

WEBVTT

NOTE duration:"00:09:28.0640000"

NOTE language:en-us

NOTE Confidence: 0.9072095

00:00:02.150 --> 00:00:04.592 Hi everybody, I'm doctor software on

NOTE Confidence: 0.9072095

00:00:04.592 --> 00:00:06.220 the integrative medicine physician

NOTE Confidence: 0.9072095

00:00:06.278 --> 00:00:08.084 here at Smilow I've been asked to

NOTE Confidence: 0.9072095

00:00:08.084 --> 00:00:10.460 talk to you about a number of subjects

NOTE Confidence: 0.9072095

00:00:10.460 --> 00:00:12.470 in the field of Integrative Medison

NOTE Confidence: 0.9072095

00:00:12.470 --> 00:00:14.794 and how they might relate to Cove,

NOTE Confidence: 0.9072095

00:00:14.800 --> 00:00:17.432 it or quarantine an one of my favorite

NOTE Confidence: 0.9072095

00:00:17.432 --> 00:00:20.015 topics and I think one of the most

NOTE Confidence: 0.9072095

00:00:20.015 --> 00:00:22.797 important ones that we deal with this stress.

NOTE Confidence: 0.9072095

00:00:22.800 --> 00:00:24.786 So if you're anything like me,

NOTE Confidence: 0.9072095

00:00:24.790 --> 00:00:26.788 this process has been pretty stressful.

NOTE Confidence: 0.9072095

00:00:26.790 --> 00:00:28.752 You know, I'm working full time

NOTE Confidence: 0.9072095

00:00:28.752 --> 00:00:30.460 with their kids at home.

NOTE Confidence: 0.9072095

00:00:30.460 --> 00:00:32.190 My exposure to nature is.

NOTE Confidence: 0.9072095

00:00:32.190 --> 00:00:33.915 Limited and you're dealing with

NOTE Confidence: 0.9072095

00:00:33.915 --> 00:00:34.950 your own issues.

NOTE Confidence: 0.9072095

00:00:34.950 --> 00:00:37.020 I'm sure your exposure to nature

NOTE Confidence: 0.9072095

00:00:37.020 --> 00:00:38.400 is also been limited.

NOTE Confidence: 0.9072095

00:00:38.400 --> 00:00:40.470 Maybe you're dealing with illness or

NOTE Confidence: 0.9072095

00:00:40.470 --> 00:00:42.542 loss of income, or really loneliness.

NOTE Confidence: 0.9072095

00:00:42.542 --> 00:00:44.870 I mean, this process is been

NOTE Confidence: 0.9072095

00:00:44.870 --> 00:00:47.330 super lonely for many of us.

NOTE Confidence: 0.9072095

00:00:47.330 --> 00:00:48.980 You know, I like this.

NOTE Confidence: 0.9072095

00:00:48.980 --> 00:00:50.620 Think about stress in two

NOTE Confidence: 0.9072095

00:00:50.620 --> 00:00:51.932 ways is acute stress.

NOTE Confidence: 0.9072095

00:00:51.940 --> 00:00:56.364 Which are these big moments in our lives?

NOTE Confidence: 0.9072095

00:00:56.370 --> 00:00:58.420 Of pain of hurting English,

NOTE Confidence: 0.9072095

00:00:58.420 --> 00:01:00.470 but then there's chronic stress.

NOTE Confidence: 0.9072095

00:01:00.470 --> 00:01:02.930 These small moments throughout the day.

NOTE Confidence: 0.9072095

00:01:02.930 --> 00:01:05.850 Whether somebody cutting you off.
NOTE Confidence: 0.9072095

00:01:05.850 --> 00:01:08.316 And the way I like to think about it,
NOTE Confidence: 0.9072095

00:01:08.320 --> 00:01:10.224 I like to think about acute stress.
NOTE Confidence: 0.9072095

00:01:10.230 --> 00:01:12.237 Is these big rocks that we drop in these
NOTE Confidence: 0.9072095

00:01:12.237 --> 00:01:14.067 rocks are generally very identifiable,
NOTE Confidence: 0.9072095

00:01:14.070 --> 00:01:15.440 and sometimes they're a little
NOTE Confidence: 0.9072095

00:01:15.440 --> 00:01:16.810 bit easier to deal with.
NOTE Confidence: 0.9072095

00:01:16.810 --> 00:01:18.448 'cause we can focus on them.
NOTE Confidence: 0.9072095

00:01:18.450 --> 00:01:19.820 If you deal with them.
NOTE Confidence: 0.9072095

00:01:19.820 --> 00:01:21.190 But these chronic stressors throughout
NOTE Confidence: 0.9072095

00:01:21.190 --> 00:01:22.864 the day, or like little pebbles,
NOTE Confidence: 0.9072095

00:01:22.864 --> 00:01:24.872 you know when you grab a big
NOTE Confidence: 0.9072095

00:01:24.872 --> 00:01:26.664 Rock You feel the weight of it.
NOTE Confidence: 0.9072095

00:01:26.670 --> 00:01:29.646 You know you feel the burden of it.
NOTE Confidence: 0.9072095

00:01:29.650 --> 00:01:31.006 But as you grab these little
NOTE Confidence: 0.9072095

00:01:31.006 --> 00:01:31.910 pebbles throughout the day,

NOTE Confidence: 0.9072095

00:01:31.910 --> 00:01:33.248 you may not feel the weight

NOTE Confidence: 0.9072095

00:01:33.248 --> 00:01:34.646 of just a single one, but.

