about one

1090

00:43:42,470 --> 00:43:40,160

that's uh

1091

00:43:44,150 --> 00:43:42,480

at least to some degree the in type b

1092

00:43:46,150 --> 00:43:44,160

for example in their weaker digestive

1093

00:43:49,190 --> 00:43:46,160

system so they will have a tendency

1094

00:43:51,750 --> 00:43:49,200

towards digestive disorders not so much

1095

00:43:55,109 --> 00:43:51,760

the colitis or the intestinal issues

1096

00:43:57,670 --> 00:43:55,119

that's a young type a tendency sorry yin

1097

00:44:00,230 --> 00:43:57,680

type a tendency

1098

00:44:02,150 --> 00:44:00,240

the n-type b's have more of a tendency

1099

00:44:05,670 --> 00:44:02,160

towards

1100

00:44:07,190 --> 00:44:05,680

stomach issues themselves like gastritis

1101  
00:44:09,750 --> 00:44:07,200  
or

1102  
00:44:17,349 --> 00:44:09,760  
malnutrition

1103  
00:44:23,270 --> 00:44:19,750  
extreme lack of appetite so looking

1104  
00:44:26,870 --> 00:44:23,280  
anorexic for example

1105  
00:44:29,589 --> 00:44:26,880  
uh and extreme fatigue chronic fatigue

1106  
00:44:31,430 --> 00:44:29,599  
could be in type b it can be other body

1107  
00:44:32,630 --> 00:44:31,440  
types but you see it a lot in the intake

1108  
00:44:39,510 --> 00:44:32,640  
b

1109  
00:44:41,349 --> 00:44:39,520  
they tend to get digestion issues too

1110  
00:44:42,790 --> 00:44:41,359  
but it's more in the

1111  
00:44:44,870 --> 00:44:42,800  
large intestine

1112  
00:44:46,630 --> 00:44:44,880  
issues like diverticulitis or

1113  
00:44:48,309 --> 00:44:46,640

diverticulosis

1114

00:44:50,550 --> 00:44:48,319

colitis

1115

00:44:51,589 --> 00:44:50,560

cones disease crohn's disease

1116

00:44:55,109 --> 00:44:51,599

because

1117

00:44:57,430 --> 00:44:55,119

their transitory time uh the time it

1118

00:44:59,190 --> 00:44:57,440

takes for the bowel to go from

1119

00:45:01,990 --> 00:44:59,200

the small intestines large intestine

1120

00:45:04,630 --> 00:45:02,000

takes a super long time

1121

00:45:06,950 --> 00:45:04,640

the antibase tend to be more absorbent

1122

00:45:08,550 --> 00:45:06,960

than they are good at excreting getting

1123

00:45:11,750 --> 00:45:08,560

rid of things

1124

00:45:15,430 --> 00:45:11,760

and so if the in taipei is has a good

1125

00:45:17,430 --> 00:45:15,440

album or several problems a day or uh

1126  
00:45:19,030 --> 00:45:17,440  
sweats pretty often even if they have

1127  
00:45:21,750 --> 00:45:19,040  
sweaty palms all the time it's

1128  
00:45:24,390 --> 00:45:21,760  
significant it means their body is

1129  
00:45:26,230 --> 00:45:24,400  
releasing that's another reason why the

1130  
00:45:27,670 --> 00:45:26,240  
anti-base if they have sweaty palms all

1131  
00:45:29,270 --> 00:45:27,680  
the time they realize that this is their

1132  
00:45:31,829 --> 00:45:29,280  
body type they're releasing heat from

1133  
00:45:33,670 --> 00:45:31,839  
their liver they'll be

1134  
00:45:35,750 --> 00:45:33,680  
feel comfort in that

1135  
00:45:37,589 --> 00:45:35,760  
for example and if they want to work on

1136  
00:45:39,430 --> 00:45:37,599  
that well we can work on releasing heat

1137  
00:45:40,790 --> 00:45:39,440  
from the liver

1138  
00:45:43,990 --> 00:45:40,800

and then so

1139

00:45:45,349 --> 00:45:44,000

uh so they tend to have more circulatory

1140

00:45:51,670 --> 00:45:45,359

issues

1141

00:45:54,390 --> 00:45:51,680

because they have a weaker lungs so they

1142

00:45:56,790 --> 00:45:54,400

tend to their their colds tend to take

1143

00:45:58,790 --> 00:45:56,800

longer to overcome

1144

00:46:01,030 --> 00:45:58,800

they tend to develop this sort of

1145

00:46:03,109 --> 00:46:01,040

incessant cough that never seems to go

1146

00:46:04,790 --> 00:46:03,119

away after they've overcome the runt of

1147

00:46:07,030 --> 00:46:04,800

the cold

1148

00:46:08,470 --> 00:46:07,040

and then you have the young type a's for

1149

00:46:11,349 --> 00:46:08,480

example they're born with the weaker

1150

00:46:14,230 --> 00:46:11,359

kidneys so they may have

1151  
00:46:17,750 --> 00:46:14,240  
difficulty with urination they may have

1152  
00:46:19,829 --> 00:46:17,760  
dysuria difficulty uh eliminating uh

1153  
00:46:21,990 --> 00:46:19,839  
they may have the total opposite they

1154  
00:46:24,069 --> 00:46:22,000  
can they have urinary incontinence so

1155  
00:46:25,670 --> 00:46:24,079  
they can't control the urine

1156  
00:46:30,230 --> 00:46:25,680  
they

1157  
00:46:32,150 --> 00:46:30,240  
the kidney itself may become inflamed

1158  
00:46:34,710 --> 00:46:32,160  
renal inflammation

1159  
00:46:38,230 --> 00:46:34,720  
they may tend to have a tendency towards

1160  
00:46:41,990 --> 00:46:38,240  
kidney stones for example

1161  
00:46:45,030 --> 00:46:42,000  
and the kidneys are in charge of uh

1162  
00:46:47,430 --> 00:46:45,040  
are reserve energy so they may feel at

1163  
00:46:50,069 --> 00:46:47,440

the end of the day exhausted so they may

1164

00:46:52,950 --> 00:46:50,079

uh collapse in the evening from utter

1165

00:46:55,349 --> 00:46:52,960

fatigue and then you have uh the young

1166

00:46:58,150 --> 00:46:55,359

type e the last of the four which is

1167

00:47:03,349 --> 00:46:58,160

born with a weaker liver so they

1168

00:47:06,069 --> 00:47:03,359

they can develop uh toxicity issues uh

1169

00:47:08,309 --> 00:47:06,079

they tend to have

1170

00:47:10,710 --> 00:47:08,319

higher toxic mercury levels in the blood

1171

00:47:11,910 --> 00:47:10,720

for example uh

1172

00:47:15,430 --> 00:47:11,920

and

1173

00:47:17,510 --> 00:47:15,440

they also being so young they they don't

1174

00:47:20,390 --> 00:47:17,520

exhibit as much symptoms as the other

1175

00:47:22,550 --> 00:47:20,400

body types do so a lot of the time

1176  
00:47:24,710 --> 00:47:22,560  
they even though there's a lot happening

1177  
00:47:27,270 --> 00:47:24,720  
inside their body they they don't

1178  
00:47:29,349 --> 00:47:27,280  
recognize it young is one of those

1179  
00:47:31,829 --> 00:47:29,359  
energies that just keep going without

1180  
00:47:33,270 --> 00:47:31,839  
looking inwards in looking inwards is a

1181  
00:47:34,470 --> 00:47:33,280  
yin trade

1182  
00:47:40,230 --> 00:47:34,480  
so

1183  
00:47:42,309 --> 00:47:40,240  
have uh unique symptoms uh in science

1184  
00:47:44,710 --> 00:47:42,319  
for each each body type does have its

1185  
00:47:47,670 --> 00:47:44,720  
own unique sims and science but

1186  
00:47:48,870 --> 00:47:47,680  
it gets very very tricky because

1187  
00:47:52,710 --> 00:47:48,880  
sometimes

1188  
00:47:54,950 --> 00:47:52,720

uh for example if the young type

1189

00:47:56,630 --> 00:47:54,960

a which is born with a stronger spleen

1190

00:47:58,309 --> 00:47:56,640

and the n-type b which is born with

1191

00:48:01,030 --> 00:47:58,319

stronger kidneys

1192

00:48:02,630 --> 00:48:01,040

they catch a cold they may exhibit

1193

00:48:05,510 --> 00:48:02,640

initially

1194

00:48:06,790 --> 00:48:05,520

the very same signs and symptoms

1195

00:48:10,870 --> 00:48:06,800

sneezing

1196

00:48:15,270 --> 00:48:12,630

phlegm issues

1197

00:48:16,870 --> 00:48:15,280

but they would be treated exactly

1198

00:48:19,589 --> 00:48:16,880

opposite

1199

00:48:21,109 --> 00:48:19,599

so for example the in taipei needs herbs

1200

00:48:23,270 --> 00:48:21,119

that warm up

1201

00:48:24,950 --> 00:48:23,280

their body because their stronger kidney

1202

00:48:26,710 --> 00:48:24,960

is like the air condition of the body

1203

00:48:30,230 --> 00:48:26,720

just cools it down

1204

00:48:32,470 --> 00:48:30,240

the yang tai bay has a stronger spleen

1205

00:48:34,790 --> 00:48:32,480

which is like the heater of the body so

1206

00:48:37,430 --> 00:48:34,800

they need herbs to help cool that down

1207

00:48:38,390 --> 00:48:37,440

and almost instantaneously if you grab

1208

00:48:41,349 --> 00:48:38,400

it

1209

00:48:42,710 --> 00:48:41,359

at the uh core you figure out exactly

1210

00:48:45,109 --> 00:48:42,720

what's happening

1211

00:48:48,549 --> 00:48:45,119

then the herbs work much quicker

1212

00:48:51,109 --> 00:48:48,559

if we don't then what happens is

1213

00:48:54,950 --> 00:48:51,119

the symptoms will just linger on or they

1214

00:48:58,870 --> 00:48:56,549

well that's not good

1215

00:49:00,790 --> 00:48:58,880

yeah yeah then they need to call you up

1216

00:49:03,670 --> 00:49:00,800

and say hey

1217

00:49:05,510 --> 00:49:03,680

what do i do

1218

00:49:06,710 --> 00:49:05,520

yes they do and i'll be like okay i

1219

00:49:10,069 --> 00:49:06,720

think it's time to close click no i'm

1220

00:49:14,710 --> 00:49:12,069

yes that's right that's what i devoted

1221

00:49:17,349 --> 00:49:14,720

my life towards helping people discover

1222

00:49:21,190 --> 00:49:17,359

and understand their bodies uh that's

1223

00:49:24,150 --> 00:49:21,200

right and we have like

1224

00:49:27,030 --> 00:49:24,160

i have to like look at the clock we're 9

1225

00:49:29,270 --> 00:49:27,040

50. we have like just about 10 minutes

1226

00:49:31,829 --> 00:49:29,280

left this is going way way way way too

1227

00:49:33,910 --> 00:49:31,839

fast i have too many questions

1228

00:49:36,549 --> 00:49:33,920

um

1229

00:49:38,470 --> 00:49:36,559

let me ask you this question now versus

1230

00:49:40,630 --> 00:49:38,480

saving it toward the end

1231

00:49:43,270 --> 00:49:40,640

do you work with people over the phone

1232

00:49:45,510 --> 00:49:43,280

or via skype

1233

00:49:47,670 --> 00:49:45,520

uh you know your interview was the very

1234

00:49:49,190 --> 00:49:47,680

first one i've done through skype and i

1235

00:49:51,430 --> 00:49:49,200

have to apologize a little trouble

1236

00:49:54,549 --> 00:49:51,440

setting it up so i haven't done that

1237

00:49:56,549 --> 00:49:54,559

before but yes i work through uh the

1238

00:49:58,549 --> 00:49:56,559

phone but i also

1239

00:50:01,510 --> 00:49:58,559

uh need more information than what a

1240

00:50:04,150 --> 00:50:01,520

phone can give me like pictures um i

1241

00:50:05,829 --> 00:50:04,160

also i have to to look at a picture of

1242

00:50:07,750 --> 00:50:05,839

the tongue the front the side of the

1243

00:50:17,349 --> 00:50:07,760

body that's the joy of skype because you

1244

00:50:22,309 --> 00:50:19,750

and so it's harder to do over the phone

1245

00:50:24,549 --> 00:50:22,319

i prefer to work face to face uh

1246

00:50:26,470 --> 00:50:24,559

touching is a wonderful way i check the

1247

00:50:28,710 --> 00:50:26,480

pulses and that gives me a great a lot

1248

00:50:30,790 --> 00:50:28,720

of information but i have done so in the

1249

00:50:34,309 --> 00:50:30,800

past and i've helped people quite a bit

1250

00:50:35,910 --> 00:50:34,319

in the past uh working uh long distance

1251

00:50:37,990 --> 00:50:35,920

okay

1252

00:50:40,150 --> 00:50:38,000

i mean i just i i think you have great

1253

00:50:41,589 --> 00:50:40,160

energy i think you're a really smart guy

1254

00:50:43,510 --> 00:50:41,599

you know and so

1255

00:50:45,270 --> 00:50:43,520

i would work with you so i'm just you

1256

00:50:46,870 --> 00:50:45,280

know i wanted to make sure

1257

00:50:48,630 --> 00:50:46,880

that you know if that was something that

1258

00:50:50,790 --> 00:50:48,640

you were open to that the listeners

1259

00:50:51,510 --> 00:50:50,800

would know and if they wanted to contact

1260

00:50:53,109 --> 00:50:51,520

you

1261

00:50:55,510 --> 00:50:53,119

let's just do this right now too if they

1262

00:50:57,270 --> 00:50:55,520

wanted to contact you what

1263

00:50:59,510 --> 00:50:57,280

sending them to your web page would that

1264

00:51:00,309 --> 00:50:59,520

be the most appropriate

1265

00:51:08,270 --> 00:51:00,319

yes

1266

00:51:12,790 --> 00:51:08,280

a way to contact me it's

1267

00:51:18,549 --> 00:51:15,670

nancy gary dot com

1268

00:51:19,990 --> 00:51:18,559

and on that is a contact page and also

1269

00:51:23,030 --> 00:51:20,000

lots of information about sassang

1270

00:51:25,109 --> 00:51:23,040

medicine as well too okay

1271

00:51:27,750 --> 00:51:25,119

all right back to my questions

1272

00:51:31,349 --> 00:51:29,349

go for it

1273

00:51:34,829 --> 00:51:31,359

since you called me a nice guy

1274

00:51:39,829 --> 00:51:34,839

i would like i can ask you everything

1275

00:51:45,270 --> 00:51:42,390

let's talk food

1276  
00:51:47,270 --> 00:51:45,280  
for food and when you're supposed to eat

1277  
00:51:48,710 --> 00:51:47,280  
when you're not supposed to eat

1278  
00:51:52,390 --> 00:51:48,720  
um you know

1279  
00:51:54,710 --> 00:51:52,400  
one of the things like the the

1280  
00:51:58,470 --> 00:51:54,720  
the next interview i'm doing is a woman

1281  
00:52:00,950 --> 00:51:58,480  
who is a vegan and

1282  
00:52:02,950 --> 00:52:00,960  
she's really big on unprocessed

1283  
00:52:05,190 --> 00:52:02,960  
um you know but there are so many

1284  
00:52:08,069 --> 00:52:05,200  
different like food plans vegetarian

1285  
00:52:09,109 --> 00:52:08,079  
vegan raw high carb no carb

1286  
00:52:10,870 --> 00:52:09,119  
um

1287  
00:52:12,630 --> 00:52:10,880  
does you know you were talking about

1288  
00:52:15,190 --> 00:52:12,640

food a little bit earlier

1289

00:52:17,349 --> 00:52:15,200

how does food play into this does it

1290

00:52:20,790 --> 00:52:17,359

also go by body type

1291

00:52:22,549 --> 00:52:20,800

yes absolutely absolutely that's a

1292

00:52:25,750 --> 00:52:22,559

fantastic question

1293

00:52:27,910 --> 00:52:25,760

each food every food that we eat will

1294

00:52:29,829 --> 00:52:27,920

have a different energy

1295

00:52:33,750 --> 00:52:29,839

in samsung medicine

1296

00:52:37,829 --> 00:52:33,760

we categorize food into four different

1297

00:52:38,950 --> 00:52:37,839

energy types we have warm foods hot

1298

00:52:47,430 --> 00:52:38,960

foods

1299

00:52:49,990 --> 00:52:47,440

have an affinity to flow after we digest

1300

00:52:53,109 --> 00:52:50,000

them to the upper body

1301

00:52:55,990 --> 00:52:53,119

the hot foods have a tendency to flow

1302

00:52:57,589 --> 00:52:56,000

towards the mid upper body so the upper

1303

00:52:59,109 --> 00:52:57,599

body would be like the lungs and the

1304

00:53:01,670 --> 00:52:59,119

esophagus

1305

00:53:03,829 --> 00:53:01,680

and the thoracic cavity the mid upper

1306

00:53:07,430 --> 00:53:03,839

body would be like the spleen the

1307

00:53:09,190 --> 00:53:07,440

epigastric area the solar plexus area

1308

00:53:12,390 --> 00:53:09,200

the upper rib cage

1309

00:53:15,270 --> 00:53:12,400

or the mid rib cage then you have the

1310

00:53:16,390 --> 00:53:15,280

cool foods which have an affinity for

1311

00:53:19,670 --> 00:53:16,400

the liver

1312

00:53:22,150 --> 00:53:19,680

the gallbladder the uh

1313

00:53:23,990 --> 00:53:22,160

the pancreas area

1314

00:53:26,150 --> 00:53:24,000

and then you have the cold foods which

1315

00:53:28,069 --> 00:53:26,160

have an affinity for

1316

00:53:31,109 --> 00:53:28,079

after we digest them they go to the

1317

00:53:34,790 --> 00:53:31,119

kidneys they go to the bladder and these

1318

00:53:37,910 --> 00:53:34,800

foods if they're cold energy and

1319

00:53:39,910 --> 00:53:37,920

they are healthy foods uh not just

1320

00:53:42,710 --> 00:53:39,920

processed foods or

1321

00:53:45,589 --> 00:53:42,720

foods that are

1322

00:53:47,670 --> 00:53:45,599

unhealthy for us then that cold energy

1323

00:53:51,349 --> 00:53:47,680

will actually support the kidney and

1324

00:53:54,309 --> 00:53:51,359

support the bladder um but every food

1325

00:53:57,670 --> 00:53:54,319

every uh ingredient in anything we eat

1326  
00:54:00,470 --> 00:53:57,680  
will have its own nature so there are

1327  
00:54:02,549 --> 00:54:00,480  
body types that do need

1328  
00:54:05,349 --> 00:54:02,559  
certain foods there are body types that

1329  
00:54:07,430 --> 00:54:05,359  
benefit greatly from raw foods

1330  
00:54:08,870 --> 00:54:07,440  
unprocessed foods

1331  
00:54:10,950 --> 00:54:08,880  
foods that are the closest to their

1332  
00:54:12,470 --> 00:54:10,960  
natural form as possible and body types

1333  
00:54:15,670 --> 00:54:12,480  
that do need

1334  
00:54:17,430 --> 00:54:15,680  
to cook the foods uh the yin tai b for

1335  
00:54:19,190 --> 00:54:17,440  
example born with those strong kidneys

1336  
00:54:21,510 --> 00:54:19,200  
here we go yin tai b again it's really

1337  
00:54:23,109 --> 00:54:21,520  
easy to make myself to put myself out

1338  
00:54:25,430 --> 00:54:23,119

there as an example because i know

1339

00:54:27,430 --> 00:54:25,440

myself pretty well by now going through

1340

00:54:29,510 --> 00:54:27,440

so much growing up oh my goodness the in

1341

00:54:32,790 --> 00:54:29,520

thai bees have everything to complain

1342

00:54:34,630 --> 00:54:32,800

about but they are also extremely

1343

00:54:36,230 --> 00:54:34,640

healthy underneath all that complaining

1344

00:54:37,990 --> 00:54:36,240

which i i had

1345

00:54:39,670 --> 00:54:38,000

trouble coming to grips with but kidney

1346

00:54:42,470 --> 00:54:39,680

energy is it when it's powerful it's

1347

00:54:44,309 --> 00:54:42,480

good stuff uh because it's our longevity

1348

00:54:45,670 --> 00:54:44,319

it's uh it's our underlying energy it's

1349

00:54:48,790 --> 00:54:45,680

our reserve tank so even though on the

1350

00:54:50,069 --> 00:54:48,800

surface the antibodies look kind of fraud

1351  
00:54:51,670 --> 00:54:50,079  
and uh

1352  
00:54:53,670 --> 00:54:51,680  
pruning and that type of stuff they're

1353  
00:54:56,710 --> 00:54:53,680  
actually quite strong but getting back

1354  
00:55:00,470 --> 00:54:56,720  
to the foods so um

1355  
00:55:01,270 --> 00:55:00,480  
so the the anti bees for example um

1356  
00:55:06,150 --> 00:55:01,280  
they

1357  
00:55:07,910 --> 00:55:06,160  
foods to be warm at least in nature even

1358  
00:55:10,390 --> 00:55:07,920  
if it's not cooked it can still have a

1359  
00:55:12,069 --> 00:55:10,400  
warm nature

1360  
00:55:14,630 --> 00:55:12,079  
you know fruits some fruits have warm

1361  
00:55:16,630 --> 00:55:14,640  
natures like apples

1362  
00:55:18,790 --> 00:55:16,640  
have warm nature

1363  
00:55:20,870 --> 00:55:18,800

foods

1364

00:55:22,790 --> 00:55:20,880

that have warm nature for example meat

1365

00:55:24,790 --> 00:55:22,800

would be chicken for example but i

1366

00:55:28,710 --> 00:55:24,800

wouldn't suggest eating raw chicken but

1367

00:55:31,990 --> 00:55:28,720

lots of foods do have uh warm natures

1368

00:55:34,390 --> 00:55:32,000

and so the antibes benefit from not just

1369

00:55:38,630 --> 00:55:34,400

warm nature hot nature sorry hot natured

1370

00:55:41,430 --> 00:55:38,640

foods so if they eat raw foods raw fish

1371

00:55:44,549 --> 00:55:41,440

raw uh anything they

1372

00:55:48,230 --> 00:55:44,559

have a tendency towards indigestion

1373

00:55:49,589 --> 00:55:48,240

but the young type a's are born with a

1374

00:55:51,750 --> 00:55:49,599

lot of heat

1375

00:55:53,829 --> 00:55:51,760

their spleen is very strong so they're

1376

00:55:55,750 --> 00:55:53,839

the ones that benefit from the foods

1377

00:55:57,910 --> 00:55:55,760

that are not processed the foods that

1378

00:55:59,349 --> 00:55:57,920

are raw the foods that are closest they

1379

00:56:02,470 --> 00:55:59,359

are to nature

1380

00:56:04,630 --> 00:56:02,480

without doing much to them at all so

1381

00:56:06,230 --> 00:56:04,640

foods can have one of these four natures

1382

00:56:08,069 --> 00:56:06,240

whether they're cooked or whether

1383

00:56:10,390 --> 00:56:08,079

they're not

1384

00:56:12,549 --> 00:56:10,400

so the yin tai b might be able to get

1385

00:56:15,270 --> 00:56:12,559

away with raw food if it does have a

1386

00:56:16,630 --> 00:56:15,280

warm nature or hot nature

1387

00:56:19,589 --> 00:56:16,640

for example

1388

00:56:21,670 --> 00:56:19,599

raw ginger ginger has a very hot nature

1389

00:56:24,549 --> 00:56:21,680

so they can get by with raw ginger they

1390

00:56:26,150 --> 00:56:24,559

can get by with

1391

00:56:27,190 --> 00:56:26,160

other foods

1392

00:56:31,349 --> 00:56:27,200

peppers

1393

00:56:33,349 --> 00:56:31,359

to hot natures they can get by with

1394

00:56:35,270 --> 00:56:33,359

those type of foods but for the most

1395

00:56:37,589 --> 00:56:35,280

part their foods need to be cooked and

1396

00:56:40,470 --> 00:56:37,599

for the young taipei's for the most part

1397

00:56:43,670 --> 00:56:40,480

their foods they benefit from raw foods

1398

00:56:47,670 --> 00:56:43,680

so there it is very body type specific

1399

00:56:52,870 --> 00:56:51,510

excellent excellent um

1400

00:56:55,270 --> 00:56:52,880

you know and so

1401  
00:56:56,230 --> 00:56:55,280  
usually when we get to this point in the

1402  
00:56:57,589 --> 00:56:56,240  
show

1403  
00:56:59,670 --> 00:56:57,599  
i go

1404  
00:57:01,829 --> 00:56:59,680  
well is there some place where people

1405  
00:57:03,589 --> 00:57:01,839  
can start but it you know i don't want

1406  
00:57:05,030 --> 00:57:03,599  
to say that we're all over the place

1407  
00:57:06,630 --> 00:57:05,040  
because we're not i mean we're being

1408  
00:57:09,589 --> 00:57:06,640  
very specific

1409  
00:57:12,549 --> 00:57:09,599  
but people really have to understand who

1410  
00:57:15,910 --> 00:57:12,559  
they are and what their nature is before

1411  
00:57:20,470 --> 00:57:15,920  
they can really take action

1412  
00:57:23,030 --> 00:57:20,480  
right right and that is a process so

1413  
00:57:24,309 --> 00:57:23,040

sasang medicine is not for the faint at

1414

00:57:27,430 --> 00:57:24,319

heart

1415

00:57:29,910 --> 00:57:27,440

it is for those of us who want to make

1416

00:57:32,150 --> 00:57:29,920

an effort to understand more about what

1417

00:57:35,270 --> 00:57:32,160

we're going through in our lives

1418

00:57:38,230 --> 00:57:35,280

understand more about how how and why we

1419

00:57:40,549 --> 00:57:38,240

react to certain things in certain ways

1420

00:57:43,030 --> 00:57:40,559

and just want to dig deeper on their

1421

00:57:45,750 --> 00:57:43,040

along their spiritual journey it is a

1422

00:57:49,990 --> 00:57:45,760

very challenging process but equally if

1423

00:57:54,630 --> 00:57:52,390

how does this compare to something like

1424

00:57:58,150 --> 00:57:54,640

a uber i can never say that word

1425

00:58:01,990 --> 00:57:58,160

ayurvedic euveric medicine medicine you

1426

00:58:05,190 --> 00:58:02,000

know that stuff yeah yeah so it is very

1427

00:58:07,270 --> 00:58:05,200

similar it is very similar um you know

1428

00:58:10,309 --> 00:58:07,280

the ayurvedic medicine they talk about

1429

00:58:12,549 --> 00:58:10,319

the uh forgive my uh pronunciation the

1430

00:58:18,230 --> 00:58:12,559

the so here you go here i'm with you

1431

00:58:22,390 --> 00:58:19,589

i think it's called which is

1432

00:58:25,190 --> 00:58:22,400

constitution in sanskrit

1433

00:58:27,430 --> 00:58:25,200

and they talk about the three doshas the

1434

00:58:29,829 --> 00:58:27,440

veda pita and kaphas

1435

00:58:32,069 --> 00:58:29,839

and they talk about how we all have one

1436

00:58:33,190 --> 00:58:32,079

that might be predominant versus the

1437

00:58:35,109 --> 00:58:33,200

others

1438

00:58:37,670 --> 00:58:35,119

so there is a lot of talk in ayurvedic

1439

00:58:41,589 --> 00:58:37,680

medicine the difference is i think the

1440

00:58:44,710 --> 00:58:41,599

detail or the the the um the connection

1441

00:58:46,710 --> 00:58:44,720

we talk about between yin and yang so

1442

00:58:48,789 --> 00:58:46,720

for example when we talk doshas

1443

00:58:49,990 --> 00:58:48,799

we're not necessarily talking about okay

1444

00:58:52,230 --> 00:58:50,000

if you have more of coffee you're going

1445

00:58:54,549 --> 00:58:52,240

to have left of less of veda

1446

00:58:57,990 --> 00:58:54,559

in ayurvedic medicine you can be a kappa

1447

00:58:59,510 --> 00:58:58,000

beta but in sassan medicine if you we

1448

00:59:00,870 --> 00:58:59,520

talk about yin and yang if you have more

1449

00:59:02,230 --> 00:59:00,880

young you're going to have less yin you

1450

00:59:05,109 --> 00:59:02,240

have more yin you're going to have less

1451

00:59:07,270 --> 00:59:05,119

yang so the organs have these direct

1452

00:59:09,430 --> 00:59:07,280

correlations with each other the upper

1453

00:59:11,589 --> 00:59:09,440

body and the lower body have a direct

1454

00:59:13,990 --> 00:59:11,599

correlation with each other so it's just

1455

00:59:16,950 --> 00:59:14,000

based on a different idea different

1456

00:59:18,789 --> 00:59:16,960

concept and

1457

00:59:21,030 --> 00:59:18,799

but you know nevertheless ayurvedic

1458

00:59:23,829 --> 00:59:21,040

medicine is beautiful and has a a very

1459

00:59:27,829 --> 00:59:23,839

rich history i i hope uh you know to get

1460

00:59:29,030 --> 00:59:27,839

into it myself further uh sometime

1461

00:59:30,549 --> 00:59:29,040

well okay

1462

00:59:33,270 --> 00:59:30,559

well i'm looking at the clock and the

1463

00:59:36,789 --> 00:59:33,280

music is going to be coming up in like a

1464

00:59:39,829 --> 00:59:36,799

second so why don't you um share again

1465

00:59:41,670 --> 00:59:39,839

your website for the listeners if they

1466

00:59:43,990 --> 00:59:41,680

wanted to get a hold of you and where

1467

00:59:46,670 --> 00:59:44,000

they can get your book very quickly sure

1468

00:59:49,750 --> 00:59:46,680

it's sassongmedicine.com

1469

00:59:52,870 --> 00:59:49,760

s-a-s-a-n-g medicine dot com

1470

00:59:54,069 --> 00:59:52,880

and my book is available on barnes

1471

00:59:56,710 --> 00:59:54,079

noble's

1472

01:00:00,710 --> 00:59:56,720

amazon and especially if you would to

1473

01:00:03,510 --> 01:00:00,720

support my publisher innertraditions.com

1474

01:00:05,190 --> 01:00:03,520

and uh and other places too check your

1475

01:00:06,710 --> 01:00:05,200

local bookstore

1476

01:00:08,950 --> 01:00:06,720

yeah

1477

01:00:11,190 --> 01:00:08,960

those are the best places gary you're

1478

01:00:14,309 --> 01:00:11,200

great and thanks so much for coming on

1479

01:00:15,750 --> 01:00:14,319

the show and sharing everything oh it's

1480

01:00:17,670 --> 01:00:15,760

a pleasure talking with you rita i hope

1481

01:00:19,910 --> 01:00:17,680

we have more opportunities in the future

1482

01:00:22,390 --> 01:00:19,920

that sounds great

1483

01:00:23,670 --> 01:00:22,400

so i'll talk to you later take care all

1484

01:00:26,309 --> 01:00:23,680

right bye

1485

01:00:30,789 --> 01:00:26,319

that's dr gary wagman his book is your

1486

01:00:46,309 --> 01:00:30,799

yin yang body type his website is saying

1487

01:00:50,470 --> 01:00:48,710

just energy radio with your host dr reed

1488

01:01:03,829 --> 01:00:50,480

louise will return right after these

1489

01:01:10,309 --> 01:01:06,390

you're listening to irn

1490

01:01:18,630 --> 01:01:10,319

the inception radio network chicago

1491

01:01:23,030 --> 01:01:20,390

are you looking for a cure for boredom

1492

01:01:25,270 --> 01:01:23,040

never worry irn's new interactive

1493

01:01:26,710 --> 01:01:25,280

website introduces a number of ways to

1494

01:01:28,150 --> 01:01:26,720

pass time while you listen to your

1495

01:01:30,870 --> 01:01:28,160

favorite show

1496

01:01:33,589 --> 01:01:30,880

choose anything from the irn chat lounge

1497

01:01:36,150 --> 01:01:33,599

the game lounge video lounge or the mood

1498

01:01:37,750 --> 01:01:36,160

lounge these fun exciting features let

1499

01:01:40,230 --> 01:01:37,760

you chat in real time with fellow

1500

01:01:42,950 --> 01:01:40,240

listeners view live sky watches play

1501

01:01:45,109 --> 01:01:42,960

daily posted online games or pick a show

1502

01:01:46,870 --> 01:01:45,119

based on topic the choices are endless

1503

01:01:49,670 --> 01:01:46,880

use your time wisely

1504

01:01:51,750 --> 01:01:49,680

keeping it all on irn who are the gods

1505

01:01:53,670 --> 01:01:51,760

of antiquity they've been described as

1506

01:01:56,630 --> 01:01:53,680

the forces of nature levels of

1507

01:01:58,309 --> 01:01:56,640

consciousness and aspects of our psyche

1508

01:02:00,470 --> 01:01:58,319

stories that depict their incredible

1509

01:02:02,789 --> 01:02:00,480

weapons their flying machines and their

1510

01:02:04,630 --> 01:02:02,799

amazing adventures are characterized as

1511

01:02:06,710 --> 01:02:04,640

being the product of our ancestors

1512

01:02:09,510 --> 01:02:06,720

fanciful imaginations

1513

01:02:11,589 --> 01:02:09,520

but what if the tales of gods are true

1514

01:02:13,990 --> 01:02:11,599

did the writers chroniclers and scribes

1515

01:02:16,230 --> 01:02:14,000

of our distant past actually document a

1516

01:02:18,230 --> 01:02:16,240

realistic view of our origin

1517

01:02:20,309 --> 01:02:18,240

my latest book man-made the chronicles

1518

01:02:22,710 --> 01:02:20,319

of our extraterrestrial gods looks at

1519

01:02:25,270 --> 01:02:22,720

our most ancient legends learn of the

1520

01:02:27,349 --> 01:02:25,280

torrid romance's elaborate plots violent

1521

01:02:28,789 --> 01:02:27,359

scandals and conspiracies that played

1522

01:02:30,789 --> 01:02:28,799

out in antiquity

1523

01:02:33,270 --> 01:02:30,799

find out the role the gods played in the

1524

01:02:34,950 --> 01:02:33,280

life and culture we have today

1525

01:02:37,430 --> 01:02:34,960

if you want to find out the truth of who

1526

01:02:39,829 --> 01:02:37,440

we are and where we come from order your

1527

01:02:41,030 --> 01:02:39,839

copy of man-made today for more

1528

01:02:45,109 --> 01:02:41,040

information go to

1529

01:02:50,789 --> 01:02:46,630

that's www man-made the

1530

01:02:55,750 --> 01:02:53,349

hello inception radio network listeners

1531

01:02:58,150 --> 01:02:55,760

this is amanda remember you can take

1532

01:02:59,829 --> 01:02:58,160

your inception radio shows on the go

1533

01:03:02,789 --> 01:02:59,839

just download the inception radio

1534

01:03:04,950 --> 01:03:02,799

network app for your iphone ipad or

1535

01:03:07,430 --> 01:03:04,960

android smartphones and access

1536

01:03:09,990 --> 01:03:07,440

live shows past shows guest lineups and

1537

01:03:11,829 --> 01:03:10,000

much more just visit the itunes store or

1538

01:03:18,630 --> 01:03:11,839

the google play marketplace and download

1539

01:03:22,630 --> 01:03:20,630

move past the crossroads in your life

1540

01:03:25,349 --> 01:03:22,640

and discover alternative solutions to

1541

01:03:27,349 --> 01:03:25,359

your deepest concerns at [soulhealer.com](http://soulhealer.com)

1542

01:03:29,510 --> 01:03:27,359

so whether it's a physical problem an

1543

01:03:31,349 --> 01:03:29,520

emotional issue a question about work or

1544

01:03:33,990 --> 01:03:31,359

troubles in your relationships

1545

01:03:37,109 --> 01:03:34,000

naturopath and medical intuitive dr rita

1546

01:03:39,670 --> 01:03:37,119

louise can help bring peace harmony and

1547

01:03:42,470 --> 01:03:39,680

health back into your life schedule a

1548

01:03:43,910 --> 01:03:42,480

session today visit [soulhealer.com](http://soulhealer.com) right

1549

01:03:45,750 --> 01:03:43,920

away and live the life you've been

1550

01:03:46,950 --> 01:03:45,760

dreaming

1551  
01:03:48,870 --> 01:03:46,960  
you didn't forget what's coming up

1552  
01:03:51,109 --> 01:03:48,880  
tonight did you hi inception radio

1553  
01:03:52,470 --> 01:03:51,119  
network listeners this is amanda never

1554  
01:03:54,150 --> 01:03:52,480  
miss that interview you were looking

1555  
01:03:57,910 --> 01:03:54,160  
forward to or the show on your favorite

1556  
01:04:00,309 --> 01:03:57,920  
topic follow irn on twitter i underscore

1557  
01:04:02,309 --> 01:04:00,319  
our underscore n and get reminders about

1558  
01:04:03,910 --> 01:04:02,319  
the evening's live shows as well as fun

1559  
01:04:06,950 --> 01:04:03,920  
and important updates throughout the

1560  
01:04:16,309 --> 01:04:06,960  
week that's i underscore our underscore

1561  
01:04:19,829 --> 01:04:18,069  
we only have a couple of seconds before

1562  
01:04:21,829 --> 01:04:19,839  
we have to get back to the show and i

1563  
01:04:25,029 --> 01:04:21,839

want to tell you how you can jump start

1564

01:04:27,349 --> 01:04:25,039

your intuition today using my free 50

1565

01:04:29,190 --> 01:04:27,359

page introductory guide filled with

1566

01:04:31,670 --> 01:04:29,200

simple revolutionary and proven

1567

01:04:34,069 --> 01:04:31,680

techniques you can ignite your intuition

1568

01:04:36,870 --> 01:04:34,079

and tap into your inner wisdom all from

1569

01:04:39,109 --> 01:04:36,880

the comfort of your own home

1570

01:04:41,109 --> 01:04:39,119

the institute of applied energetics is

1571

01:04:42,950 --> 01:04:41,119

the leader in online home study

1572

01:04:45,670 --> 01:04:42,960

instruction for those interested in

1573

01:04:48,150 --> 01:04:45,680

becoming a certified medical intuitive

1574

01:04:49,750 --> 01:04:48,160

intuitive counselor or energy medicine

1575

01:04:51,910 --> 01:04:49,760

practitioner

1576

01:04:54,710 --> 01:04:51,920

now is the time to transform your life

1577

01:04:57,510 --> 01:04:54,720

and take it to a completely new level

1578

01:04:59,750 --> 01:04:57,520

discover who you are and how you work

1579

01:05:01,750 --> 01:04:59,760

open the door to the world of intuition

1580

01:05:03,750 --> 01:05:01,760

health and healing

1581

01:05:07,029 --> 01:05:03,760

you can jump start your intuition right

1582

01:05:09,510 --> 01:05:07,039

away by going to [www dot applied](http://www.applied.com)

1583

01:05:11,990 --> 01:05:09,520

[energetics institute dot com](http://energeticsinstitute.com) and

1584

01:05:14,069 --> 01:05:12,000

downloading our free guide

1585

01:05:16,630 --> 01:05:14,079

get the opportunity of a lifetime and

1586

01:05:18,390 --> 01:05:16,640

live the life you deserve

1587

01:05:24,390 --> 01:05:18,400

download your free jumpstart your

1588

01:05:36,150 --> 01:05:26,309

and begin living a life filled with

1589

01:05:48,789 --> 01:05:38,950

and now back to just energy radio with

1590

01:05:52,470 --> 01:05:50,549

hello and welcome back to just energy

1591

01:05:54,069 --> 01:05:52,480

radio i'm your host dr rita louise and

1592

01:05:56,150 --> 01:05:54,079

thank you all for staying tuned to the

1593

01:05:57,910 --> 01:05:56,160

second hour of the show just energy

1594

01:06:02,029 --> 01:05:57,920

radio is brought to you by the institute

1595

01:06:05,349 --> 01:06:03,270

[www.appliedenergeticsinstitute.com](http://www.appliedenergeticsinstitute.com) where

1596

01:06:08,309 --> 01:06:05,359

you can jumpstart your intuition today

1597

01:06:09,349 --> 01:06:08,319

by downloading their free 50-page guide

1598

01:06:11,589 --> 01:06:09,359

that's

1599

01:06:13,950 --> 01:06:11,599

applied energetics institute

1600

01:06:15,910 --> 01:06:13,960

dot com it's also brought to you by

1601  
01:06:17,670 --> 01:06:15,920  
soulhealer.com where you can find out

1602  
01:06:19,910 --> 01:06:17,680  
about all the products and services i

1603  
01:06:21,589 --> 01:06:19,920  
offer so if there are things going on in

1604  
01:06:23,510 --> 01:06:21,599  
your life give me a call send me an

1605  
01:06:28,630 --> 01:06:23,520  
email we can set up a time for a private

1606  
01:06:30,309 --> 01:06:28,640  
consultation by phone and even by skype

1607  
01:06:33,190 --> 01:06:30,319  
in this hour we're going to be speaking

1608  
01:06:34,870 --> 01:06:33,200  
with chef aj about her book

1609  
01:06:35,910 --> 01:06:34,880  
unprocessed and we're going to learn

1610  
01:06:39,029 --> 01:06:35,920  
about

1611  
01:06:41,430 --> 01:06:39,039  
living a healthy invite vital life

1612  
01:06:43,029 --> 01:06:41,440  
through the foods that we eat

1613  
01:06:45,510 --> 01:06:43,039

let me tell you a little bit about chef

1614

01:06:48,230 --> 01:06:45,520

aj and get her on the air

1615

01:06:50,470 --> 01:06:48,240

chef aj has followed a plant-based diet

1616

01:06:53,589 --> 01:06:50,480

for over 36 years

1617

01:06:56,309 --> 01:06:53,599

she is a chef culinary instructor

1618

01:06:58,470 --> 01:06:56,319

professional speaker and author

1619

01:07:00,470 --> 01:06:58,480

with her comedy background she has made

1620

01:07:03,029 --> 01:07:00,480

appearances on the tonight show with

1621

01:07:06,470 --> 01:07:03,039

johnny carson the tonight show with jay

1622

01:07:08,630 --> 01:07:06,480

leno david letterman and more so please

1623

01:07:09,990 --> 01:07:08,640

welcome to the show

1624

01:07:12,069 --> 01:07:10,000

chef aj

1625

01:07:15,029 --> 01:07:12,079

thank you for having me well thank you

1626  
01:07:18,870 --> 01:07:15,039  
for coming on the show how did you go

1627  
01:07:20,789 --> 01:07:18,880  
from being a comedian and

1628  
01:07:23,589 --> 01:07:20,799  
going on the tonight show

1629  
01:07:26,390 --> 01:07:23,599  
to becoming a chef well mainly by going

1630  
01:07:28,390 --> 01:07:26,400  
to culinary school i suppose

1631  
01:07:30,789 --> 01:07:28,400  
there was no comedy school to go to well

1632  
01:07:33,029 --> 01:07:30,799  
actually there is but i um what happened

1633  
01:07:35,990 --> 01:07:33,039  
to me was i had been vegan since the age

1634  
01:07:37,430 --> 01:07:36,000  
of 17 for ethical reasons and i loved

1635  
01:07:39,029 --> 01:07:37,440  
animals i actually wanted to be a

1636  
01:07:41,990 --> 01:07:39,039  
veterinarian and when i was going to the

1637  
01:07:43,990 --> 01:07:42,000  
university of pennsylvania in 1977 i

1638  
01:07:46,309 --> 01:07:44,000

instead became a vegetarian because the

1639

01:07:48,710 --> 01:07:46,319

very first day at school i was working

1640

01:07:50,630 --> 01:07:48,720

for a veterinarian and he handed me a

1641

01:07:53,029 --> 01:07:50,640

tank of live salamanders and asked me to

1642

01:07:55,190 --> 01:07:53,039

cut all their heads off and i was

1643

01:07:56,950 --> 01:07:55,200

mortified but i didn't want to disobey

1644

01:07:58,950 --> 01:07:56,960

you know the man in the white coat and i

1645

01:08:00,870 --> 01:07:58,960

cut the head off one salamander and it

1646

01:08:02,950 --> 01:08:00,880

was the most disgusting experience of my

1647

01:08:04,549 --> 01:08:02,960

life he was doing protein lens

1648

01:08:06,630 --> 01:08:04,559

regeneration experiments in the

1649

01:08:08,470 --> 01:08:06,640

amphibian and i just remember started

1650

01:08:10,470 --> 01:08:08,480

vomiting and i went to the hospital and

1651

01:08:12,150 --> 01:08:10,480

i said to god i would never eat wear or

1652

01:08:14,950 --> 01:08:12,160

harm any of your creatures again which

1653

01:08:17,110 --> 01:08:14,960

was very nice it was 1977 it was before

1654

01:08:18,870 --> 01:08:17,120

the internet it was before i knew people

1655

01:08:21,510 --> 01:08:18,880

like dr neil barnard of physicians

1656

01:08:22,950 --> 01:08:21,520

committee for responsible medicine and i

1657

01:08:24,870 --> 01:08:22,960

didn't know what i was doing but i

1658

01:08:26,789 --> 01:08:24,880

immediately went vegan and

1659

01:08:28,870 --> 01:08:26,799

not having any nutritional knowledge or

1660

01:08:31,590 --> 01:08:28,880

anyone to guide me i became what's known

1661

01:08:33,110 --> 01:08:31,600

as a junk food vegetarian eating instead

1662

01:08:35,269 --> 01:08:33,120

of fruits vegetables whole grains and

1663

01:08:37,430 --> 01:08:35,279

legumes which is what i eat now eating

1664

01:08:40,149 --> 01:08:37,440

my own four food groups of sugar flower

1665

01:08:42,550 --> 01:08:40,159

oil and you know chocolate basically so

1666

01:08:44,470 --> 01:08:42,560

basically i hate you know i you can be

1667

01:08:46,149 --> 01:08:44,480

vegan and still be quite unhealthy

1668

01:08:48,149 --> 01:08:46,159

because potato chips are vegan and

1669

01:08:50,229 --> 01:08:48,159

french fries are vegan and you know soda

1670

01:08:52,870 --> 01:08:50,239

pop is vegan and slurpees which were my

1671

01:08:55,349 --> 01:08:52,880

undoing were vegan so i did this for

1672

01:08:56,870 --> 01:08:55,359

about 26 years and the whole time i was

1673

01:08:59,829 --> 01:08:56,880

either overweight or obese at times

1674

01:09:01,910 --> 01:08:59,839

weighing up to 200 pounds and it caught

1675

01:09:04,149 --> 01:09:01,920

up with me after 26 years of not eating

1676

01:09:05,990 --> 01:09:04,159

fruits and vegetables i got very sick i

1677

01:09:08,229 --> 01:09:06,000

was bleeding internally and i had what

1678

01:09:10,550 --> 01:09:08,239

they call pre-cancerous polyps

1679

01:09:12,229 --> 01:09:10,560

lining my colon and these are the kind

1680

01:09:14,789 --> 01:09:12,239

that if they don't remove them always

1681

01:09:16,550 --> 01:09:14,799

100 of the time become cancer but they

1682

01:09:19,030 --> 01:09:16,560

couldn't remove mine during the normal

1683

01:09:21,110 --> 01:09:19,040

procedure the non-surgical procedure the

1684

01:09:23,669 --> 01:09:21,120

colonoscopy because of my

1685

01:09:25,110 --> 01:09:23,679

state of disarray of my entire gi system

1686

01:09:27,269 --> 01:09:25,120

so they said i would have to come back

1687

01:09:29,669 --> 01:09:27,279

and have drugs i take drugs and have

1688

01:09:31,990 --> 01:09:29,679

surgery which i had no interest in and

1689

01:09:34,709 --> 01:09:32,000

so instead i went to a place called the

1690

01:09:36,390 --> 01:09:34,719

optimum health institute in san diego

1691

01:09:37,910 --> 01:09:36,400

now i would go to a different place that

1692

01:09:40,149 --> 01:09:37,920

i have since learned about called true

1693

01:09:43,030 --> 01:09:40,159

north and santa rosa but when i went

1694

01:09:45,030 --> 01:09:43,040

there and i checked in on july 6 2003

1695

01:09:46,470 --> 01:09:45,040

with a coke slurpee in one hand and a dr

1696

01:09:47,749 --> 01:09:46,480

pepper and the other hand because if

1697

01:09:49,030 --> 01:09:47,759

you're caught with anything there they

1698

01:09:50,550 --> 01:09:49,040

kick you out and they don't refund your

1699

01:09:53,110 --> 01:09:50,560

money but i had the cab driver taking

1700

01:09:55,510 --> 01:09:53,120

this 7-11 first it was the first time i

1701

01:09:57,270 --> 01:09:55,520

had ever heard in my life from anyone

1702

01:09:59,350 --> 01:09:57,280

let alone doctors and nurses that what

1703

01:10:01,270 --> 01:09:59,360

we eat has a profound effect on not only

1704

01:10:02,709 --> 01:10:01,280

how we look and how we feel

1705

01:10:05,430 --> 01:10:02,719

but what diseases we get and what

1706

01:10:07,510 --> 01:10:05,440

diseases we can reverse and it was right

1707

01:10:09,669 --> 01:10:07,520

then where i had my first lesson in

1708

01:10:11,430 --> 01:10:09,679

nutritional science and i changed my

1709

01:10:13,030 --> 01:10:11,440

diet i changed my life instead of having

1710

01:10:15,270 --> 01:10:13,040

drugs or surgery i found followed a

1711

01:10:17,430 --> 01:10:15,280

health promoting diet within six months

1712

01:10:18,790 --> 01:10:17,440

i had gone back and had a repeat

1713

01:10:20,709 --> 01:10:18,800

colonoscopy

1714

01:10:23,270 --> 01:10:20,719

and all the polyps were gone and the

1715

01:10:25,590 --> 01:10:23,280

doctor said that my colon was now clear

1716

01:10:27,430 --> 01:10:25,600

and clear clear and clean and pink and

1717

01:10:29,669 --> 01:10:27,440

vascular like a newborn baby and he

1718

01:10:31,350 --> 01:10:29,679

asked me what hospital i had surgery at

1719

01:10:33,270 --> 01:10:31,360

and i told him i didn't have surgery

1720

01:10:34,870 --> 01:10:33,280

that i just simply changed my diet and

1721

01:10:36,550 --> 01:10:34,880

he was poking and prodding because he

1722

01:10:38,709 --> 01:10:36,560

had had photographs of every single

1723

01:10:40,950 --> 01:10:38,719

polyp their size and location throughout

1724

01:10:42,149 --> 01:10:40,960

the gi tract and he got kind of angry

1725

01:10:44,070 --> 01:10:42,159

and he stormed out of the room and said

1726

01:10:45,510 --> 01:10:44,080

well that's impossible and there was

1727

01:10:46,630 --> 01:10:45,520

another doctor

1728

01:10:48,630 --> 01:10:46,640

yeah another

1729

01:10:50,709 --> 01:10:48,640

gi doctor assisting him in the room who

1730

01:10:52,630 --> 01:10:50,719

appeared to be by the color of her skin

1731

01:10:54,709 --> 01:10:52,640

and the the accent she had from the

1732

01:10:56,149 --> 01:10:54,719

country of india and once he left the

1733

01:10:58,470 --> 01:10:56,159

room and was out of earshot she

1734

01:11:00,310 --> 01:10:58,480

whispered to me i believe you so it was

1735

01:11:02,950 --> 01:11:00,320

right then that i learned that really

1736

01:11:04,630 --> 01:11:02,960

diet is really really important that now

1737

01:11:06,550 --> 01:11:04,640

i've studied this and i know that almost

1738

01:11:08,550 --> 01:11:06,560

all diseases are food borne illnesses

1739

01:11:10,149 --> 01:11:08,560

caused by diet and lifestyle very few

1740

01:11:11,430 --> 01:11:10,159

diseases are genetic or things we're

1741

01:11:13,510 --> 01:11:11,440

born with and of course there's also

1742

01:11:15,189 --> 01:11:13,520

accidents but something like 7 out of 10

1743

01:11:17,510 --> 01:11:15,199

doctor visits are all for preventable

1744

01:11:19,270 --> 01:11:17,520

diseases related to lifestyle eating too

1745

01:11:20,950 --> 01:11:19,280

much drinking too much smoking too much

1746

01:11:22,790 --> 01:11:20,960

not getting enough sleep or having too

1747

01:11:24,229 --> 01:11:22,800

much stress so they're all basically

1748

01:11:26,070 --> 01:11:24,239

preventable we know now that heart

1749

01:11:27,590 --> 01:11:26,080

disease is completely preventable as is

1750

01:11:29,350 --> 01:11:27,600

type 2 diabetes and many of the

1751

01:11:32,709 --> 01:11:29,360

autoimmune diseases and even certain

1752

01:11:35,350 --> 01:11:32,719

cancers and so that's what happened is i

1753

01:11:36,870 --> 01:11:35,360

i was really interested in this

1754

01:11:38,390 --> 01:11:36,880

and not so much that i ever thought i

1755

01:11:40,550 --> 01:11:38,400

was going to be a chef or a speaker or

1756

01:11:42,630 --> 01:11:40,560

an author but just because i knew that

1757

01:11:44,310 --> 01:11:42,640

if i was going to make it sustainable i

1758

01:11:46,390 --> 01:11:44,320

had to eat more than you know green

1759

01:11:47,910 --> 01:11:46,400

juices and sprouts which is basically in

1760

01:11:49,350 --> 01:11:47,920

in seed cheese what they fed us at

1761

01:11:51,270 --> 01:11:49,360

optimum health so i took a leave of

1762

01:11:53,350 --> 01:11:51,280

absence from my job and i went to

1763

01:11:56,709 --> 01:11:53,360

culinary school and that's when it all

1764

01:11:58,470 --> 01:11:56,719

started for me was in 2003

1765

01:12:00,229 --> 01:11:58,480

wow you just left me with all kinds of

1766

01:12:02,709 --> 01:12:00,239

questions all right i have to share with

1767

01:12:04,470 --> 01:12:02,719

you i had a girlfriend and i was a

1768

01:12:06,550 --> 01:12:04,480

teenager and she decided she was going

1769

01:12:10,149 --> 01:12:06,560

to be a vegetarian i think she lived on

1770

01:12:12,229 --> 01:12:10,159

lorna dunes and vanilla wafers yum but

1771

01:12:15,510 --> 01:12:12,239

not health promoting

1772

01:12:17,590 --> 01:12:15,520

i i even knew that back then but when

1773

01:12:19,110 --> 01:12:17,600

when you were in your

1774

01:12:21,430 --> 01:12:19,120

vegetarian

1775

01:12:24,390 --> 01:12:21,440

chip eating phase

1776

01:12:27,430 --> 01:12:24,400

did you think at that time that you were

1777

01:12:29,110 --> 01:12:27,440

living a more healthy lifestyle no i

1778

01:12:30,709 --> 01:12:29,120

actually you know i really i don't think

1779

01:12:32,470 --> 01:12:30,719

i thought about it just like does any

1780

01:12:34,550 --> 01:12:32,480

smoker really think about the fact that

1781

01:12:36,709 --> 01:12:34,560

they're you know causing their own you

1782

01:12:38,390 --> 01:12:36,719

know slow and painful demise i don't

1783

01:12:39,350 --> 01:12:38,400

think so because i was a food addict and

1784

01:12:41,669 --> 01:12:39,360

when you're a food addict you don't

1785

01:12:43,270 --> 01:12:41,679

think about things like that so i i knew

1786

01:12:45,189 --> 01:12:43,280

that ethically what i was doing was

1787

01:12:46,709 --> 01:12:45,199

right and it still is right

1788

01:12:48,790 --> 01:12:46,719

you know i didn't have really healthy

1789

01:12:50,790 --> 01:12:48,800

behaviors modeled for me my mother was

1790

01:12:52,070 --> 01:12:50,800

morbidly obese and you know even though

1791

01:12:54,310 --> 01:12:52,080

she cooked healthy dinners there was

1792

01:12:55,830 --> 01:12:54,320

just too much crap in the home and i had

1793

01:12:57,669 --> 01:12:55,840

you know become a sugar addict you know

1794

01:12:59,990 --> 01:12:57,679

probably since the age of four so i had

1795

01:13:01,830 --> 01:13:00,000

that to deal with so no i never i i

1796

01:13:03,430 --> 01:13:01,840

still let me put it this way

1797

01:13:04,630 --> 01:13:03,440

i i know i was healthier than people

1798

01:13:07,270 --> 01:13:04,640

that were eating

1799

01:13:08,950 --> 01:13:07,280

meats and you know fried foods and other

1800

01:13:10,870 --> 01:13:08,960

things like in dairy because you know i

1801  
01:13:12,870 --> 01:13:10,880  
had very low cholesterol so there were

1802  
01:13:14,310 --> 01:13:12,880  
some markers i had for health like my

1803  
01:13:16,229 --> 01:13:14,320  
cholesterol my blood pressure my

1804  
01:13:17,590 --> 01:13:16,239  
triglycerides so all those were positive

1805  
01:13:20,070 --> 01:13:17,600  
and i knew i didn't have heart disease

1806  
01:13:21,590 --> 01:13:20,080  
or diabetes but but there's more to

1807  
01:13:23,350 --> 01:13:21,600  
health than just you know a couple of

1808  
01:13:25,110 --> 01:13:23,360  
markers and i i obviously you know when

1809  
01:13:27,030 --> 01:13:25,120  
you're obese

1810  
01:13:29,590 --> 01:13:27,040  
you're not really as healthy as you can

1811  
01:13:30,870 --> 01:13:29,600  
be in you and you're um you know so i

1812  
01:13:33,030 --> 01:13:30,880  
guess i really never thought about it

1813  
01:13:35,030 --> 01:13:33,040

because you know i even smoked in my 20s

1814

01:13:37,030 --> 01:13:35,040

i think people that are younger don't

1815

01:13:38,630 --> 01:13:37,040

think i mean maybe today there are some

1816

01:13:40,630 --> 01:13:38,640

exceptions but for the most part i think

1817

01:13:41,750 --> 01:13:40,640

we're invincible when we're younger and

1818

01:13:43,030 --> 01:13:41,760

we don't really think about it because

1819

01:13:44,390 --> 01:13:43,040

we don't like to think about it if we

1820

01:13:46,149 --> 01:13:44,400

think about it guess what we may have to

1821

01:13:47,430 --> 01:13:46,159

change our behavior and nobody likes to

1822

01:13:49,189 --> 01:13:47,440

do that i mean you know i have a lot of

1823

01:13:50,950 --> 01:13:49,199

friends that are alcoholics and very

1824

01:13:53,110 --> 01:13:50,960

various stages of recovering and you

1825

01:13:54,709 --> 01:13:53,120

know they all want to be sober but none

1826

01:13:56,630 --> 01:13:54,719

of them really want to quit drinking you

1827

01:13:58,310 --> 01:13:56,640

know so so

1828

01:14:00,229 --> 01:13:58,320

it's um it's not something i thought

1829

01:14:01,750 --> 01:14:00,239

about and until i got sick you know and

1830

01:14:03,830 --> 01:14:01,760

that's really what happens that usually

1831

01:14:05,590 --> 01:14:03,840

they're like in most cases of people

1832

01:14:07,030 --> 01:14:05,600

that are alcoholic they have to hit rock

1833

01:14:08,870 --> 01:14:07,040

bottom and and that's the same thing

1834

01:14:10,470 --> 01:14:08,880

with food addiction and sometimes even

1835

01:14:12,149 --> 01:14:10,480

rock bottom isn't enough to get people

1836

01:14:14,070 --> 01:14:12,159

to change because we all know change is

1837

01:14:15,830 --> 01:14:14,080

hard dietary change is hard lifestyle

1838

01:14:17,270 --> 01:14:15,840

changes hard if it were easy everyone

1839

01:14:19,830 --> 01:14:17,280

would be doing it

1840

01:14:21,270 --> 01:14:19,840

exactly yeah

1841

01:14:24,870 --> 01:14:21,280

and so i tend to be a little bit of the

1842

01:14:26,870 --> 01:14:24,880

devil's advocate on on the show and so

1843

01:14:27,750 --> 01:14:26,880

if you pay attention to what the fda

1844

01:14:28,390 --> 01:14:27,760

says

1845

01:14:33,830 --> 01:14:28,400

they

1846

01:14:37,350 --> 01:14:33,840

hamburger helper or pop-tarts part of a

1847

01:14:39,590 --> 01:14:37,360

balanced breakfast or a balanced meal

1848

01:14:42,070 --> 01:14:39,600

yeah i guess what you know what how do

1849

01:14:44,630 --> 01:14:42,080

you fall in on this because you're

1850

01:14:45,830 --> 01:14:44,640

advocating fruits and vegetables which i

1851  
01:14:47,189 --> 01:14:45,840  
i love

1852  
01:14:49,189 --> 01:14:47,199  
you know but

1853  
01:14:51,750 --> 01:14:49,199  
society is saying

1854  
01:14:54,390 --> 01:14:51,760  
this stuff is okay and you should be

1855  
01:14:56,550 --> 01:14:54,400  
good with it yeah well to me fda stands

1856  
01:14:58,870 --> 01:14:56,560  
for forever duping america because they

1857  
01:15:00,630 --> 01:14:58,880  
are not uh really telling us the truth

1858  
01:15:02,550 --> 01:15:00,640  
you know if fruit loops and pop-tarts

1859  
01:15:04,390 --> 01:15:02,560  
and and hamburger helpers part of a

1860  
01:15:06,229 --> 01:15:04,400  
balanced diet it's part of the balanced

1861  
01:15:08,310 --> 01:15:06,239  
diet of somebody who's imbalanced

1862  
01:15:10,390 --> 01:15:08,320  
because food is not supposed to come in

1863  
01:15:12,310 --> 01:15:10,400

a can of box a bottle or a bag we're not

1864

01:15:15,270 --> 01:15:12,320

designed to eat processed food processed

1865

01:15:17,350 --> 01:15:15,280

food is addictive it's deleterious to

1866

01:15:19,110 --> 01:15:17,360

our health throughout all of human

1867

01:15:20,709 --> 01:15:19,120

history until the last couple

1868

01:15:22,310 --> 01:15:20,719

couple hundred years we did not eat

1869

01:15:24,149 --> 01:15:22,320

processed food we're meant to eat food

1870

01:15:26,709 --> 01:15:24,159

that has come from whole foods from

1871

01:15:28,470 --> 01:15:26,719

plants not manufactured in plants

1872

01:15:30,229 --> 01:15:28,480

even if there was something healthy in a

1873

01:15:31,830 --> 01:15:30,239

can of box a bottle or a bag the

1874

01:15:33,830 --> 01:15:31,840

healthiest part would be the packaging

1875

01:15:35,590 --> 01:15:33,840

that'd probably be the most fiber there

1876

01:15:37,750 --> 01:15:35,600

i don't recommend people eat processed

1877

01:15:39,910 --> 01:15:37,760

food at all rather they're a vegan

1878

01:15:41,510 --> 01:15:39,920

vegetarian or not because it's not food

1879

01:15:43,270 --> 01:15:41,520

it's it's readily available it's

1880

01:15:45,350 --> 01:15:43,280

socially acceptable it's easily

1881

01:15:46,870 --> 01:15:45,360

affordable but it's not food there was a

1882

01:15:48,790 --> 01:15:46,880

graduate student i cannot think of her

1883

01:15:51,270 --> 01:15:48,800

name i apologize huffington post ran

1884

01:15:52,950 --> 01:15:51,280

this this wonderful article and what she

1885

01:15:55,270 --> 01:15:52,960

did is she did an experiment you could

1886

01:15:57,669 --> 01:15:55,280

google it it's called from mouth to anus

1887

01:16:01,030 --> 01:15:57,679

where she had people swallow a camera

1888

01:16:03,350 --> 01:16:01,040

and she tracked she she you know wrote

1889

01:16:04,950 --> 01:16:03,360

down or observed what happened from

1890

01:16:07,030 --> 01:16:04,960

digestion starting in the mouth all the

1891

01:16:08,709 --> 01:16:07,040

way till the camera was expelled and

1892

01:16:10,790 --> 01:16:08,719

what she did is she fed them two meals

1893

01:16:12,790 --> 01:16:10,800

similar meals but one was processed and

1894

01:16:14,709 --> 01:16:12,800

one was homemade so she fed them a

1895

01:16:16,790 --> 01:16:14,719

typical college student meal of

1896

01:16:18,709 --> 01:16:16,800

something like top ramen and gatorade

1897

01:16:20,709 --> 01:16:18,719

and then she made these items herself

1898

01:16:22,870 --> 01:16:20,719

like out of you know whole whole wheat

1899

01:16:24,390 --> 01:16:22,880

flour and water and she made a her own

1900

01:16:26,229 --> 01:16:24,400

sports drink and when the people ate

1901

01:16:27,990 --> 01:16:26,239

they ate the homemade version everything

1902

01:16:30,550 --> 01:16:28,000

occurred as normal with digestion there

1903

01:16:32,229 --> 01:16:30,560

was nothing remarkable the food digested

1904

01:16:34,070 --> 01:16:32,239

but when they ate the processed food

1905

01:16:35,830 --> 01:16:34,080

version which is what most americans eat

1906

01:16:37,270 --> 01:16:35,840

because most americans eat about 92

1907

01:16:39,189 --> 01:16:37,280

percent of their calories from animal

1908

01:16:40,630 --> 01:16:39,199

products and processed food about 62

1909

01:16:42,470 --> 01:16:40,640

percent of their calories from processed

1910

01:16:44,470 --> 01:16:42,480

foods some vegans eat 100 of their

1911

01:16:46,229 --> 01:16:44,480

calories from processed food it was as

1912

01:16:47,750 --> 01:16:46,239

if the stomach did not even recognize

1913

01:16:49,750 --> 01:16:47,760

these things as food and instead of

1914

01:16:51,510 --> 01:16:49,760

digestion occurring as normal just turn

1915

01:16:53,910 --> 01:16:51,520

this funny green color and it just sat

1916

01:16:55,990 --> 01:16:53,920

there and it took forever hours and

1917

01:16:57,669 --> 01:16:56,000

hours to break down so

1918

01:16:59,270 --> 01:16:57,679

you know from an evolutionary standpoint

1919

01:17:00,950 --> 01:16:59,280

our ancestors they did eat some meat

1920

01:17:03,350 --> 01:17:00,960

they didn't drink milk certainly didn't

1921

01:17:04,550 --> 01:17:03,360

eat cheese or sugar or ice cream or

1922

01:17:06,950 --> 01:17:04,560

yogurt but they ate a little bit of

1923

01:17:08,310 --> 01:17:06,960

animal products they ate wild game birds

1924

01:17:09,910 --> 01:17:08,320

that were much higher in protein and

1925

01:17:11,510 --> 01:17:09,920

much lower in fat they ate the sick the

1926

01:17:13,110 --> 01:17:11,520

slow the week that isolated and injured

1927

01:17:14,470 --> 01:17:13,120

there was no farming there were no tools

1928

01:17:15,590 --> 01:17:14,480

if something dropped dead they'd eat it

1929

01:17:16,390 --> 01:17:15,600

but they would eat anything our

1930

01:17:17,669 --> 01:17:16,400

ancestors

1931

01:17:19,990 --> 01:17:17,679

but one thing they didn't eat was

1932

01:17:21,590 --> 01:17:20,000

processed food and it's not food and

1933

01:17:23,590 --> 01:17:21,600

it's highly addictive if you read the

1934

01:17:25,830 --> 01:17:23,600

works of dr david kessler the former

1935

01:17:27,990 --> 01:17:25,840

head of the fda who wrote the end of

1936

01:17:29,669 --> 01:17:28,000

overeating or the investigative pulitzer

1937

01:17:31,270 --> 01:17:29,679

prize-winning journalist michael moss

1938

01:17:32,950 --> 01:17:31,280

who wrote salt sugar and fat how the

1939

01:17:35,110 --> 01:17:32,960

food giants hooked us they explained in

1940

01:17:36,870 --> 01:17:35,120

both these excellent books that the

1941

01:17:39,030 --> 01:17:36,880

processed food industry knew that their

1942

01:17:41,030 --> 01:17:39,040

products were addictive that they added

1943

01:17:42,790 --> 01:17:41,040

excessive amounts of sugar fat and salt

1944

01:17:44,390 --> 01:17:42,800

by the way sugar is addictive by itself

1945

01:17:45,590 --> 01:17:44,400

so is salt so is fat you put them

1946

01:17:47,910 --> 01:17:45,600

together and

1947

01:17:49,830 --> 01:17:47,920

it's even more so addictive and and if

1948

01:17:51,350 --> 01:17:49,840

you think about processed food you can't

1949

01:17:53,110 --> 01:17:51,360

really find processed food without high

1950

01:17:54,790 --> 01:17:53,120

levels of sugar fat and salt it always

1951

01:17:56,550 --> 01:17:54,800

at least has salt which is not only an

1952

01:17:58,790 --> 01:17:56,560

appetite stimulant they use it as a

1953

01:18:01,189 --> 01:17:58,800

preservative sugar is put in everything

1954

01:18:03,510 --> 01:18:01,199

from baby formula to geriatric formula

1955

01:18:05,590 --> 01:18:03,520

it's even put in cigarettes salt is even

1956

01:18:08,070 --> 01:18:05,600

put in soda so so they're they're

1957

01:18:09,590 --> 01:18:08,080

hijacking our brain chemistry they're

1958

01:18:11,189 --> 01:18:09,600

ruining our palettes for the taste of

1959

01:18:13,590 --> 01:18:11,199

whole natural food and and they're

1960

01:18:16,709 --> 01:18:13,600

basically evil and so when i first read

1961

01:18:18,229 --> 01:18:16,719

this book in 2008 i believe maybe 2009 i

1962

01:18:19,910 --> 01:18:18,239

stopped eating all processed food and it

1963

01:18:21,590 --> 01:18:19,920

didn't matter if it was the blue and

1964

01:18:23,350 --> 01:18:21,600

orange box from kraft macaroni and

1965

01:18:25,189 --> 01:18:23,360

cheese or if it was a healthy organic

1966

01:18:26,870 --> 01:18:25,199

gluten-free vegan version because

1967

01:18:28,390 --> 01:18:26,880

processed food isn't food and until

1968

01:18:29,430 --> 01:18:28,400

people understand that they're always

1969

01:18:31,430 --> 01:18:29,440

going to be fat and they're always going

1970

01:18:32,470 --> 01:18:31,440

to be sick or both

1971

01:18:35,510 --> 01:18:32,480

okay

1972

01:18:37,590 --> 01:18:35,520

you mentioned that our ancestors ate

1973

01:18:40,310 --> 01:18:37,600

meat you know they found it or whatever

1974

01:18:43,110 --> 01:18:40,320

and we know they hunted bison and

1975

01:18:47,510 --> 01:18:43,120

whatever mammoth um

1976

01:18:50,229 --> 01:18:47,520

why choose not to eat meat now i get i

1977

01:18:52,149 --> 01:18:50,239

totally get the not processed up i'm a

1978

01:18:55,270 --> 01:18:52,159

huge like don't eat the chemicals don't

1979

01:18:58,310 --> 01:18:55,280

eat the process huge on that but why no

1980

01:19:00,070 --> 01:18:58,320

meat even if it's limited well here's

1981

01:19:01,830 --> 01:19:00,080

the thing you know i have been vegan

1982

01:19:03,750 --> 01:19:01,840

almost 40 years now and i can't even

1983

01:19:05,750 --> 01:19:03,760

digest animal products anymore i've lost

1984

01:19:09,110 --> 01:19:05,760

the ability to do that so why no meat so

1985

01:19:10,950 --> 01:19:09,120

so my my thing is is i you know i what

1986

01:19:13,030 --> 01:19:10,960

do i want my carbon footprint to be what

1987

01:19:14,709 --> 01:19:13,040

do i want to leave as my legacy and it

1988

01:19:16,070 --> 01:19:14,719

all my actions do they put more love

1989

01:19:17,189 --> 01:19:16,080

into the world or they put more harm

1990

01:19:19,430 --> 01:19:17,199

into the world

1991

01:19:20,790 --> 01:19:19,440

i i guess i suppose if i was starving

1992

01:19:22,870 --> 01:19:20,800

and

1993

01:19:24,550 --> 01:19:22,880

i hadn't eaten in a few weeks i mean you

1994

01:19:25,910 --> 01:19:24,560

can fast for six weeks i work at true

1995

01:19:27,590 --> 01:19:25,920

north health in santa rosa it's a

1996

01:19:29,590 --> 01:19:27,600

medically supervised therapeutic water

1997

01:19:31,830 --> 01:19:29,600

only fasting center where people even

1998

01:19:34,229 --> 01:19:31,840

thin people fast for 42 days on just

1999

01:19:35,990 --> 01:19:34,239

water so i suppose i could

2000

01:19:38,390 --> 01:19:36,000

if i was in a plane crash in the andes

2001

01:19:40,070 --> 01:19:38,400

and some bird fell down you know would i

2002

01:19:41,270 --> 01:19:40,080

eat it probably i don't know you know

2003

01:19:43,590 --> 01:19:41,280

it's hard to know what i do in a

2004

01:19:45,110 --> 01:19:43,600

hypothetical situation but i don't want

2005

01:19:46,790 --> 01:19:45,120

to contribute to the suffering of an

2006

01:19:48,709 --> 01:19:46,800

animal i don't want to contribute to the

2007

01:19:49,510 --> 01:19:48,719

suffering of the planet meat produces

2008

01:19:54,790 --> 01:19:49,520

more

2009

01:19:56,470 --> 01:19:54,800

being destroyed at unprecedented rates

2010

01:19:58,709 --> 01:19:56,480

the rainforest is being cut down because

2011

01:20:00,630 --> 01:19:58,719

of our insatiable desire for meat so

2012

01:20:02,950 --> 01:20:00,640

that's number one number two is

2013

01:20:04,870 --> 01:20:02,960

extremely high in cholesterol protein

2014

01:20:07,270 --> 01:20:04,880

and fat now there is no minimum daily

2015

01:20:09,110 --> 01:20:07,280

requirement for cholesterol or saturated

2016

01:20:10,709 --> 01:20:09,120

fat our body produces all the

2017

01:20:12,229 --> 01:20:10,719

cholesterol we need and as a matter of

2018

01:20:13,910 --> 01:20:12,239

fact the government says if we choose to

2019

01:20:16,149 --> 01:20:13,920

eat saturated fat we should get no more

2020

01:20:18,470 --> 01:20:16,159

than 14 of our calories from it meat is

2021

01:20:20,310 --> 01:20:18,480

much higher in saturated fat so i mean

2022

01:20:22,149 --> 01:20:20,320

there's no reason to eat meat when

2023

01:20:24,310 --> 01:20:22,159

there's so many other good things to eat

2024

01:20:26,229 --> 01:20:24,320

that are cheaper that are healthier and

2025

01:20:28,070 --> 01:20:26,239

the thing is is nowadays it's just not

2026

01:20:29,510 --> 01:20:28,080

safe to eat meat even if you eat free

2027

01:20:31,750 --> 01:20:29,520

range organic

2028

01:20:33,830 --> 01:20:31,760

those animals are not being fed a an

2029

01:20:35,110 --> 01:20:33,840

organic diet they're still eating gmo

2030

01:20:37,270 --> 01:20:35,120

crops they're not being fed their

2031

01:20:38,870 --> 01:20:37,280

natural diet and by the way they still

2032

01:20:40,709 --> 01:20:38,880

don't want to die no matter whether

2033

01:20:43,590 --> 01:20:40,719

they're free range or not free range the

2034

01:20:45,430 --> 01:20:43,600

other thing is is 80 percent might be 90

2035

01:20:47,510 --> 01:20:45,440

now if the world's antibiotics goes to

2036

01:20:49,350 --> 01:20:47,520

livestock and so if you eat meat or

2037

01:20:51,510 --> 01:20:49,360

drink milk you're taking mass doses of

2038

01:20:53,270 --> 01:20:51,520

not only antibiotics but hormones so

2039

01:20:55,270 --> 01:20:53,280

you're taking veterinary medication and

2040

01:20:56,950 --> 01:20:55,280

i don't want to take any medication so

2041

01:20:59,030 --> 01:20:56,960

that's why i don't eat meat because it's

2042

01:21:00,630 --> 01:20:59,040

the compassionate thing to do and you

2043

01:21:02,070 --> 01:21:00,640

know when you look at almost every great

2044

01:21:03,910 --> 01:21:02,080

leader throughout human history they

2045

01:21:05,750 --> 01:21:03,920

were all vegan or they became vegan

2046

01:21:07,350 --> 01:21:05,760

later you know i'm not sure we just had

2047

01:21:08,950 --> 01:21:07,360

martin luther king jr's birthday i'm not

2048

01:21:11,110 --> 01:21:08,960

sure if he quite yet was vegan but i

2049

01:21:13,669 --> 01:21:11,120

know his family became vegan cesar

2050

01:21:15,430 --> 01:21:13,679

chavez gandhi george bernard shaw you

2051  
01:21:17,910 --> 01:21:15,440  
know almost every great la albert

2052  
01:21:19,830 --> 01:21:17,920  
schweitzer almost every great leader

2053  
01:21:21,830 --> 01:21:19,840  
spiritual or otherwise throughout

2054  
01:21:23,270 --> 01:21:21,840  
history didn't eat animals and so that's

2055  
01:21:24,550 --> 01:21:23,280  
the kind of group i want to be in you

2056  
01:21:26,950 --> 01:21:24,560  
know i don't want to be with the

2057  
01:21:29,110 --> 01:21:26,960  
barbarians who you know have a sense

2058  
01:21:31,430 --> 01:21:29,120  
insatiable desire for flesh human or

2059  
01:21:34,229 --> 01:21:31,440  
otherwise

2060  
01:21:36,390 --> 01:21:34,239  
well okay so i have to i have to share

2061  
01:21:37,910 --> 01:21:36,400  
this with you because you'll appreciate

2062  
01:21:39,830 --> 01:21:37,920  
it um

2063  
01:21:41,750 --> 01:21:39,840

in texas they have the state fair and

2064

01:21:44,550 --> 01:21:41,760

one of the things that they have every

2065

01:21:47,430 --> 01:21:44,560

year is the fried food

2066

01:21:49,430 --> 01:21:47,440

yeah thing yeah and um

2067

01:21:51,510 --> 01:21:49,440

i i went to the state for the for the

2068

01:21:53,430 --> 01:21:51,520

state fair for the first time about five

2069

01:21:55,430 --> 01:21:53,440

years ago and i'm walking through the

2070

01:21:56,950 --> 01:21:55,440

fair and one of my kids called me up and

2071

01:21:59,270 --> 01:21:56,960

he's like what are you doing it's like

2072

01:22:01,669 --> 01:21:59,280

hey i'm at the state fair i go i'm going

2073

01:22:02,629 --> 01:22:01,679

to get the trifecta i'm going to get

2074

01:22:03,910 --> 01:22:02,639

sugar

2075

01:22:08,390 --> 01:22:03,920

chemicals

2076

01:22:10,390 --> 01:22:08,400

and uh fried food all in one thing

2077

01:22:12,390 --> 01:22:10,400

yeah because they sell fried twinkies oh

2078

01:22:14,149 --> 01:22:12,400

i bet they sell fried butter they sell

2079

01:22:15,750 --> 01:22:14,159

fried kool-aid it's just i had a they

2080

01:22:17,110 --> 01:22:15,760

didn't have twinkies i had a fried

2081

01:22:20,070 --> 01:22:17,120

snickers bar

2082

01:22:23,030 --> 01:22:20,080

oh my god i mean i just had to like try

2083

01:22:26,470 --> 01:22:23,040

it just out of the curiosity place not

2084

01:22:28,229 --> 01:22:26,480

that i would really eat it but

2085

01:22:29,910 --> 01:22:28,239

can you imagine that people like eat

2086

01:22:32,149 --> 01:22:29,920

that regular people eat that red they

2087

01:22:34,790 --> 01:22:32,159

have they have a sandwich now where they

2088

01:22:36,070 --> 01:22:34,800

take uh krispy kreme donuts as the bun

2089

01:22:38,470 --> 01:22:36,080

and then they put you know like

2090

01:22:40,629 --> 01:22:38,480

cheeseburger in it you know people are

2091

01:22:41,990 --> 01:22:40,639

that you know it what can i tell you i

2092

01:22:43,669 --> 01:22:42,000

mean i guess i used to be one of those

2093

01:22:45,430 --> 01:22:43,679

never quite to that degree i suppose

2094

01:22:47,510 --> 01:22:45,440

with the with the animal products but

2095

01:22:49,189 --> 01:22:47,520

certainly eating all the processed crap

2096

01:22:50,470 --> 01:22:49,199

i could that stuff's addicting and they

2097

01:22:52,070 --> 01:22:50,480

you know they can't help themselves

2098

01:22:54,070 --> 01:22:52,080

because once you get stuck in the

2099

01:22:55,750 --> 01:22:54,080

pleasure trap it's really hard to crawl

2100

01:22:57,910 --> 01:22:55,760

out of you also asked about meat well

2101  
01:23:00,149 --> 01:22:57,920  
you know meat eating meat contributes to

2102  
01:23:02,070 --> 01:23:00,159  
colon cancer heart disease all kinds of

2103  
01:23:03,510 --> 01:23:02,080  
diseases so why would i knowingly eat

2104  
01:23:04,870 --> 01:23:03,520  
something that i know is you know that's

2105  
01:23:06,950 --> 01:23:04,880  
like saying well you know a lot of

2106  
01:23:08,790 --> 01:23:06,960  
people smoke so it must be okay and a

2107  
01:23:09,830 --> 01:23:08,800  
lot of people smoke don't get cancer

2108  
01:23:12,550 --> 01:23:09,840  
that's because they probably get heart

2109  
01:23:14,470 --> 01:23:12,560  
disease first and die but now that we

2110  
01:23:16,070 --> 01:23:14,480  
know what we know there's no reason to

2111  
01:23:17,830 --> 01:23:16,080  
eat meat when there's so many other

2112  
01:23:19,110 --> 01:23:17,840  
things to eat that are going to be

2113  
01:23:20,550 --> 01:23:19,120

better for your health better for the

2114

01:23:23,430 --> 01:23:20,560

animals and better for the planet it's

2115

01:23:26,470 --> 01:23:23,440

like a win-win-win situation so i say

2116

01:23:28,229 --> 01:23:26,480

let's do it everybody let's do it i have

2117

01:23:30,790 --> 01:23:28,239

a question and this is more for the

2118

01:23:32,950 --> 01:23:30,800

listeners um you say that you're a vegan

2119

01:23:35,910 --> 01:23:32,960

but what's the difference between being

2120

01:23:37,750 --> 01:23:35,920

a vegan and a vegetarian well to most

2121

01:23:39,510 --> 01:23:37,760

but you know and the thing is do i say

2122

01:23:41,590 --> 01:23:39,520

you know a lot of people won't even say

2123

01:23:43,270 --> 01:23:41,600

they're vegan because vegan has a has

2124

01:23:44,870 --> 01:23:43,280

has a political connotation too that a

2125

01:23:47,990 --> 01:23:44,880

lot of the doctors in the plant-based

2126  
01:23:49,590 --> 01:23:48,000  
movement abort but yes i'm vegan but but

2127  
01:23:51,189 --> 01:23:49,600  
i eat a whole food plant-based diet

2128  
01:23:53,189 --> 01:23:51,199  
there's the difference so

2129  
01:23:55,510 --> 01:23:53,199  
so a vegan is anybody that abstains from

2130  
01:23:57,669 --> 01:23:55,520  
animal products and generally they also

2131  
01:23:59,270 --> 01:23:57,679  
have an ethical component so there's

2132  
01:24:00,550 --> 01:23:59,280  
more to it than that and i agree with

2133  
01:24:02,390 --> 01:24:00,560  
them on this like i don't wear any

2134  
01:24:03,990 --> 01:24:02,400  
leather i don't wear fur i don't wear

2135  
01:24:05,430 --> 01:24:04,000  
wool i don't wear silk anything that

2136  
01:24:07,669 --> 01:24:05,440  
came from an animal we don't use

2137  
01:24:10,950 --> 01:24:07,679  
products that were tested on animals we

2138  
01:24:12,310 --> 01:24:10,960

don't go to zoos or circuses or anything

2139

01:24:15,110 --> 01:24:12,320

where you know animals are being

2140

01:24:17,350 --> 01:24:15,120

exploited so that but then people that

2141

01:24:19,750 --> 01:24:17,360

are doing it just for health reasons

2142

01:24:21,590 --> 01:24:19,760

they might wear leather or or use you

2143

01:24:22,790 --> 01:24:21,600

know uh beauty products that are tested

2144

01:24:25,270 --> 01:24:22,800

on animals because they're doing it

2145

01:24:27,390 --> 01:24:25,280

mainly for health vegetarians there's

2146

01:24:28,950 --> 01:24:27,400

different kinds of vegetarians there's

2147

01:24:30,550 --> 01:24:28,960

lacto-vegetarians there's ovo

2148

01:24:32,950 --> 01:24:30,560

vegetarians and there's lacto-ovo

2149

01:24:34,629 --> 01:24:32,960

vegetarians so what those people do is

2150

01:24:37,270 --> 01:24:34,639

they don't actually eat meat of animals

2151  
01:24:39,990 --> 01:24:37,280  
they don't eat the flesh of a of a of a

2152  
01:24:42,470 --> 01:24:40,000  
cow a pig a chicken or a fish but they

2153  
01:24:44,229 --> 01:24:42,480  
will use some of the secretions or or

2154  
01:24:46,870 --> 01:24:44,239  
the byproducts which means that the ovo

2155  
01:24:48,870 --> 01:24:46,880  
vegetarian will eat eggs the

2156  
01:24:50,950 --> 01:24:48,880  
lacto-vegetarian will use dairy products

2157  
01:24:53,350 --> 01:24:50,960  
and the lacto-ovo will use eggs and

2158  
01:24:55,590 --> 01:24:53,360  
dairy products so that's that's the

2159  
01:24:57,270 --> 01:24:55,600  
difference as far as i'm as far as i can

2160  
01:24:58,709 --> 01:24:57,280  
tell now a lot of people i have friends

2161  
01:25:01,110 --> 01:24:58,719  
that fall into this category they're

2162  
01:25:03,669 --> 01:25:01,120  
lacto-vegetarians which means they still

2163  
01:25:05,270 --> 01:25:03,679

use cheese and or dairy products ice

2164

01:25:06,870 --> 01:25:05,280

cream yogurt what they don't understand

2165

01:25:08,709 --> 01:25:06,880

that if you're doing this truly for

2166

01:25:10,550 --> 01:25:08,719

ethical reasons

2167

01:25:12,550 --> 01:25:10,560

actually for health reasons also the

2168

01:25:13,830 --> 01:25:12,560

dairy is the worst thing you can eat

2169

01:25:15,430 --> 01:25:13,840

both for your health and both for the

2170

01:25:17,110 --> 01:25:15,440

health of the animals because there's

2171

01:25:19,750 --> 01:25:17,120

nobody that suffers a fate worse than

2172

01:25:21,430 --> 01:25:19,760

the dairy cows because they are forcibly

2173

01:25:23,350 --> 01:25:21,440

raped on something called a rape rack

2174

01:25:25,270 --> 01:25:23,360

their their young are torn from them the

2175

01:25:27,189 --> 01:25:25,280

minute they're born the daughters become

2176

01:25:28,870 --> 01:25:27,199

dairy cows the suns become veal with a

2177

01:25:30,870 --> 01:25:28,880

little chain around their neck where

2178

01:25:32,629 --> 01:25:30,880

they're fed anemic diet and they in a

2179

01:25:34,550 --> 01:25:32,639

crate so small they can't turn around

2180

01:25:36,470 --> 01:25:34,560

they're killed after a few days even

2181

01:25:38,390 --> 01:25:36,480

julia child towards the end of her life

2182

01:25:40,470 --> 01:25:38,400

when taken to i believe it was either a

2183

01:25:41,910 --> 01:25:40,480

veal farm or a foie gras placed by jean

2184

01:25:44,149 --> 01:25:41,920

robin said she would never have

2185

01:25:45,510 --> 01:25:44,159

knowingly supported this kind of cruelty

2186

01:25:46,870 --> 01:25:45,520

so if you're doing it for ethical

2187

01:25:48,470 --> 01:25:46,880

reasons and you're drinking milk it's

2188

01:25:50,149 --> 01:25:48,480

not really ethical because if you're

2189

01:25:51,430 --> 01:25:50,159

drinking any milk any dairy products

2190

01:25:53,750 --> 01:25:51,440

you're supporting one of the cruelest

2191

01:25:55,669 --> 01:25:53,760

industries on earth the veal industry so

2192

01:25:57,910 --> 01:25:55,679

dairy cows stand in the stall for about

2193

01:26:00,070 --> 01:25:57,920

four years because they can't live much

2194

01:26:01,830 --> 01:26:00,080

longer because they're they're forced by

2195

01:26:03,350 --> 01:26:01,840

giving these mass doses of

2196

01:26:05,189 --> 01:26:03,360

hormones they're forced to produce about

2197

01:26:07,110 --> 01:26:05,199

40 times more milk than they ever could

2198

01:26:08,870 --> 01:26:07,120

in nature and by the way that milk was

2199

01:26:11,189 --> 01:26:08,880

meant to feed their young who instead is

2200

01:26:13,990 --> 01:26:11,199

being not fed at all to become anemic to

2201

01:26:16,229 --> 01:26:14,000

be killed for veal so it's it's really a

2202

01:26:18,629 --> 01:26:16,239

horrible life and the problem is is

2203

01:26:20,870 --> 01:26:18,639

because if you feed if you drink these

2204

01:26:22,149 --> 01:26:20,880

milk products or cheese or yogurt or ice

2205

01:26:23,510 --> 01:26:22,159

cream or feed them to your children

2206

01:26:25,510 --> 01:26:23,520

what's happening is little girls are

2207

01:26:27,350 --> 01:26:25,520

developing at very early ages getting

2208

01:26:29,430 --> 01:26:27,360

breast buds getting their periods

2209

01:26:32,550 --> 01:26:29,440

because of these mass doses of hormones

2210

01:26:34,390 --> 01:26:32,560

in the milk now in in the natural world

2211

01:26:37,830 --> 01:26:34,400

places where people are not consuming

2212

01:26:39,110 --> 01:26:37,840

dairy like asia in ethiopia and in parts

2213

01:26:41,510 --> 01:26:39,120

you know of the world that know that

2214

01:26:43,430 --> 01:26:41,520

dairy is not food for humans it's it

2215

01:26:45,270 --> 01:26:43,440

only does a body good if you're like a

2216

01:26:46,070 --> 01:26:45,280

calf trying to grow to 800 pounds in a

2217

01:26:47,669 --> 01:26:46,080

year

2218

01:26:50,390 --> 01:26:47,679

they they reach menarche which is

2219

01:26:52,310 --> 01:26:50,400

menstruation in about 17 to 19. that is

2220

01:26:53,669 --> 01:26:52,320

when you're supposed to get your period

2221

01:26:55,110 --> 01:26:53,679

but in our country little girls are

2222

01:26:57,030 --> 01:26:55,120

getting their periods now as early as

2223

01:26:58,070 --> 01:26:57,040

six and i read on the internet the other

2224

01:27:00,229 --> 01:26:58,080

day

2225

01:27:01,350 --> 01:27:00,239

six years old oh my god their period and

2226

01:27:03,189 --> 01:27:01,360

i read it the other day that an

2227

01:27:04,709 --> 01:27:03,199

eight-year-old girl got pregnant now the

2228

01:27:06,070 --> 01:27:04,719

only way you can get pregnant that age

2229

01:27:07,350 --> 01:27:06,080

is if you get your period and the only

2230

01:27:08,950 --> 01:27:07,360

way you're going to get your period is

2231

01:27:10,790 --> 01:27:08,960

if you're consuming dairy products

2232

01:27:12,709 --> 01:27:10,800

because you're consuming hormones in the

2233

01:27:14,390 --> 01:27:12,719

milk in the cheese in yogurt and the ice

2234

01:27:16,629 --> 01:27:14,400

cream and it's horrible when little

2235

01:27:19,990 --> 01:27:16,639

girls are getting their period as at 6 8

2236

01:27:22,149 --> 01:27:20,000

10 11 even 12 or 14 because when when

2237

01:27:24,470 --> 01:27:22,159

when sexual maturity precedes emotional

2238

01:27:26,149 --> 01:27:24,480

maturity that's when you have problems

2239

01:27:28,629 --> 01:27:26,159

with teenage or even now younger

2240

01:27:30,229 --> 01:27:28,639

pregnancy so it's it's a horrible thing

2241

01:27:32,550 --> 01:27:30,239

to consume dairy products if you read

2242

01:27:33,990 --> 01:27:32,560

the book the china study by dr t colin

2243

01:27:35,430 --> 01:27:34,000

campbell who i believe will be speaking

2244

01:27:37,590 --> 01:27:35,440

in marshall texas

2245

01:27:39,669 --> 01:27:37,600

in march he was a dairy farmer who was

2246

01:27:41,189 --> 01:27:39,679

hired by the dairy industry to get to

2247

01:27:43,350 --> 01:27:41,199

find a way to get cows to produce more

2248

01:27:45,030 --> 01:27:43,360

milk and what he discovered was that the

2249

01:27:47,510 --> 01:27:45,040

casein which was the protein and joey

2250

01:27:49,669 --> 01:27:47,520

was the most potent carcinogen he ever

2251

01:27:52,470 --> 01:27:49,679

discovered he was literally able to turn

2252

01:27:53,990 --> 01:27:52,480

cancer on and off and the countries that

2253

01:27:56,310 --> 01:27:54,000

drink the most milk have the highest

2254

01:27:58,070 --> 01:27:56,320

rate of osteoporosis and hip fractures

2255

01:28:00,550 --> 01:27:58,080

and countries that don't drink milk like

2256

01:28:02,229 --> 01:28:00,560

asia they they don't have hot incidence

2257

01:28:04,310 --> 01:28:02,239

of these diseases and they have almost

2258

01:28:07,669 --> 01:28:04,320

zero of the reproductive cancers like

2259

01:28:10,229 --> 01:28:07,679

the breast the uterine the uh the

2260

01:28:11,830 --> 01:28:10,239

ovarian the prostate cancer so so it's

2261

01:28:14,149 --> 01:28:11,840

it's really we've been sold a bill of

2262

01:28:15,590 --> 01:28:14,159

goods by the dairy industry so you know

2263

01:28:17,110 --> 01:28:15,600

if you got milk you pretty much got

2264

01:28:19,350 --> 01:28:17,120

cancer or you got some other disease

2265

01:28:21,669 --> 01:28:19,360

because it's it's very addictive too by

2266

01:28:23,270 --> 01:28:21,679

the way there's something when you drink

2267

01:28:25,350 --> 01:28:23,280

it it turns to these brain chemicals

2268

01:28:27,270 --> 01:28:25,360

called casomorphins queso meaning

2269

01:28:29,350 --> 01:28:27,280

pertaining to the protein casein the

2270

01:28:32,149 --> 01:28:29,360

dairy protein and morphine an opiate to

2271

01:28:33,990 --> 01:28:32,159

your brain and the theory was is that

2272

01:28:35,750 --> 01:28:34,000

whoever created us i believe it was god

2273

01:28:37,910 --> 01:28:35,760

but whatever you want to say however we

2274

01:28:39,350 --> 01:28:37,920

got here put these compounds in the milk

2275

01:28:41,110 --> 01:28:39,360

so that the infant would stay by the

2276

01:28:42,950 --> 01:28:41,120

mother so that we didn't always have

2277

01:28:45,110 --> 01:28:42,960

shelter from harm so that the baby bear

2278

01:28:46,950 --> 01:28:45,120

would nurse and want to be by the big

2279

01:28:48,629 --> 01:28:46,960

mama bear and the human baby would be by

2280

01:28:50,550 --> 01:28:48,639

the mama and not wander off and get

2281

01:28:52,310 --> 01:28:50,560

killed so they put these mildly

2282

01:28:54,229 --> 01:28:52,320

addictive compounds in the breast milk

2283

01:28:56,550 --> 01:28:54,239

of every species well nature never

2284

01:28:58,070 --> 01:28:56,560

intended us to drink milk after maturity

2285

01:28:59,830 --> 01:28:58,080

number one human beings are the only

2286

01:29:01,910 --> 01:28:59,840

ones that do that and let alone drink

2287

01:29:03,750 --> 01:29:01,920

milk of another species so when we're

2288

01:29:05,669 --> 01:29:03,760

having things like cheese and yogurt and

2289

01:29:07,430 --> 01:29:05,679

ice cream we're taking these this dairy

2290

01:29:08,629 --> 01:29:07,440

from another species we're concentrating

2291

01:29:10,790 --> 01:29:08,639

so we're getting these high level of

2292

01:29:12,149 --> 01:29:10,800

brain chemicals and you know i don't

2293

01:29:13,990 --> 01:29:12,159

know if you're familiar with howard

2294

01:29:15,830 --> 01:29:14,000

lyman who was a fourth generation cattle

2295

01:29:17,750 --> 01:29:15,840

rancher i interviewed him on my podcast

2296

01:29:19,110 --> 01:29:17,760

healthy living with chef aj and he said

2297

01:29:21,030 --> 01:29:19,120

that quitting cheese was harder than

2298

01:29:23,110 --> 01:29:21,040

quitting smoking it's that addictive and

2299

01:29:25,030 --> 01:29:23,120

that's why people can't do it the other

2300

01:29:26,550 --> 01:29:25,040

thing that that really made me well i'm

2301  
01:29:28,790 --> 01:29:26,560  
i'm really fortunate i guess because i'm

2302  
01:29:30,790 --> 01:29:28,800  
allergic to dairy and so i never had me

2303  
01:29:32,870 --> 01:29:30,800  
too yeah i never had to get into that

2304  
01:29:35,189 --> 01:29:32,880  
addiction but what would make me not

2305  
01:29:36,950 --> 01:29:35,199  
eating it not want to eat it even if i

2306  
01:29:39,270 --> 01:29:36,960  
wasn't is and you can go on the usda

2307  
01:29:41,189 --> 01:29:39,280  
website this is not vegan propaganda but

2308  
01:29:43,510 --> 01:29:41,199  
the usda goes around to these dairy

2309  
01:29:45,189 --> 01:29:43,520  
farms and ex inspects the milk because

2310  
01:29:47,030 --> 01:29:45,199  
the government allows a certain parts

2311  
01:29:48,870 --> 01:29:47,040  
per million of these other compounds in

2312  
01:29:51,270 --> 01:29:48,880  
the milk that's not just the the bread

2313  
01:29:53,350 --> 01:29:51,280

the milk and so they take a little eye

2314

01:29:54,470 --> 01:29:53,360

dropper type thingy and take a couple of

2315

01:29:58,310 --> 01:29:54,480

drops on a slide and what they're

2316

01:30:00,070 --> 01:29:58,320

looking for is is uh pus and they allow

2317

01:30:01,590 --> 01:30:00,080

several parts per million of pus in the

2318

01:30:03,510 --> 01:30:01,600

milk because you have to understand the

2319

01:30:05,590 --> 01:30:03,520

cow is being like milked all day she's

2320

01:30:07,350 --> 01:30:05,600

on these machines and so what happens is

2321

01:30:09,110 --> 01:30:07,360

she develops something called mastitis

2322

01:30:10,790 --> 01:30:09,120

because her utters crack and bleed and

2323

01:30:12,550 --> 01:30:10,800

ooze blood and so the blood and the pus

2324

01:30:14,310 --> 01:30:12,560

is getting in the milk she's not being

2325

01:30:16,310 --> 01:30:14,320

taken for a walk so she's urinating and

2326

01:30:18,390 --> 01:30:16,320

defecating in the milk and so when the

2327

01:30:21,189 --> 01:30:18,400

milk has too much blood or pus or feces

2328

01:30:22,550 --> 01:30:21,199

or urine the the they don't throw it out

2329

01:30:24,390 --> 01:30:22,560

that's what they use to make the cheese

2330

01:30:25,750 --> 01:30:24,400

and the yogurt in the ice cream so just

2331

01:30:27,750 --> 01:30:25,760

when i learned that it was so

2332

01:30:29,110 --> 01:30:27,760

unappetizing that there would be no way

2333

01:30:31,030 --> 01:30:29,120

i could ever consider eating that

2334

01:30:32,709 --> 01:30:31,040

because i just don't like eating [h\_\_\h]

2335

01:30:34,550 --> 01:30:32,719

personally you know

2336

01:30:36,229 --> 01:30:34,560

so what can i tell you

2337

01:30:38,390 --> 01:30:36,239

not my cup of tea

2338

01:30:39,990 --> 01:30:38,400

it makes me very happy that i'm allergic

2339

01:30:41,510 --> 01:30:40,000

and i

2340

01:30:42,950 --> 01:30:41,520

yeah you're very fortunate and even if

2341

01:30:44,470 --> 01:30:42,960

you weren't allergic at least seventy

2342

01:30:46,790 --> 01:30:44,480

percent of the world is lactose

2343

01:30:50,149 --> 01:30:46,800

intolerant if you're african american or

2344

01:30:52,229 --> 01:30:50,159

latino or pacific islander or asian very

2345

01:30:54,950 --> 01:30:52,239

few people even are able to digest

2346

01:30:56,229 --> 01:30:54,960

lactose the sugar in milk so and you

2347

01:30:57,750 --> 01:30:56,239

know a lot of people will take these

2348

01:30:59,669 --> 01:30:57,760

these things called lactate or drink

2349

01:31:01,110 --> 01:30:59,679

special milk to digest a product that we

2350

01:31:03,189 --> 01:31:01,120

that was never intended for us because

2351

01:31:05,590 --> 01:31:03,199

as i said humans are the only species

2352

01:31:07,350 --> 01:31:05,600

that not only drink milk after maturity

2353

01:31:08,950 --> 01:31:07,360

but they drink milk of another species

2354

01:31:11,110 --> 01:31:08,960

not you're not going to find it anywhere

2355

01:31:12,870 --> 01:31:11,120

else in nature so you know it does not

2356

01:31:15,110 --> 01:31:12,880

do a body good it does embody a great

2357

01:31:17,189 --> 01:31:15,120

deal of harm and if i could wave a magic

2358

01:31:18,709 --> 01:31:17,199

wand and get americans or not not just

2359

01:31:20,149 --> 01:31:18,719

americans but the whole world to stop

2360

01:31:21,590 --> 01:31:20,159

doing one thing it would be to stop

2361

01:31:23,350 --> 01:31:21,600

dairy that would be the first thing even

2362

01:31:24,390 --> 01:31:23,360

before meat

2363

01:31:26,709 --> 01:31:24,400

interesting

2364

01:31:29,350 --> 01:31:26,719

talk a little bit about osteoporosis

2365

01:31:31,910 --> 01:31:29,360

because this has been my concern

2366

01:31:34,390 --> 01:31:31,920

is that i don't drink milk and we've

2367

01:31:36,229 --> 01:31:34,400

been i'll say brainwash i want to use

2368

01:31:37,590 --> 01:31:36,239

that word brainwash into believing that

2369

01:31:41,830 --> 01:31:37,600

you don't drink milk you develop

2370

01:31:44,149 --> 01:31:41,840

osteoporosis so so for for women or

2371

01:31:45,830 --> 01:31:44,159

anybody you know that is moving into

2372

01:31:48,310 --> 01:31:45,840

that age where they really need to think

2373

01:31:50,229 --> 01:31:48,320

about calcium consumption

2374

01:31:52,709 --> 01:31:50,239

where can you get ample amounts of

2375

01:31:54,310 --> 01:31:52,719

calcium if it's not coming from dairy

2376

01:31:56,070 --> 01:31:54,320

almost everything you're going to ask me

2377

01:31:57,750 --> 01:31:56,080

whatever the question the answer is kale

2378

01:32:00,390 --> 01:31:57,760

because green leafy vegetables are

2379

01:32:02,550 --> 01:32:00,400

extremely high in calcium sesame seeds

2380

01:32:04,709 --> 01:32:02,560

and tahini is really high in calcium and

2381

01:32:06,709 --> 01:32:04,719

it's high in more utilizable calcium

2382

01:32:07,669 --> 01:32:06,719

than in milk as i mentioned earlier if

2383

01:32:09,430 --> 01:32:07,679

you go on the world health

2384

01:32:11,189 --> 01:32:09,440

organization's website

2385

01:32:13,430 --> 01:32:11,199

the countries that drink the most milk

2386

01:32:15,910 --> 01:32:13,440

have the highest rate of osteoporosis

2387

01:32:17,510 --> 01:32:15,920

and hip fracture milk does not do a body

2388

01:32:19,669 --> 01:32:17,520

good we have been sold a bill of goods

2389

01:32:21,750 --> 01:32:19,679

we have been lied to about milk and its

2390

01:32:24,070 --> 01:32:21,760

ability to to give us the utilizable

2391

01:32:25,669 --> 01:32:24,080

calcium we need if you dr eat enough

2392

01:32:26,870 --> 01:32:25,679

vegetables and americans eat less than

2393

01:32:28,149 --> 01:32:26,880

10 percent of their calories from

2394

01:32:29,669 --> 01:32:28,159

vegetables and include a lot of the

2395

01:32:31,189 --> 01:32:29,679

green leafy's like the spinach and the

2396

01:32:32,390 --> 01:32:31,199

kale or the collards mustard greens

2397

01:32:34,470 --> 01:32:32,400

turnip greens

2398

01:32:35,990 --> 01:32:34,480

have some sesame seeds or some tahini

2399

01:32:38,070 --> 01:32:36,000

you'll get plenty of calcium i believe

2400

01:32:40,229 --> 01:32:38,080

sesame seeds are something like 56

2401

01:32:41,110 --> 01:32:40,239

calcium so you know you can easily go on

2402

01:32:42,629 --> 01:32:41,120

the

2403

01:32:44,070 --> 01:32:42,639

government's national database and look

2404

01:32:45,750 --> 01:32:44,080

at the amount of calcium and foods and

2405

01:32:47,590 --> 01:32:45,760

there's so many foods i don't have them

2406

01:32:49,590 --> 01:32:47,600

all memorized i mean oranges even have

2407

01:32:51,189 --> 01:32:49,600

are very high in calcium

2408

01:32:53,110 --> 01:32:51,199

so you know i had a lot of vegetables

2409

01:32:54,470 --> 01:32:53,120

and that i don't worry i mean i had that

2410

01:32:56,950 --> 01:32:54,480

test you know i forgot what it's called

2411

01:32:59,510 --> 01:32:56,960

for osteopenia or whatever i'm almost 55

2412

01:33:01,030 --> 01:32:59,520

i don't have it so and i don't take any

2413

01:33:03,510 --> 01:33:01,040

vitamins or minerals either other than

2414

01:33:05,430 --> 01:33:03,520

b12 so you don't have to drink milk to

2415

01:33:07,590 --> 01:33:05,440

get calcium i mean why would a product

2416

01:33:09,270 --> 01:33:07,600

that 70 of the world can't even digest

2417

01:33:11,430 --> 01:33:09,280

be the answer to our you know

2418

01:33:12,950 --> 01:33:11,440

osteoporosis milk actually causes it

2419

01:33:14,629 --> 01:33:12,960

because it ends up you end up leeching

2420

01:33:17,590 --> 01:33:14,639

calcium from your bones and peeing it

2421

01:33:19,189 --> 01:33:17,600

out dr mcdougall has a great free video

2422

01:33:21,030 --> 01:33:19,199

on youtube on his website called the

2423

01:33:22,950 --> 01:33:21,040

perils of dairy that scientifically

2424

01:33:24,709 --> 01:33:22,960

explains this whole process i'm not a

2425

01:33:26,229 --> 01:33:24,719

medical doctor i just remember you know

2426

01:33:28,229 --> 01:33:26,239

parts of all these different doctors

2427

01:33:29,990 --> 01:33:28,239

talks but i know enough to know that

2428

01:33:31,669 --> 01:33:30,000

that is not a utilizable source of

2429

01:33:33,030 --> 01:33:31,679

calcium and you can get it from whole

2430

01:33:34,390 --> 01:33:33,040

foods and if you're eating enough fruits

2431

01:33:36,870 --> 01:33:34,400

vegetables whole grains and legumes

2432

01:33:39,110 --> 01:33:36,880

you'll be fine

2433

01:33:41,910 --> 01:33:39,120

well okay but see that makes me feel a

2434

01:33:43,270 --> 01:33:41,920

whole lot better because you know i

2435

01:33:45,590 --> 01:33:43,280

don't drink i

2436

01:33:47,189 --> 01:33:45,600

stopped drinking milk in in my first

2437

01:33:48,790 --> 01:33:47,199

year in college and that was only

2438

01:33:50,790 --> 01:33:48,800

because they had chocolate milk and it

2439

01:33:53,270 --> 01:33:50,800

tasted really good and it was really

2440

01:33:55,110 --> 01:33:53,280

thick and whole milk yeah anyway

2441

01:33:57,030 --> 01:33:55,120

um but that's when i figured out i

2442

01:33:58,790 --> 01:33:57,040

couldn't drink it anymore

2443

01:34:01,510 --> 01:33:58,800

i wish i wish i could think of her name

2444

01:34:03,990 --> 01:34:01,520

right now um i can see her face in my

2445

01:34:05,030 --> 01:34:04,000

head but she she she wrote uh oh amy

2446

01:34:07,669 --> 01:34:05,040

leno

2447

01:34:09,189 --> 01:34:07,679

phd l-a-n-o-u i cannot think of the name

2448

01:34:11,510 --> 01:34:09,199

of her wonderful book but if you google

2449

01:34:12,790 --> 01:34:11,520

it she has a book devoted to exactly

2450

01:34:14,790 --> 01:34:12,800

that subject

2451

01:34:16,950 --> 01:34:14,800

and with plenty of recipes so you can

2452

01:34:19,590 --> 01:34:16,960

get deliciously as much calcium as you

2453

01:34:21,270 --> 01:34:19,600

need um the something about bone health

2454

01:34:23,030 --> 01:34:21,280

but it's a great book by amy lanew that

2455

01:34:25,510 --> 01:34:23,040

will put all your fears to rest about

2456

01:34:28,950 --> 01:34:25,520

calcium perfect yeah

2457

01:34:32,390 --> 01:34:30,709

so we're talking about

2458

01:34:38,229 --> 01:34:32,400

the food we talked about like

2459

01:34:41,669 --> 01:34:40,629

again devil's advocate you're advocating

2460

01:34:49,189 --> 01:34:41,679

a

2461

01:34:51,030 --> 01:34:49,199

well here's the thing you know um this

2462

01:34:52,629 --> 01:34:51,040

last time i checked no i'm not saying

2463

01:34:53,910 --> 01:34:52,639

gmos are good i'm playing devil's

2464

01:34:55,350 --> 01:34:53,920

advocate here for a minute i'm not

2465

01:34:57,750 --> 01:34:55,360

saying they're good i do not think

2466

01:34:59,669 --> 01:34:57,760

they're good and and even if they are

2467

01:35:01,270 --> 01:34:59,679

good they're too it's too soon to tell

2468

01:35:03,189 --> 01:35:01,280

whether they're going to be considered

2469

01:35:04,550 --> 01:35:03,199

safe or not but you have to understand

2470

01:35:06,070 --> 01:35:04,560

that heart disease is the number one

2471

01:35:07,830 --> 01:35:06,080

killer of americans two-thirds of

2472

01:35:10,229 --> 01:35:07,840

americans are overweight and obese and

2473

01:35:11,990 --> 01:35:10,239

it's not because they ate gmo and it's

2474

01:35:14,229 --> 01:35:12,000

not because they ate conventional kale

2475

01:35:15,910 --> 01:35:14,239

over organic kale americans are fat or

2476  
01:35:17,990 --> 01:35:15,920  
sick because they're eating a diet made

2477  
01:35:20,229 --> 01:35:18,000  
up of animal products and processed food

2478  
01:35:22,149 --> 01:35:20,239  
and while while we had a proposition in

2479  
01:35:25,030 --> 01:35:22,159  
california 37

2480  
01:35:26,550 --> 01:35:25,040  
i completely voted against gmos it

2481  
01:35:28,550 --> 01:35:26,560  
mainly not even so much that i was

2482  
01:35:30,149 --> 01:35:28,560  
against gmos which i am but at least to

2483  
01:35:32,310 --> 01:35:30,159  
give us the right to know to have it on

2484  
01:35:34,229 --> 01:35:32,320  
the label they other countries do not

2485  
01:35:35,830 --> 01:35:34,239  
allow them that is not what's causing

2486  
01:35:38,229 --> 01:35:35,840  
the health epidemic the heart disease

2487  
01:35:39,669 --> 01:35:38,239  
epidemic and the obesity epidemic not to

2488  
01:35:42,229 --> 01:35:39,679

say they're good but i will tell you

2489

01:35:44,629 --> 01:35:42,239

that i would eat a gmo piece of fruit or

2490

01:35:47,110 --> 01:35:44,639

vegetable non-organic any day before i

2491

01:35:49,910 --> 01:35:47,120

would eat an organic piece of uh you

2492

01:35:52,229 --> 01:35:49,920

know vegan junk food or animal products

2493

01:35:54,629 --> 01:35:52,239

because those are much more deleterious

2494

01:35:56,709 --> 01:35:54,639

to your health but like i say i i you

2495

01:35:58,550 --> 01:35:56,719

know i can't promise 100 of the time if

2496

01:36:00,629 --> 01:35:58,560

i'm avoiding gmos because i travel

2497

01:36:03,750 --> 01:36:00,639

full-time but i do know that i'm very

2498

01:36:05,669 --> 01:36:03,760

lucky to be allergic to soy and wheat

2499

01:36:06,870 --> 01:36:05,679

and um i don't eat a lot of corn and

2500

01:36:10,070 --> 01:36:06,880

those are the three most heavily

2501  
01:36:11,510 --> 01:36:10,080  
genetically modified crops anyway so i

2502  
01:36:14,229 --> 01:36:11,520  
just make sure that when i do eat corn

2503  
01:36:16,149 --> 01:36:14,239  
it's organic because then it ostensibly

2504  
01:36:17,669 --> 01:36:16,159  
is not going to be gmo but again the

2505  
01:36:19,669 --> 01:36:17,679  
other two soy and wheat since i'm

2506  
01:36:21,510 --> 01:36:19,679  
allergic to i don't have to deal with so

2507  
01:36:23,750 --> 01:36:21,520  
you know i say avoid them just like i

2508  
01:36:25,910 --> 01:36:23,760  
say it's better to buy organic but you

2509  
01:36:28,790 --> 01:36:25,920  
know and do we even believe i mean you

2510  
01:36:30,790 --> 01:36:28,800  
know like that this this alleged meat

2511  
01:36:32,950 --> 01:36:30,800  
that's free range and organic do we do

2512  
01:36:34,950 --> 01:36:32,960  
we know 100 that the cow didn't eat gmo

2513  
01:36:37,510 --> 01:36:34,960

crops i don't know i don't believe we

2514

01:36:39,030 --> 01:36:37,520

don't we don't so so you know you're not

2515

01:36:41,750 --> 01:36:39,040

just what you eat you are what the

2516

01:36:44,070 --> 01:36:41,760

animal ate as well and so

2517

01:36:46,229 --> 01:36:44,080

yeah i mean i'm not for gmos but that is

2518

01:36:47,669 --> 01:36:46,239

not what's causing the problem that is

2519

01:36:49,430 --> 01:36:47,679

causing the problem in this country and

2520

01:36:51,750 --> 01:36:49,440

not eating organic is not what's causing

2521

01:36:52,470 --> 01:36:51,760

the problem the problem is is we eat too

2522

01:36:58,149 --> 01:36:52,480

much

2523

01:37:00,070 --> 01:36:58,159

sugar oil and salt but that's the

2524

01:37:02,629 --> 01:37:00,080

problem and we don't eat enough fruits

2525

01:37:05,669 --> 01:37:02,639

and vegetables or get enough exercise

2526

01:37:07,669 --> 01:37:05,679

well and it's also sounding like

2527

01:37:09,750 --> 01:37:07,679

when you are making food choices it's

2528

01:37:11,590 --> 01:37:09,760

really about making healthier choices

2529

01:37:13,830 --> 01:37:11,600

and getting the processed stuff out of

2530

01:37:17,270 --> 01:37:13,840

there and not worrying so much about the

2531

01:37:20,629 --> 01:37:17,280

gmos but more the sugar fat salts

2532

01:37:22,709 --> 01:37:20,639

dairy etc etc but i say i say i mean i'm

2533

01:37:25,350 --> 01:37:22,719

i'm i'm against processed food even if

2534

01:37:27,430 --> 01:37:25,360

it's organic and and and non-gmo and

2535

01:37:29,990 --> 01:37:27,440

gluten-free to me we're not supposed to

2536

01:37:31,750 --> 01:37:30,000

eat food and cans boxes bottles or bags

2537

01:37:33,910 --> 01:37:31,760

i make a few exceptions i'll eat canned

2538

01:37:36,470 --> 01:37:33,920

salt-free beans i've got a mustard i buy

2539

01:37:38,229 --> 01:37:36,480

in a container that has no salt and you

2540

01:37:39,669 --> 01:37:38,239

can get some plant milks that have none

2541

01:37:41,590 --> 01:37:39,679

of the none of the crap in it but you

2542

01:37:44,070 --> 01:37:41,600

know jacqueline lane who's one of my

2543

01:37:46,709 --> 01:37:44,080

heroes who died about i think five years

2544

01:37:49,109 --> 01:37:46,719

ago now he used to say these 13 words

2545

01:37:50,870 --> 01:37:49,119

that always are in my head which is if

2546

01:37:53,030 --> 01:37:50,880

god made it eat it if man made it don't

2547

01:37:53,830 --> 01:37:53,040

eat it it's as simple as that and you

2548

01:37:56,070 --> 01:37:53,840

know

2549

01:37:57,669 --> 01:37:56,080

god didn't make gmos he didn't make

2550

01:37:59,590 --> 01:37:57,679

processed food that's for sure and you

2551

01:38:00,950 --> 01:37:59,600

could say he ate animals but made

2552

01:38:03,189 --> 01:38:00,960

animals but they're not they're not in

2553

01:38:04,790 --> 01:38:03,199

their natural state anymore anyway that

2554

01:38:06,550 --> 01:38:04,800

they're not the way that that he

2555

01:38:07,830 --> 01:38:06,560

intended them

2556

01:38:09,990 --> 01:38:07,840

yeah

2557

01:38:12,470 --> 01:38:10,000

you were talking about um the weight

2558

01:38:14,310 --> 01:38:12,480

epidemic in the united states it's

2559

01:38:17,270 --> 01:38:14,320

getting bad

2560

01:38:18,950 --> 01:38:17,280

it's just amazing it's even sadder it's

2561

01:38:20,790 --> 01:38:18,960

it's it's with children you know i mean

2562

01:38:22,709 --> 01:38:20,800

i mean you know if a grown-up wants to

2563

01:38:24,470 --> 01:38:22,719

kill themselves with food it's i suppose

2564

01:38:26,149 --> 01:38:24,480

their choice but when i go to costco

2565

01:38:28,470 --> 01:38:26,159

which i do i go to costco every week

2566

01:38:32,149 --> 01:38:28,480

because costco has amazing prices on

2567

01:38:34,470 --> 01:38:32,159

organic greens and vegetables and fruit

2568

01:38:36,629 --> 01:38:34,480

both fresh and frozen and they also have

2569

01:38:39,430 --> 01:38:36,639

a snack bar where for a dollar fifty you

2570

01:38:42,149 --> 01:38:39,440

can get a refillable soft drink and a

2571

01:38:43,189 --> 01:38:42,159

piece of pizza and i see these morbidly

2572

01:38:44,550 --> 01:38:43,199

obese

2573

01:38:46,629 --> 01:38:44,560

parents usually mothers because of the

2574

01:38:48,229 --> 01:38:46,639

time of day i go and they have their

2575

01:38:50,149 --> 01:38:48,239

little shopping cart with their kid in

2576

01:38:51,669 --> 01:38:50,159

there and you know the kid is so fat he

2577

01:38:53,750 --> 01:38:51,679

can't really get his legs in the

2578

01:38:55,350 --> 01:38:53,760

shopping cart the kid looks i call them

2579

01:38:56,550 --> 01:38:55,360

cubes now because they're as wide as

2580

01:38:58,229 --> 01:38:56,560

they are tall

2581

01:39:00,709 --> 01:38:58,239

and she goes and gets the pizza and the

2582

01:39:02,390 --> 01:39:00,719

soda and then she takes the soda and i'm

2583

01:39:04,229 --> 01:39:02,400

and she pours it in a sippy cup and

2584

01:39:06,390 --> 01:39:04,239

hands it to her kid who's not even two

2585

01:39:08,070 --> 01:39:06,400

and then she fills up a soda for herself

2586

01:39:10,149 --> 01:39:08,080

and you know if she was doing that with

2587

01:39:12,709 --> 01:39:10,159

cocaine or heroin the kid would be taken

2588

01:39:14,149 --> 01:39:12,719

away and it's just very sad now that one

2589

01:39:16,390 --> 01:39:14,159

out of every three children under the

2590

01:39:18,149 --> 01:39:16,400

age of 18 are already obese and when

2591

01:39:19,910 --> 01:39:18,159

you're obese at that young of an age you

2592

01:39:21,590 --> 01:39:19,920

set yourself up for all these lifestyle

2593

01:39:22,709 --> 01:39:21,600

diseases like heart disease and type 2

2594

01:39:24,310 --> 01:39:22,719

diabetes

2595

01:39:27,030 --> 01:39:24,320

much sooner when i was little my

2596

01:39:28,870 --> 01:39:27,040

grandmother got diabetes at about age 66

2597

01:39:30,550 --> 01:39:28,880

which is normal considering the way she

2598

01:39:33,350 --> 01:39:30,560

ate but back then it was called your

2599

01:39:35,430 --> 01:39:33,360

grandma's diabetes or because it was

2600

01:39:37,350 --> 01:39:35,440

adult diabetes because only adults got

2601  
01:39:38,870 --> 01:39:37,360  
it as opposed to juvenile diabetes which

2602  
01:39:40,390 --> 01:39:38,880  
is an autoimmune disease which people

2603  
01:39:42,310 --> 01:39:40,400  
are often born with

2604  
01:39:44,070 --> 01:39:42,320  
well now because kids as young as six

2605  
01:39:45,830 --> 01:39:44,080  
years old are getting this grown-up

2606  
01:39:47,430 --> 01:39:45,840  
disease they couldn't call it adult

2607  
01:39:49,350 --> 01:39:47,440  
diabetes so they had to rename the

2608  
01:39:51,750 --> 01:39:49,360  
disease and now it's called type 2

2609  
01:39:53,510 --> 01:39:51,760  
diabetes and it's very very sad it's a

2610  
01:39:55,750 --> 01:39:53,520  
horrible disease because your options

2611  
01:39:58,390 --> 01:39:55,760  
generally are uh

2612  
01:39:59,830 --> 01:39:58,400  
are blindness limb amputation or death

2613  
01:40:01,350 --> 01:39:59,840

and that's basically the course of the

2614

01:40:02,950 --> 01:40:01,360

disease but with a whole food

2615

01:40:05,030 --> 01:40:02,960

plant-based diet you can not only

2616

01:40:06,709 --> 01:40:05,040

prevent this disease but you can

2617

01:40:08,470 --> 01:40:06,719

actually reverse it to a certain degree

2618

01:40:10,070 --> 01:40:08,480

depending on how you know soon you get

2619

01:40:11,830 --> 01:40:10,080

serious about it oh the other choice is

2620

01:40:14,149 --> 01:40:11,840

dialysis that's that's one of the other

2621

01:40:16,310 --> 01:40:14,159

choices so it's blindness dialysis limb

2622

01:40:18,310 --> 01:40:16,320

amputation or death and by the time

2623

01:40:19,590 --> 01:40:18,320

you're blind and on dialysis you know

2624

01:40:21,510 --> 01:40:19,600

and have had a stroke because of your

2625

01:40:23,350 --> 01:40:21,520

diabetes you probably wish you were dead

2626

01:40:25,590 --> 01:40:23,360

it's a horrible disease it need not

2627

01:40:27,910 --> 01:40:25,600

exist we're talking about type 2 here

2628

01:40:30,390 --> 01:40:27,920

and it's completely food borne illness

2629

01:40:33,109 --> 01:40:30,400

and america you could take a pill for it

2630

01:40:35,910 --> 01:40:33,119

come on nope you can't because you're

2631

01:40:38,229 --> 01:40:35,920

talking about um the what what the pills

2632

01:40:40,629 --> 01:40:38,239

do for heart disease and for diabetes is

2633

01:40:42,310 --> 01:40:40,639

they don't go to the cause they slow the

2634

01:40:45,189 --> 01:40:42,320

progression of the disease so you can

2635

01:40:47,030 --> 01:40:45,199

still die you just die let you just die

2636

01:40:48,870 --> 01:40:47,040

slower you still die painfully but you

2637

01:40:50,629 --> 01:40:48,880

die slower so there really is no pill to

2638

01:40:52,709 --> 01:40:50,639

reverse diabetes or reverse heart

2639

01:40:54,310 --> 01:40:52,719

disease all the pills and the potions

2640

01:40:56,310 --> 01:40:54,320

and the injections do is slow the

2641

01:40:57,990 --> 01:40:56,320

progression of the disease they manage

2642

01:41:00,070 --> 01:40:58,000

symptoms and so it's like dr campbell

2643

01:41:01,350 --> 01:41:00,080

says in his book treating the diseases

2644

01:41:03,590 --> 01:41:01,360

in this country the way we're treating

2645

01:41:05,510 --> 01:41:03,600

them by not addressing the root cause is

2646

01:41:07,189 --> 01:41:05,520

like is like mopping the floor without

2647

01:41:09,189 --> 01:41:07,199

turning the water off you're never going

2648

01:41:10,629 --> 01:41:09,199

to get a cure with these kind of

2649

01:41:13,590 --> 01:41:10,639

remedies because they don't treat the

2650

01:41:15,910 --> 01:41:13,600

cause they just treat the the symptoms

2651

01:41:17,510 --> 01:41:15,920

they're band-aids

2652

01:41:22,229 --> 01:41:17,520

speaking to the choir

2653

01:41:24,470 --> 01:41:22,239

if you were going to give someone advice

2654

01:41:26,550 --> 01:41:24,480

to start losing weight

2655

01:41:28,390 --> 01:41:26,560

what would you suggest well the first

2656

01:41:30,709 --> 01:41:28,400

thing you do is you want to get rid of

2657

01:41:33,830 --> 01:41:30,719

oil because oil all oil whether it's

2658

01:41:35,750 --> 01:41:33,840

coconut oil or the revered olive oil oil

2659

01:41:38,310 --> 01:41:35,760

is all four thousand calories a pound

2660

01:41:40,790 --> 01:41:38,320

it's the most calorie dense nutrient for

2661

01:41:42,709 --> 01:41:40,800

food poor food on the planet we don't

2662

01:41:44,310 --> 01:41:42,719

need it it contributes to heart disease

2663

01:41:46,870 --> 01:41:44,320

diabetes and obesity they call it

2664

01:41:48,790 --> 01:41:46,880

atherogenic diabetogenic and obesogenic

2665

01:41:50,550 --> 01:41:48,800

it's a highly processed food it is not

2666

01:41:52,790 --> 01:41:50,560

found anywhere in nature there are no

2667

01:41:54,229 --> 01:41:52,800

oil ponds or oil trees there is fat in

2668

01:41:56,629 --> 01:41:54,239

nature there's nuts and seeds and

2669

01:41:58,790 --> 01:41:56,639

avocados and coconut and olives but

2670

01:42:00,550 --> 01:41:58,800

there is no oil in nature just like with

2671

01:42:02,229 --> 01:42:00,560

dairy we've been sold a bill of goods by

2672

01:42:03,590 --> 01:42:02,239

the olive oil industry by the oil

2673

01:42:05,590 --> 01:42:03,600

industry that not only is this a

2674

01:42:08,310 --> 01:42:05,600

healthful product but that we need it we

2675

01:42:10,470 --> 01:42:08,320

do not need oil we need fat there's fat

2676

01:42:13,510 --> 01:42:10,480

in everything there's even fat in fruit

2677

01:42:14,790 --> 01:42:13,520

there's fat in greens oats oatmeal is 17

2678

01:42:16,950 --> 01:42:14,800

percent fat

2679

01:42:19,030 --> 01:42:16,960

so we don't need to be pouring this 4

2680

01:42:20,950 --> 01:42:19,040

000 calorie a pound food that has

2681

01:42:23,030 --> 01:42:20,960

absolutely no fiber and nutrients all

2682

01:42:24,629 --> 01:42:23,040

over our food if you ask most people

2683

01:42:25,750 --> 01:42:24,639

what the definition of a junk food is

2684

01:42:27,430 --> 01:42:25,760

they would say a food that has

2685

01:42:29,510 --> 01:42:27,440

absolutely no nutrients and everybody

2686

01:42:32,550 --> 01:42:29,520

agrees that sugar is a junk food and it

2687

01:42:35,669 --> 01:42:32,560

is but it's only 1800 calories a pound

2688

01:42:38,470 --> 01:42:35,679

oil is 4 000 calories a pound 120

2689

01:42:40,870 --> 01:42:38,480

calories per tablespoon and most people

2690

01:42:42,950 --> 01:42:40,880

eat way more than a tablespoon so i'll

2691

01:42:44,390 --> 01:42:42,960

work with people here for in my ultimate

2692

01:42:46,229 --> 01:42:44,400

weight loss program and some of them are

2693

01:42:47,750 --> 01:42:46,239

models and actresses and

2694

01:42:49,669 --> 01:42:47,760

they're not obese or anything but they

2695

01:42:51,910 --> 01:42:49,679

need to be thinner than most people to

2696

01:42:53,430 --> 01:42:51,920

work so they need to like lose 10 pounds

2697

01:42:55,109 --> 01:42:53,440

and i tell them if you just stop eating

2698

01:42:58,550 --> 01:42:55,119

oil and you stop eating cheese which is

2699

01:43:00,149 --> 01:42:58,560

72 percent saturated fat 72 percent they

2700

01:43:01,830 --> 01:43:00,159

will lose weight a lot of people have

2701

01:43:03,270 --> 01:43:01,840

bought into this world this coconut oil

2702

01:43:05,189 --> 01:43:03,280

it's going to reverse alzheimer's and

2703

01:43:08,149 --> 01:43:05,199

all this stuff well coconut oil is still

2704

01:43:09,830 --> 01:43:08,159

120 calories per tablespoon it's all fat

2705

01:43:11,350 --> 01:43:09,840

it's 4 000 calories a pound but it's

2706

01:43:13,830 --> 01:43:11,360

actually worse than olive oil because

2707

01:43:16,870 --> 01:43:13,840

the saturated fat as opposed to being 14

2708

01:43:18,950 --> 01:43:16,880

is 92 so coconut oil has even more

2709

01:43:20,070 --> 01:43:18,960

saturated fat than lard so if you want

2710

01:43:22,070 --> 01:43:20,080

to lose weight and that's don't

2711

01:43:23,510 --> 01:43:22,080

necessarily want to be vegan give up oil

2712

01:43:25,030 --> 01:43:23,520

give up cheese and all you know all

2713

01:43:27,109 --> 01:43:25,040

dairy products because they're all

2714

01:43:28,629 --> 01:43:27,119

sixteen hundred calories a pound anyway

2715

01:43:30,310 --> 01:43:28,639

so those would be the two things i would

2716

01:43:32,229 --> 01:43:30,320

say first for people that wanted to lose

2717

01:43:34,310 --> 01:43:32,239

weight you know um eat fruits and

2718

01:43:35,910 --> 01:43:34,320

vegetables add as many of those as you

2719

01:43:37,990 --> 01:43:35,920

can because they're the foods lowest in

2720

01:43:39,990 --> 01:43:38,000

caloric density vegetables are 100

2721

01:43:42,550 --> 01:43:40,000

calories a pound raw 200 calories a

2722

01:43:44,709 --> 01:43:42,560

pound cooked you can have 20 pounds of

2723

01:43:47,590 --> 01:43:44,719

almost any vegetable for the same amount

2724

01:43:49,669 --> 01:43:47,600

of calories in one pound of olive oil so

2725

01:43:51,430 --> 01:43:49,679

in other words for one tablespoon of

2726

01:43:53,270 --> 01:43:51,440

olive oil i can eat a whole pound of

2727

01:43:55,270 --> 01:43:53,280

roasted brussels sprouts what's gonna

2728

01:43:56,390 --> 01:43:55,280

fill me up more what has more fiber and

2729

01:43:58,470 --> 01:43:56,400

nutrients

2730

01:44:01,109 --> 01:43:58,480

for one tablespoon of olive oil it comes

2731

01:44:03,189 --> 01:44:01,119

from 44 olives for one tablespoon of

2732

01:44:04,950 --> 01:44:03,199

corn oil it came from 16 years of corn

2733

01:44:07,270 --> 01:44:04,960

well nobody that i know really sits down

2734

01:44:09,109 --> 01:44:07,280

and eats 44 olives or eats 16 years of

2735

01:44:10,709 --> 01:44:09,119

corn because what happens is when you

2736

01:44:12,950 --> 01:44:10,719

process the food whether it's corn into

2737

01:44:14,310 --> 01:44:12,960

corn oil or beets into sugar is you take

2738

01:44:16,070 --> 01:44:14,320

everything that was good about the whole

2739

01:44:18,070 --> 01:44:16,080

natural food found in nature which is

2740

01:44:19,510 --> 01:44:18,080

the water and the fiber the vitamins and

2741

01:44:21,430 --> 01:44:19,520

the minerals the phytochemicals and the

2742

01:44:23,430 --> 01:44:21,440

antioxidants and micronutrients and you

2743

01:44:25,030 --> 01:44:23,440

throw them away in the sludge and you're

2744

01:44:27,109 --> 01:44:25,040

eating or drinking the non-nutritive

2745

01:44:30,149 --> 01:44:27,119

portion of the food which again has no

2746

01:44:32,229 --> 01:44:30,159

fiber no water no nutrients and that is

2747

01:44:34,390 --> 01:44:32,239

the quintessential definition of a junk

2748

01:44:36,229 --> 01:44:34,400

food so if you get rid of the oil and

2749

01:44:38,470 --> 01:44:36,239

don't use those sprays because that

2750

01:44:39,430 --> 01:44:38,480

that's that's not true you know how can

2751

01:44:41,510 --> 01:44:39,440

how can

2752

01:44:44,070 --> 01:44:41,520

it have zero calories for one thirty

2753

01:44:45,910 --> 01:44:44,080

second of a second spray you know nobody

2754

01:44:48,070 --> 01:44:45,920

can spray for one thirty second of a

2755

01:44:50,149 --> 01:44:48,080

second it's impossible so again the

2756

01:44:51,830 --> 01:44:50,159

processed food industry lies on their

2757

01:44:53,430 --> 01:44:51,840

labeling don't believe anything in the

2758

01:44:55,350 --> 01:44:53,440

label the best thing you can do is eat

2759

01:44:57,510 --> 01:44:55,360

foods without label if you need a label

2760

01:44:59,910 --> 01:44:57,520

you probably shouldn't be eating it

2761

01:45:02,310 --> 01:44:59,920

well it's like you know the serving size

2762

01:45:03,910 --> 01:45:02,320

for potato chips is really like two

2763

01:45:05,750 --> 01:45:03,920

potato chips

2764

01:45:07,750 --> 01:45:05,760

and they're like or you get a little

2765

01:45:09,430 --> 01:45:07,760

thing and it says and you think oh well

2766

01:45:11,830 --> 01:45:09,440

this is a single serving and it's like

2767

01:45:12,790 --> 01:45:11,840

three servings per package and it's like

2768

01:45:14,790 --> 01:45:12,800

oh yeah

2769

01:45:16,870 --> 01:45:14,800

a pint of haagen-dazs ice cream is four

2770

01:45:19,109 --> 01:45:16,880

servings not not for me that's like half

2771

01:45:21,109 --> 01:45:19,119

a serving i mean so yeah you know it's

2772

01:45:22,870 --> 01:45:21,119

it's ridiculous what they can do to and

2773

01:45:24,390 --> 01:45:22,880

they and they'll lie about this not the

2774

01:45:26,149 --> 01:45:24,400

lie but they'll make they'll finagle the

2775

01:45:28,470 --> 01:45:26,159

serving size so that if it really does

2776

01:45:30,390 --> 01:45:28,480

have sugar or fat it's they can make it

2777

01:45:31,750 --> 01:45:30,400

appear as if it doesn't so yeah you

2778

01:45:33,750 --> 01:45:31,760

never want to believe anything on the

2779

01:45:35,350 --> 01:45:33,760

label and you don't want to eat foods

2780

01:45:36,870 --> 01:45:35,360

with labels or if you do eat foods with

2781

01:45:38,629 --> 01:45:36,880

labels they should say what's in it so

2782

01:45:41,030 --> 01:45:38,639

if you get a can of beans it should say

2783

01:45:43,510 --> 01:45:41,040

beans or beans and water that's that's

2784

01:45:45,189 --> 01:45:43,520

the kind of labels you want so yeah i'm

2785

01:45:46,629 --> 01:45:45,199

not a big fan of processed food as you

2786

01:45:50,950 --> 01:45:46,639

can imagine i'm surprised they haven't

2787

01:45:55,109 --> 01:45:53,270

i think the place where a lot of people

2788

01:45:57,510 --> 01:45:55,119

get really stuck

2789

01:46:00,310 --> 01:45:57,520

is when you're talking about carbs are

2790

01:46:01,990 --> 01:46:00,320

carbs good are carbs bad you know if we

2791

01:46:03,590 --> 01:46:02,000

can have carbs which are the good ones

2792

01:46:05,350 --> 01:46:03,600

which are the bad ones well the good

2793

01:46:07,109 --> 01:46:05,360

ones are the complex ones that are found

2794

01:46:09,270 --> 01:46:07,119

in nature the fruits vegetables whole

2795

01:46:11,189 --> 01:46:09,280

grains and legumes the bad ones are the

2796

01:46:13,109 --> 01:46:11,199

ones not found in nature's the flowers

2797

01:46:14,629 --> 01:46:13,119

and the sugars so

2798

01:46:17,030 --> 01:46:14,639

if you found if it's found in nature

2799

01:46:18,149 --> 01:46:17,040

it's good our ancestors ate about 80 of

2800

01:46:20,390 --> 01:46:18,159

their calories from complex

2801  
01:46:21,830 --> 01:46:20,400  
carbohydrates as should we the longest

2802  
01:46:24,629 --> 01:46:21,840  
lived people on the planet are the

2803  
01:46:26,629 --> 01:46:24,639  
okinawans in japan they eat 72 of their

2804  
01:46:29,030 --> 01:46:26,639  
calories from carbs they're called sweet

2805  
01:46:31,510 --> 01:46:29,040  
potatoes so if they're complex and

2806  
01:46:33,590 --> 01:46:31,520  
they're intact they're excellent

2807  
01:46:35,189 --> 01:46:33,600  
if they're processed they're i they're

2808  
01:46:37,590 --> 01:46:35,199  
refined they're not good for us so i

2809  
01:46:39,430 --> 01:46:37,600  
don't believe in eating pasta and and

2810  
01:46:41,750 --> 01:46:39,440  
flour and bread all that stuff because

2811  
01:46:43,669 --> 01:46:41,760  
it's too highly processed and and that's

2812  
01:46:45,430 --> 01:46:43,679  
that's and sugar of course you know so

2813  
01:46:47,189 --> 01:46:45,440

those are the carbs to avoid but all

2814

01:46:49,189 --> 01:46:47,199

carbs got a bad wrap when it really

2815

01:46:51,350 --> 01:46:49,199

should be processed and refined carbs

2816

01:46:53,590 --> 01:46:51,360

just like processed and refined oils so

2817

01:46:55,590 --> 01:46:53,600

so fat's not a bad thing if you're not

2818

01:46:57,350 --> 01:46:55,600

really overweight you can have some nuts

2819

01:46:58,950 --> 01:46:57,360

and seeds and avocado those are healthy

2820

01:47:01,910 --> 01:46:58,960

but it's when you refine it so the

2821

01:47:03,590 --> 01:47:01,920

problem is is is always occurs when you

2822

01:47:05,590 --> 01:47:03,600

process the food when you refine the

2823

01:47:07,430 --> 01:47:05,600

food when you take a whole natural food

2824

01:47:09,510 --> 01:47:07,440

and make a fractionated food-like

2825

01:47:11,510 --> 01:47:09,520

substance so that's where carbs got a

2826

01:47:12,950 --> 01:47:11,520

bad wrap and i'm surprised it hasn't

2827

01:47:14,470 --> 01:47:12,960

happened yet with oil but if you eat

2828

01:47:15,990 --> 01:47:14,480

whole foods fruits vegetables whole

2829

01:47:17,590 --> 01:47:16,000

grains and legumes these are carbs and

2830

01:47:19,189 --> 01:47:17,600

we need to have about eighty percent of

2831

01:47:21,270 --> 01:47:19,199

our calories from carbs we that's what

2832

01:47:23,430 --> 01:47:21,280

our brain needs to function you know

2833

01:47:25,350 --> 01:47:23,440

people that don't eat carbs yes they'll

2834

01:47:27,590 --> 01:47:25,360

lose weight initially because they're

2835

01:47:29,270 --> 01:47:27,600

losing water but first of all they

2836

01:47:30,870 --> 01:47:29,280

always go off their diet that's why they

2837

01:47:32,950 --> 01:47:30,880

have to have these cheat days build in

2838

01:47:35,109 --> 01:47:32,960

because you can't sustain it because you

2839

01:47:37,510 --> 01:47:35,119

end up having really foul smelling

2840

01:47:39,270 --> 01:47:37,520

breath end up being constipated and you

2841

01:47:41,109 --> 01:47:39,280

know eating that many animal products

2842

01:47:43,590 --> 01:47:41,119

you you know you risk increase your risk

2843

01:47:45,510 --> 01:47:43,600

for uh stroke and and heart disease and

2844

01:47:47,750 --> 01:47:45,520

all those kind of things so again look

2845

01:47:49,669 --> 01:47:47,760

at what our ancestors ate they they ate

2846

01:47:51,189 --> 01:47:49,679

complex carbs they didn't eat processed

2847

01:47:52,709 --> 01:47:51,199

food but they did eat complex

2848

01:47:55,830 --> 01:47:52,719

carbohydrates they ate fruits and

2849

01:47:58,790 --> 01:47:55,840

vegetables whole grains and legumes

2850

01:48:01,590 --> 01:47:58,800

so it sounds like you're saying rice

2851  
01:48:03,590 --> 01:48:01,600  
baked potatoes sweet potatoes you know

2852  
01:48:05,510 --> 01:48:03,600  
those that you know we're we're

2853  
01:48:07,590 --> 01:48:05,520  
americans you know and they like their

2854  
01:48:09,830 --> 01:48:07,600  
meat and potato or they like that heavy

2855  
01:48:10,550 --> 01:48:09,840  
carb and it sounds like they actually

2856  
01:48:12,790 --> 01:48:10,560  
are

2857  
01:48:14,629 --> 01:48:12,800  
okay yeah well eat your meat and potato

2858  
01:48:17,030 --> 01:48:14,639  
without the meat eat your potato with

2859  
01:48:18,470 --> 01:48:17,040  
some broccoli or some beans or some kale

2860  
01:48:20,870 --> 01:48:18,480  
you know that's that's how you want to

2861  
01:48:23,830 --> 01:48:20,880  
do it that you ca they did studies you

2862  
01:48:26,149 --> 01:48:23,840  
can google kon the kon potato study

2863  
01:48:28,470 --> 01:48:26,159

where they fed these subjects nothing

2864

01:48:30,229 --> 01:48:28,480

but potatoes for an entire year they

2865

01:48:32,149 --> 01:48:30,239

were completely bored with the diet but

2866

01:48:34,470 --> 01:48:32,159

they had absolutely no change in weight

2867

01:48:36,229 --> 01:48:34,480

and zero nutritional deficiencies

2868

01:48:37,510 --> 01:48:36,239

they had another guy named chris voigt

2869

01:48:39,189 --> 01:48:37,520

who was the head of the washington

2870

01:48:41,510 --> 01:48:39,199

potato commission you can go on 20

2871

01:48:43,109 --> 01:48:41,520

potatoes a day and he was upset when the

2872

01:48:45,270 --> 01:48:43,119

government would no longer accept food

2873

01:48:47,669 --> 01:48:45,280

stamps for potatoes so he went on a 20

2874

01:48:49,669 --> 01:48:47,679

potato a day diet within three months he

2875

01:48:51,510 --> 01:48:49,679

lost something like 60 pounds reversed

2876

01:48:53,669 --> 01:48:51,520

his diabetes and heart disease so

2877

01:48:55,590 --> 01:48:53,679

potatoes are an amazing food they're 400

2878

01:48:56,709 --> 01:48:55,600

calories a pound with fiber and water

2879

01:48:58,390 --> 01:48:56,719

and vitamins and minerals and

2880

01:49:00,390 --> 01:48:58,400

phytochemicals and antioxidants and

2881

01:49:03,590 --> 01:49:00,400

micronutrients but americans don't eat

2882

01:49:05,510 --> 01:49:03,600

them steamed or baked or or boiled or

2883

01:49:07,830 --> 01:49:05,520

even microwaved what they do is they cut

2884

01:49:09,350 --> 01:49:07,840

them up into little pieces and fry them

2885

01:49:11,109 --> 01:49:09,360

in sugar fat and salt to make french

2886

01:49:13,750 --> 01:49:11,119

fries or potato chips and so they take a

2887

01:49:16,149 --> 01:49:13,760

400 calorie a pound whole natural food

2888

01:49:18,470 --> 01:49:16,159

and they turn it into an unhealthy 2500

2889

01:49:20,070 --> 01:49:18,480

calorie pound food like substance so

2890

01:49:21,350 --> 01:49:20,080

that's part of the reason it got us bad

2891

01:49:23,030 --> 01:49:21,360

wrapper even if they do eat a baked

2892

01:49:25,430 --> 01:49:23,040

potato in america they stuff it with

2893

01:49:28,470 --> 01:49:25,440

very high fat high calorie things like

2894

01:49:30,790 --> 01:49:28,480

sour cream or butter or cheese and bacon

2895

01:49:32,950 --> 01:49:30,800

so so that's really uh you know really

2896

01:49:34,709 --> 01:49:32,960

with a problem with that but potatoes

2897

01:49:36,950 --> 01:49:34,719

are amazing you know two billion asians

2898

01:49:38,629 --> 01:49:36,960

on the planet have lived on rice and

2899

01:49:40,229 --> 01:49:38,639

they're slim and they're healthy you

2900

01:49:41,990 --> 01:49:40,239

know i don't think white rice is as

2901

01:49:44,390 --> 01:49:42,000

healthy as brown rice but it's it's

2902

01:49:46,390 --> 01:49:44,400

still an okay food you know

2903

01:49:48,149 --> 01:49:46,400

dr walter kempner at duke university

2904

01:49:50,229 --> 01:49:48,159

pioneered something called the rice diet

2905

01:49:52,550 --> 01:49:50,239

which is still implemented today in the

2906

01:49:54,709 --> 01:49:52,560

hospital and what they do is for people

2907

01:49:56,070 --> 01:49:54,719

that are overweight or have diabetes

2908

01:49:57,590 --> 01:49:56,080

they feed them nothing but white rice

2909

01:49:59,430 --> 01:49:57,600

and fruit juice and guess what they all

2910

01:50:01,830 --> 01:49:59,440

get slim and they all get well so carbs

2911

01:50:04,390 --> 01:50:01,840

have been vilified for a very long time

2912

01:50:06,070 --> 01:50:04,400

and it's not necessary and

2913

01:50:07,910 --> 01:50:06,080

and it's certainly not enjoyable to not

2914

01:50:09,669 --> 01:50:07,920

eat carbs i mean there is no enjoyment

2915

01:50:11,189 --> 01:50:09,679

when you just eat animal products and no

2916

01:50:13,669 --> 01:50:11,199

carbs you know meat and potatoes might

2917

01:50:14,790 --> 01:50:13,679

be enjoyable but meat and meat i i don't

2918

01:50:16,550 --> 01:50:14,800

think it is

2919

01:50:17,990 --> 01:50:16,560

unless you're a mountain lion and even a

2920

01:50:19,350 --> 01:50:18,000

mountain lion doesn't eat meat three

2921

01:50:21,350 --> 01:50:19,360

times a day and even a mountain lion

2922

01:50:23,669 --> 01:50:21,360

doesn't eat every single day

2923

01:50:26,070 --> 01:50:23,679

but americans are eating meat and cheese

2924

01:50:27,750 --> 01:50:26,080

and sugar you know three meals a day

2925

01:50:29,189 --> 01:50:27,760

seven days a week americans eating a

2926

01:50:31,750 --> 01:50:29,199

half a pound of sugar a day most

2927

01:50:33,270 --> 01:50:31,760

americans 150 pounds per person per year

2928

01:50:36,149 --> 01:50:33,280

i don't need any so somebody up there is

2929

01:50:38,870 --> 01:50:36,159

eating my share that's right

2930

01:50:41,590 --> 01:50:38,880

i think it's amazing only 400 calories

2931

01:50:45,109 --> 01:50:41,600

for a pound of potato absolutely and

2932

01:50:47,189 --> 01:50:45,119

this is satisfying too they're amazing

2933

01:50:49,830 --> 01:50:47,199

and if you think about it that's less

2934

01:50:52,709 --> 01:50:49,840

calories than one little square of ramen

2935

01:50:55,030 --> 01:50:52,719

noodles oh i bet and and and you know uh

2936

01:50:56,470 --> 01:50:55,040

you three three tablespoons of olive oil

2937

01:50:57,830 --> 01:50:56,480

you can have a whole pound of potatoes

2938

01:50:59,109 --> 01:50:57,840

and you know you don't have to eat white

2939

01:51:00,470 --> 01:50:59,119

potatoes if you don't like them or

2940

01:51:02,310 --> 01:51:00,480

you're worried for whatever reason eat

2941

01:51:04,070 --> 01:51:02,320

sweet potatoes i love japanese sweet

2942

01:51:05,990 --> 01:51:04,080

potatoes okinawan or hawaiian sweet

2943

01:51:07,830 --> 01:51:06,000

potatoes there's so many varieties of

2944

01:51:09,430 --> 01:51:07,840

sweet potatoes they're so healthy

2945

01:51:10,950 --> 01:51:09,440

they're probably like nature one of

2946

01:51:12,790 --> 01:51:10,960

nature's most perfect food you could

2947

01:51:14,149 --> 01:51:12,800

almost live on them and if i had to pick

2948

01:51:15,669 --> 01:51:14,159

one food that's probably what i would

2949

01:51:17,830 --> 01:51:15,679

pick

2950

01:51:19,990 --> 01:51:17,840

sweet potatoes yeah absolutely

2951

01:51:21,350 --> 01:51:20,000

absolutely you can you can steam them or

2952

01:51:23,590 --> 01:51:21,360

bake them or

2953

01:51:25,350 --> 01:51:23,600

roast them you can make french fries out

2954

01:51:27,189 --> 01:51:25,360

of them without any oil cut them into a

2955

01:51:30,229 --> 01:51:27,199

fry shape and bake them i mean not sweet

2956

01:51:33,270 --> 01:51:30,239

potatoes are just so satisfying

2957

01:51:35,750 --> 01:51:33,280

they're so good they're so good

2958

01:51:37,589 --> 01:51:35,760

everybody loves sweet potatoes

2959

01:51:39,030 --> 01:51:37,599

except the weird people yeah i can't

2960

01:51:40,950 --> 01:51:39,040

imagine anybody not liking sweet

2961

01:51:42,470 --> 01:51:40,960

potatoes they haven't had good sweet

2962

01:51:48,310 --> 01:51:42,480

potatoes then

2963

01:51:53,350 --> 01:51:51,270

so let's talk what people can do for

2964

01:51:55,430 --> 01:51:53,360

many people letting go of their meat and

2965

01:51:57,589 --> 01:51:55,440

process foods can seem

2966

01:52:00,790 --> 01:51:57,599

daunting at fast

2967

01:52:02,870 --> 01:52:00,800

um is eating healthier some uh

2968

01:52:04,470 --> 01:52:02,880

is eating healthier or becoming a vegan

2969

01:52:06,790 --> 01:52:04,480

something that you have to do cold

2970

01:52:08,470 --> 01:52:06,800

turkey yes and no it depends see here's

2971

01:52:09,830 --> 01:52:08,480

the thing you know i i don't know how

2972

01:52:11,109 --> 01:52:09,840

many people are listening to this but i

2973

01:52:12,310 --> 01:52:11,119

can't talk to them all individually

2974

01:52:14,470 --> 01:52:12,320

because when i work with a person the

2975

01:52:15,750 --> 01:52:14,480

first thing i say is what are your goals

2976

01:52:17,189 --> 01:52:15,760

what are your goals we all have

2977

01:52:19,750 --> 01:52:17,199

different goals you know eating

2978

01:52:21,189 --> 01:52:19,760

healthfully is not is not court ordered

2979

01:52:22,709 --> 01:52:21,199

you know some it should be for some

2980

01:52:24,390 --> 01:52:22,719

people but the reality is is you have

2981

01:52:25,669 --> 01:52:24,400

free will and you have choice you can do

2982

01:52:28,470 --> 01:52:25,679

whatever you want i don't think it's

2983

01:52:30,390 --> 01:52:28,480

fair when people impose these unhealthy

2984

01:52:31,350 --> 01:52:30,400

foods on their children who don't have a

2985

01:52:33,030 --> 01:52:31,360

choice

2986

01:52:34,629 --> 01:52:33,040

but you know you get to eat what you

2987

01:52:36,310 --> 01:52:34,639

want you get to choose so once i know a

2988

01:52:38,229 --> 01:52:36,320

person's goal i tell them what to do and

2989

01:52:41,990 --> 01:52:38,239

so generally before i even take stuff

2990

01:52:43,510 --> 01:52:42,000

away and also if somebody is really sick

2991

01:52:45,589 --> 01:52:43,520

they might be more highly motivated to

2992

01:52:48,149 --> 01:52:45,599

make changes faster and also different

2993

01:52:49,990 --> 01:52:48,159

personalities do better different ways i

2994

01:52:51,750 --> 01:52:50,000

know that i'm a very extreme person i'm

2995

01:52:53,430 --> 01:52:51,760

an all or nothing person and if i know

2996

01:52:55,510 --> 01:52:53,440

what the end result is going to be

2997

01:52:57,189 --> 01:52:55,520

instead of leaning into it and sticking

2998

01:52:58,629 --> 01:52:57,199

my toe in the water i'd rather just jump

2999

01:53:00,709 --> 01:52:58,639

in the pool that's how i've been with

3000

01:53:02,709 --> 01:53:00,719

everything in my life but there's other

3001

01:53:04,310 --> 01:53:02,719

people that maybe don't have it

3002

01:53:07,030 --> 01:53:04,320

aren't facing the threat of a surgeon's

3003

01:53:08,950 --> 01:53:07,040

nice or having to go on um injectable

3004

01:53:11,430 --> 01:53:08,960

insulin or taking medicine that maybe

3005

01:53:13,510 --> 01:53:11,440

have more time and so they can dabble in

3006

01:53:15,910 --> 01:53:13,520

it i find that as long as you're eating

3007

01:53:17,669 --> 01:53:15,920

these addictive foods you never acquire

3008

01:53:20,070 --> 01:53:17,679

the taste for the whole natural foods so

3009

01:53:21,430 --> 01:53:20,080

i find it's much harder to go slower and

3010

01:53:23,350 --> 01:53:21,440

that's why they have places like the

3011

01:53:24,310 --> 01:53:23,360

mcdougall program in santa rosa

3012

01:53:26,550 --> 01:53:24,320

wonderful

3013

01:53:29,030 --> 01:53:26,560

live-in 10-day program or a place i work

3014

01:53:30,629 --> 01:53:29,040

called true north also in santa rosa

3015

01:53:32,709 --> 01:53:30,639

even though it's a fasting center you do

3016

01:53:34,390 --> 01:53:32,719

not have to faster you never have to

3017

01:53:36,950 --> 01:53:34,400

fast you can just eat the food and get

3018

01:53:38,629 --> 01:53:36,960

well so i recommend you know places like

3019

01:53:40,149 --> 01:53:38,639

this because i think the education is

3020

01:53:41,750 --> 01:53:40,159

just as important as the food i think

3021

01:53:43,830 --> 01:53:41,760

it's a knowledge based program as much

3022

01:53:45,589 --> 01:53:43,840

as it is a food based program but the

3023

01:53:47,109 --> 01:53:45,599

first thing that i recommend to everyone

3024

01:53:48,550 --> 01:53:47,119

that wants to make changes and that's

3025

01:53:49,750 --> 01:53:48,560

the operative word because now everybody

3026

01:53:51,189 --> 01:53:49,760

does you know

3027

01:53:53,109 --> 01:53:51,199

is to start eating more fruits and

3028

01:53:55,189 --> 01:53:53,119

vegetables so instead of taking away

3029

01:53:56,790 --> 01:53:55,199

their beloved blank whatever that is

3030

01:53:59,189 --> 01:53:56,800

their cheese their meat their processed

3031

01:54:00,629 --> 01:53:59,199

food i say okay you know you can't give

3032

01:54:02,229 --> 01:54:00,639

it up right now but how about eating

3033

01:54:04,229 --> 01:54:02,239

some fruits and vegetables how about

3034

01:54:06,310 --> 01:54:04,239

eating a salad with or before dinner how

3035

01:54:08,310 --> 01:54:06,320

about having a piece of fruit because as

3036

01:54:09,669 --> 01:54:08,320

i said americans eat 92 percent of their

3037

01:54:11,589 --> 01:54:09,679

calories from animal products and

3038

01:54:13,830 --> 01:54:11,599

processed food less than 10 from fruits

3039

01:54:15,350 --> 01:54:13,840

and vegetables so let's find ways to get

3040

01:54:17,750 --> 01:54:15,360

more fruits and vegetables into their

3041

01:54:19,189 --> 01:54:17,760

diet most people like pasta they like

3042

01:54:21,030 --> 01:54:19,199

you know they'll have a marinara sauce

3043

01:54:22,550 --> 01:54:21,040

whether it's got some meat in it or not

3044

01:54:24,790 --> 01:54:22,560

how about blending some vegetables and

3045

01:54:26,870 --> 01:54:24,800

hiding some vet pureed vegetables like

3046

01:54:29,109 --> 01:54:26,880

like carrots or or or other things or

3047

01:54:30,790 --> 01:54:29,119

adding some mushrooms but look for ways

3048

01:54:32,870 --> 01:54:30,800

that you can add more fruits and

3049

01:54:34,390 --> 01:54:32,880

vegetables in your diet every day

3050

01:54:36,870 --> 01:54:34,400

preferably in their whole food form

3051  
01:54:38,470 --> 01:54:36,880  
rather than than juicing them maybe you

3052  
01:54:39,990 --> 01:54:38,480  
know i'm not a real big fan of smoothies

3053  
01:54:42,310 --> 01:54:40,000  
especially for people trying to lose

3054  
01:54:44,070 --> 01:54:42,320  
weight or juicing but hey anything

3055  
01:54:45,589 --> 01:54:44,080  
that's going to get vegetables in people

3056  
01:54:47,270 --> 01:54:45,599  
so that they can develop a taste for

3057  
01:54:49,510 --> 01:54:47,280  
them is a good thing so that's what i

3058  
01:54:51,430 --> 01:54:49,520  
say first is get rid of you know add

3059  
01:54:52,709 --> 01:54:51,440  
more fruits and vegetables

3060  
01:54:54,470 --> 01:54:52,719  
the second thing i would say is if

3061  
01:54:55,910 --> 01:54:54,480  
you're red you know sometimes the thing

3062  
01:54:58,149 --> 01:54:55,920  
that's going to be the hardest should be

3063  
01:54:59,990 --> 01:54:58,159

the thing that's done first so you know

3064

01:55:01,270 --> 01:55:00,000

for it seems to be cheese for people so

3065

01:55:03,830 --> 01:55:01,280

you know what i say is just do an

3066

01:55:05,030 --> 01:55:03,840

experiment for 21 days try this program

3067

01:55:06,790 --> 01:55:05,040

i've got this ultimate weight loss

3068

01:55:09,030 --> 01:55:06,800

program that's coming out on dvd and i'm

3069

01:55:10,790 --> 01:55:09,040

like you know try it for 21 days you

3070

01:55:13,270 --> 01:55:10,800

don't like it day 22 go to in-n-out

3071

01:55:14,790 --> 01:55:13,280

burger it's okay but but you know try it

3072

01:55:16,790 --> 01:55:14,800

but again you know people have to know

3073

01:55:18,470 --> 01:55:16,800

what their goals are because just being

3074

01:55:20,070 --> 01:55:18,480

pressured by somebody else

3075

01:55:21,830 --> 01:55:20,080

or even you know even the doctor that's

3076

01:55:23,430 --> 01:55:21,840

not always you know highly motivating

3077

01:55:24,709 --> 01:55:23,440

enough for people and even people you

3078

01:55:26,709 --> 01:55:24,719

know people with when they're serious

3079

01:55:28,470 --> 01:55:26,719

food addicts it doesn't even matter what

3080

01:55:30,310 --> 01:55:28,480

they're facing some people would rather

3081

01:55:31,750 --> 01:55:30,320

die than change and you know that's

3082

01:55:33,750 --> 01:55:31,760

their right that's that's why you see

3083

01:55:35,830 --> 01:55:33,760

commercials on television for people

3084

01:55:37,350 --> 01:55:35,840

with lung cancer on oxygen smoking

3085

01:55:39,589 --> 01:55:37,360

through the little hole in their neck

3086

01:55:41,270 --> 01:55:39,599

it's always your choice it's always i

3087

01:55:43,109 --> 01:55:41,280

get i want people to know that this is

3088

01:55:45,350 --> 01:55:43,119

this is their choice and you know when

3089

01:55:46,790 --> 01:55:45,360

they make better choices their life can

3090

01:55:49,030 --> 01:55:46,800

change they can feel better they can

3091

01:55:50,310 --> 01:55:49,040

look better uh you you try to motivate

3092

01:55:51,669 --> 01:55:50,320

them by you know if there's people with

3093

01:55:53,030 --> 01:55:51,679

grandchildren it's like they can you

3094

01:55:54,470 --> 01:55:53,040

know people people seem to like their

3095

01:55:56,470 --> 01:55:54,480

grandchildren a lot more than their

3096

01:55:57,750 --> 01:55:56,480

children so it's like hey you can sit on

3097

01:55:59,589 --> 01:55:57,760

the floor you can play with them you can

3098

01:56:01,270 --> 01:55:59,599

be a lot here longer you can go to their

3099

01:56:02,870 --> 01:56:01,280

weddings you know there's different ways

3100

01:56:05,030 --> 01:56:02,880

to motivate people but first we have to

3101

01:56:07,669 --> 01:56:05,040

know what their goals are um in

3102

01:56:10,310 --> 01:56:07,679

california where it's uh it's very warm

3103

01:56:12,149 --> 01:56:10,320

and we're well i think i think that that

3104

01:56:14,070 --> 01:56:12,159

women are judged on their looks wherever

3105

01:56:15,669 --> 01:56:14,080

they are but i think it's probably more

3106

01:56:17,510 --> 01:56:15,679

so here because we don't wear winter

3107

01:56:19,430 --> 01:56:17,520

coats so our you know we can't hide our

3108

01:56:21,669 --> 01:56:19,440

figures you know a lot of times people

3109

01:56:22,790 --> 01:56:21,679

come to me before for vanity reasons not

3110

01:56:24,229 --> 01:56:22,800

necessarily for health and that's

3111

01:56:25,510 --> 01:56:24,239

perfect it doesn't matter why you want

3112

01:56:27,430 --> 01:56:25,520

to change your diet i don't i don't

3113

01:56:29,030 --> 01:56:27,440

really care it's not that i don't care

3114

01:56:30,310 --> 01:56:29,040

but i'm just saying you got to know why

3115

01:56:32,550 --> 01:56:30,320

you want to change your diet what your

3116

01:56:34,149 --> 01:56:32,560

goals are short term and long term and

3117

01:56:35,830 --> 01:56:34,159

and sometimes people just aren't ready

3118

01:56:37,510 --> 01:56:35,840

that's the other thing and you know

3119

01:56:39,589 --> 01:56:37,520

forcing them or yelling at them or

3120

01:56:41,589 --> 01:56:39,599

making them feel bad that's not going to

3121

01:56:43,750 --> 01:56:41,599

make them change their diet so what i

3122

01:56:45,510 --> 01:56:43,760

say to people is lead by example you

3123

01:56:47,189 --> 01:56:45,520

know eat the change you want to see in

3124

01:56:48,950 --> 01:56:47,199

the world and then when people see you

3125

01:56:50,310 --> 01:56:48,960

like with me having lost all this weight

3126

01:56:52,390 --> 01:56:50,320

it's like people are like what are you

3127

01:56:54,470 --> 01:56:52,400

doing and and i'm like okay this is what

3128

01:56:55,990 --> 01:56:54,480

i'm doing let me show you so you got to

3129

01:56:57,510 --> 01:56:56,000

find out meet people where they are and

3130

01:56:59,430 --> 01:56:57,520

find out what their goals are and a lot

3131

01:57:01,910 --> 01:56:59,440

you know for women a lot of times it is

3132

01:57:04,070 --> 01:57:01,920

just to look a lot better um even if

3133

01:57:06,550 --> 01:57:04,080

they're married they just wanna you know

3134

01:57:08,390 --> 01:57:06,560

women are we have pressure to be thin

3135

01:57:09,990 --> 01:57:08,400

and we've been brought up that thin is

3136

01:57:12,149 --> 01:57:10,000

better i'm not saying it is i'm just

3137

01:57:14,070 --> 01:57:12,159

saying this is the perception and you

3138

01:57:15,589 --> 01:57:14,080

know the thing is is what i do to get

3139

01:57:17,189 --> 01:57:15,599

people thin is the same thing i do that

3140

01:57:19,030 --> 01:57:17,199

dr esselstyn does to get him reverse

3141

01:57:21,430 --> 01:57:19,040

heart disease same diet actually the

3142

01:57:22,870 --> 01:57:21,440

exact same diet so you know we work with

3143

01:57:25,030 --> 01:57:22,880

people depending on their goals but

3144

01:57:27,669 --> 01:57:25,040

eating more fruits and vegetables is

3145

01:57:28,950 --> 01:57:27,679

is tantamount and paramount to to

3146

01:57:30,709 --> 01:57:28,960

getting better feeling better and

3147

01:57:32,870 --> 01:57:30,719

looking better so i just say start there

3148

01:57:34,709 --> 01:57:32,880

start with a salad you know have a green

3149

01:57:37,030 --> 01:57:34,719

smoothie eat a piece of fruit eat a

3150

01:57:40,390 --> 01:57:37,040

banana you know put a eat some oatmeal

3151

01:57:42,870 --> 01:57:40,400

just eat more plants that's what i say

3152

01:57:44,550 --> 01:57:42,880

when my kids were young then my step

3153

01:57:47,830 --> 01:57:44,560

kids they

3154

01:57:49,750 --> 01:57:47,840

they had a horrendous diet and i started

3155

01:57:50,790 --> 01:57:49,760

instituting different things because

3156

01:57:53,910 --> 01:57:50,800

they

3157

01:57:56,790 --> 01:57:53,920

didn't taste like potato chips and hot

3158

01:57:58,629 --> 01:57:56,800

dogs of course ramen noodles yep and so

3159

01:58:01,430 --> 01:57:58,639

we would do things like we would have

3160

01:58:04,470 --> 01:58:01,440

fruit frenzy friday

3161

01:58:06,950 --> 01:58:04,480

and would have this giant bowl of fruit

3162

01:58:08,550 --> 01:58:06,960

or i would make oodles of poodle noodles

3163

01:58:11,030 --> 01:58:08,560

which was uh

3164

01:58:13,430 --> 01:58:11,040

lasagna noodles with because i'm

3165

01:58:16,070 --> 01:58:13,440

allergic to milk with and they never

3166

01:58:18,070 --> 01:58:16,080

knew this with tofu

3167

01:58:21,189 --> 01:58:18,080

wrapped up in it with a little bit of

3168

01:58:23,430 --> 01:58:21,199

sauce on it and

3169

01:58:26,709 --> 01:58:23,440

and now they both actually eat very

3170

01:58:29,189 --> 01:58:26,719

healthy and thank me for getting them to

3171

01:58:30,870 --> 01:58:29,199

realize that eating junk was bad it

3172

01:58:32,870 --> 01:58:30,880

really is and it's addictive that's the

3173

01:58:34,950 --> 01:58:32,880

thing and it's it you know that that's

3174

01:58:36,790 --> 01:58:34,960

the other thing is is you you find

3175

01:58:38,629 --> 01:58:36,800

things that they already like and try to

3176  
01:58:40,390 --> 01:58:38,639  
make it healthier so you use the oodles

3177  
01:58:43,350 --> 01:58:40,400  
of noodles is a perfect example because

3178  
01:58:45,030 --> 01:58:43,360  
most people like pasta type dishes and

3179  
01:58:47,350 --> 01:58:45,040  
it will taste just as good to them if

3180  
01:58:49,589 --> 01:58:47,360  
you make an oil-free marinara is if you

3181  
01:58:51,189 --> 01:58:49,599  
make one with tons of oil so you find

3182  
01:58:53,910 --> 01:58:51,199  
ways to make things they like healthier

3183  
01:58:55,830 --> 01:58:53,920  
most kids like bananas and so one of the

3184  
01:58:57,589 --> 01:58:55,840  
ways to make bananas even more delicious

3185  
01:58:59,669 --> 01:58:57,599  
is you take a banana you let it ripen

3186  
01:59:00,870 --> 01:58:59,679  
you freeze it and for forty nine dollars

3187  
01:59:02,229 --> 01:59:00,880  
you go out and buy what's called a yo

3188  
01:59:03,589 --> 01:59:02,239

nana's machine and you run it through

3189

01:59:05,189 --> 01:59:03,599

the machine and they got ice cream and

3190

01:59:07,910 --> 01:59:05,199

i've never met anybody that didn't like

3191

01:59:09,750 --> 01:59:07,920

this so so find things they like find

3192

01:59:11,350 --> 01:59:09,760

ways to make what they like healthier

3193

01:59:12,950 --> 01:59:11,360

not necessarily restricting the other

3194

01:59:15,990 --> 01:59:12,960

things the other thing i would say and

3195

01:59:17,350 --> 01:59:16,000

and there is no reason for soda to exist

3196

01:59:19,990 --> 01:59:17,360

i'm going to be real honest i think

3197

01:59:21,430 --> 01:59:20,000

mayor bloomberg is right you know nobody

3198

01:59:22,629 --> 01:59:21,440

needs to be drinking soda we don't

3199

01:59:24,149 --> 01:59:22,639

really need to be drinking anything

3200

01:59:26,709 --> 01:59:24,159

other than water i'm not a fan of

3201

01:59:27,589 --> 01:59:26,719

alcohol or juice or milk or soda but

3202

01:59:29,589 --> 01:59:27,599

soda

3203

01:59:31,430 --> 01:59:29,599

i mean come on it's just it's just it's

3204

01:59:33,669 --> 01:59:31,440

just calories it's just sugar it's just

3205

01:59:35,750 --> 01:59:33,679

caffeine you know for other countries

3206

01:59:38,149 --> 01:59:35,760

that are poor they use soda to to clean

3207

01:59:39,990 --> 01:59:38,159

their toilets and if you're you know

3208

01:59:41,430 --> 01:59:40,000

having soda whether it's diet or regular

3209

01:59:43,189 --> 01:59:41,440

you're basically ingesting toilet

3210

01:59:45,510 --> 01:59:43,199

cleaner they you can put it on a car

3211

01:59:47,189 --> 01:59:45,520

engine to get the rust off so so you

3212

01:59:48,470 --> 01:59:47,199

know like do something in the direction

3213

01:59:49,910 --> 01:59:48,480

of optimum health they always tell

3214

01:59:51,830 --> 01:59:49,920

people that just because they do

3215

01:59:54,070 --> 01:59:51,840

everything doesn't mean they shouldn't

3216

01:59:55,589 --> 01:59:54,080

do at every you know anything you know

3217

01:59:58,070 --> 01:59:55,599

if you've never exercised you're not

3218

02:00:00,390 --> 01:59:58,080

going to run the la marathon next week

3219

02:00:01,990 --> 02:00:00,400

but you could park a few spaces farther

3220

02:00:04,390 --> 02:00:02,000

you know with the grocery you know make

3221

02:00:06,149 --> 02:00:04,400

some changes because even small changes

3222

02:00:09,030 --> 02:00:06,159

when done consistently over time can

3223

02:00:10,070 --> 02:00:09,040

lead to results but to just do something

3224

02:00:13,430 --> 02:00:10,080

you know

3225

02:00:14,790 --> 02:00:13,440

resolutions but live your life in a

3226

02:00:17,030 --> 02:00:14,800

helpful manner so that you don't even

3227

02:00:18,950 --> 02:00:17,040

have to make resolutions just just make

3228

02:00:19,910 --> 02:00:18,960

helpful changes a step at a time you

3229

02:00:21,270 --> 02:00:19,920

know

3230

02:00:23,830 --> 02:00:21,280

perfect

3231

02:00:25,830 --> 02:00:23,840

chef aj we need to wrap up but i know

3232

02:00:28,629 --> 02:00:25,840

that you're going to be back in lovely

3233

02:00:30,310 --> 02:00:28,639

marshall texas here in march that's

3234

02:00:31,830 --> 02:00:30,320

right what are you going to be doing

3235

02:00:34,310 --> 02:00:31,840

well i'm excited because you know the

3236

02:00:36,709 --> 02:00:34,320

mayor of marshall texas ed smith iii he

3237

02:00:38,470 --> 02:00:36,719

is a plant-based advocate and his

3238

02:00:40,550 --> 02:00:38,480

wonderful wife amanda smith put on this

3239

02:00:42,950 --> 02:00:40,560

event every year called the new year new

3240

02:00:45,350 --> 02:00:42,960

year health fest i'm the master of

3241

02:00:47,910 --> 02:00:45,360

ceremonies i'll be speaking on friday

3242

02:00:49,350 --> 02:00:47,920

night let me get you the exact date it's

3243

02:00:50,149 --> 02:00:49,360

uh

3244

02:00:52,390 --> 02:00:50,159

the

3245

02:00:54,470 --> 02:00:52,400

27th of march i'll be doing a culinary

3246

02:00:56,589 --> 02:00:54,480

demo on saturday the 28th and giving a

3247

02:00:58,390 --> 02:00:56,599

lecture on the 29th you can go to get

3248

02:01:01,109 --> 02:00:58,400

healthymarshall.com and get tickets

3249

02:01:03,589 --> 02:01:01,119

people about 400 people come from

3250

02:01:05,030 --> 02:01:03,599

states all over the united states so i

3251  
02:01:06,790 --> 02:01:05,040  
hope to see some of your listeners there

3252  
02:01:08,709 --> 02:01:06,800  
i'll actually be in houston next month

3253  
02:01:11,350 --> 02:01:08,719  
dr baxter montgomery the plant-based

3254  
02:01:13,910 --> 02:01:11,360  
cardiologist is having his symposium on

3255  
02:01:16,229 --> 02:01:13,920  
saturday february 22nd so that should be

3256  
02:01:18,229 --> 02:01:16,239  
fun so i get to go to texas a lot it's

3257  
02:01:20,390 --> 02:01:18,239  
it's a it's a fun state i you know it

3258  
02:01:22,390 --> 02:01:20,400  
really is you know we go to we we see

3259  
02:01:24,229 --> 02:01:22,400  
the cows you know going to slaughter as

3260  
02:01:26,229 --> 02:01:24,239  
we're all us vegans are coming in to

3261  
02:01:27,830 --> 02:01:26,239  
speak so it's it's it's it's kind of fun

3262  
02:01:29,830 --> 02:01:27,840  
it's interesting you know people are

3263  
02:01:31,669 --> 02:01:29,840

great i really love marshall and i've

3264

02:01:33,270 --> 02:01:31,679

been there i think five or six times and

3265

02:01:34,870 --> 02:01:33,280

they have a real strong community that's

3266

02:01:36,310 --> 02:01:34,880

the other thing you know whatever change

3267

02:01:38,149 --> 02:01:36,320

you make whatever change you're trying

3268

02:01:40,550 --> 02:01:38,159

to make a community is really important

3269

02:01:42,070 --> 02:01:40,560

whether it's to get fitter or to get

3270

02:01:43,750 --> 02:01:42,080

healthier you know it's always good to

3271

02:01:46,629 --> 02:01:43,760

have a buddy

3272

02:01:48,109 --> 02:01:46,639

well i'm a new transplant to marshall

3273

02:01:50,470 --> 02:01:48,119

and i just was

3274

02:01:53,030 --> 02:01:50,480

flabbergasted to find out that there was

3275

02:01:54,870 --> 02:01:53,040

such a big vegan community yes it's so

3276

02:01:56,550 --> 02:01:54,880

cool you know like they say vegetarians

3277

02:01:58,709 --> 02:01:56,560

are sprouting up all over even in the

3278

02:02:00,629 --> 02:01:58,719

oddest places you know uh i've been to

3279

02:02:02,229 --> 02:02:00,639

small towns in alaska where where

3280

02:02:04,629 --> 02:02:02,239

there's just community and you do need

3281

02:02:06,390 --> 02:02:04,639

community whatever your goals are it's

3282

02:02:08,310 --> 02:02:06,400

always great to have support and they've

3283

02:02:10,709 --> 02:02:08,320

really dismissed have really provided

3284

02:02:13,109 --> 02:02:10,719

just wonderful support for the people of

3285

02:02:14,950 --> 02:02:13,119

marshall i went with amanda on one of

3286

02:02:17,030 --> 02:02:14,960

the store tours she does at kroger she

3287

02:02:18,390 --> 02:02:17,040

does an excellent job educating the

3288

02:02:20,229 --> 02:02:18,400

people and they've talked to the

3289

02:02:22,390 --> 02:02:20,239

restaurants and they have a v plate a

3290

02:02:25,750 --> 02:02:22,400

vegetarian plate or a vegan plate on

3291

02:02:27,669 --> 02:02:25,760

almost every menu in every town and not

3292

02:02:29,990 --> 02:02:27,679

every town every every restaurant in

3293

02:02:32,310 --> 02:02:30,000

marshall so and they've gotten kroger to

3294

02:02:34,550 --> 02:02:32,320

carry kale and all kinds of things so

3295

02:02:37,189 --> 02:02:34,560

it's it's terrific you know

3296

02:02:38,870 --> 02:02:37,199

i think it's great yep well chef we need

3297

02:02:40,790 --> 02:02:38,880

to wrap it up thank you so much for

3298

02:02:42,550 --> 02:02:40,800

coming on and sharing everything that

3299

02:02:43,990 --> 02:02:42,560

you know well thank you so much for

3300

02:02:46,470 --> 02:02:44,000

having me i look forward to seeing you

3301  
02:02:50,390 --> 02:02:46,480  
at marshall yeah because i will be there

3302  
02:02:52,470 --> 02:02:50,400  
i'm volunteering nice in march so

3303  
02:02:53,990 --> 02:02:52,480  
hopefully i'll see you well thank you so

3304  
02:02:57,030 --> 02:02:54,000  
much and thank you for the work you're

3305  
02:03:00,470 --> 02:02:57,040  
doing all right thank you

3306  
02:03:02,629 --> 02:03:00,480  
that's chef aj her book is unprocessed

3307  
02:03:05,030 --> 02:03:02,639  
her website is

3308  
02:03:06,470 --> 02:03:05,040  
eat unprocessed.com

3309  
02:03:09,189 --> 02:03:06,480  
and then next week we're going to be

3310  
02:03:11,109 --> 02:03:09,199  
speaking with meg blackburn lucy about

3311  
02:03:12,870 --> 02:03:11,119  
the children of now

3312  
02:03:16,070 --> 02:03:12,880  
evolution

3313  
02:03:18,149 --> 02:03:16,080

until next week i'm dr rita louise this

3314

02:03:25,669 --> 02:03:18,159

is just energy radio

3315

02:03:31,189 --> 02:03:28,149

join host dr rita louise each week at

3316

02:03:34,430 --> 02:03:31,199

this time for just energy radio point

3317

02:03:39,430 --> 02:03:36,310

[www.justenergyradio.com](http://www.justenergyradio.com) for more show

3318

02:03:41,030 --> 02:03:39,440

information and to contact dr rita

3319

02:03:42,390 --> 02:03:41,040

until next time