NOTE Confidence: 0.9072095

00:01:34.646 --> 00:01:37.293 They add up and we put them in our sock

NOTE Confidence: 0.9072095

00:01:37.293 --> 00:01:39.834 and they slowly slowly build in overtime.

NOTE Confidence: 0.9072095

00:01:39.840 --> 00:01:42.430 We feel the weight and we don't

NOTE Confidence: 0.9072095

00:01:42.430 --> 00:01:44.910 think about it in the same way.

NOTE Confidence: 0.9072095

00:01:44.910 --> 00:01:47.166 So it's really important that you

NOTE Confidence: 0.9072095

00:01:47.166 --> 00:01:50.349 learn and find ways to deal with these

NOTE Confidence: 0.9072095

00:01:50.349 --> 00:01:52.359 moments both as their happening,

NOTE Confidence: 0.9072095

00:01:52.360 --> 00:01:55.040 but also after their happening.

NOTE Confidence: 0.9072095

00:01:55.040 --> 00:01:55.816 You know,

NOTE Confidence: 0.9072095

00:01:55.816 --> 00:01:58.144 stress is so important because it

NOTE Confidence: 0.9072095

00:01:58.144 --> 00:02:00.620 impacts our health in so many ways,

NOTE Confidence: 0.9072095

00:02:00.620 --> 00:02:02.846 so it impacts our cardiovascular system

NOTE Confidence: 0.9072095

00:02:02.846 --> 00:02:04.336 needs. Things like hypertension.

NOTE Confidence: 0.9072095

00:02:04.336 --> 00:02:06.196 It impacts our immune system.

NOTE Confidence: 0.9072095

00:02:06.200 --> 00:02:07.936 It can really stress,

NOTE Confidence: 0.9072095

00:02:07.936 --> 00:02:10.106 can suppress our immune system.

NOTE Confidence: 0.9072095

00:02:10.110 --> 00:02:13.320 Um and it impacts are sleep.

NOTE Confidence: 0.9072095

00:02:13.320 --> 00:02:14.310 But really,

NOTE Confidence: 0.9072095

00:02:14.310 --> 00:02:17.775 over Ologist makes us feel lousy and

NOTE Confidence: 0.9072095

00:02:17.775 --> 00:02:20.328 exhausted and tired and burdened.

NOTE Confidence: 0.9072095

00:02:20.330 --> 00:02:22.346 So when patients come to see me,

NOTE Confidence: 0.9072095

00:02:22.350 --> 00:02:24.744 we talk a lot about coming up

NOTE Confidence: 0.9072095

00:02:24.744 --> 00:02:26.590 with a daily practice.

NOTE Confidence: 0.9072095

00:02:26.590 --> 00:02:29.245 So coming up with a habit or a pattern

NOTE Confidence: 0.9072095

00:02:29.245 --> 00:02:31.682 that you find is distressing is so

NOTE Confidence: 0.9072095

00:02:31.682 --> 00:02:33.574 important to kind of counteract

NOTE Confidence: 0.9072095

00:02:33.574 --> 00:02:35.809 these micro stressors that we

NOTE Confidence: 0.9072095

00:02:35.809 --> 00:02:37.597 feel throughout the day.

NOTE Confidence: 0.9072095

00:02:37.600 --> 00:02:39.796 So what is a daily practice?

NOTE Confidence: 0.9072095

00:02:39.800 --> 00:02:41.268 Well, first of all,

NOTE Confidence: 0.9072095

00:02:41.268 --> 00:02:43.470 it's daily right that makes sense,

NOTE Confidence: 0.9072095

00:02:43.470 --> 00:02:44.571 but more importantly,

NOTE Confidence: 0.9072095

00:02:44.571 --> 00:02:47.140 it's something that we do with regularity.

NOTE Confidence: 0.9072095

00:02:47.140 --> 00:02:49.541 We set aside the same time everyday

NOTE Confidence: 0.9072095

00:02:49.541 --> 00:02:51.550 to create moments for ourselves.

NOTE Confidence: 0.9072095

00:02:51.550 --> 00:02:53.746 We're not talking hours here really,

NOTE Confidence: 0.9072095

00:02:53.750 --> 00:02:55.805 just talking minutes just talking

NOTE Confidence: 0.9072095

00:02:55.805 --> 00:02:57.860 about giving ourselves just a

NOTE Confidence: 0.9072095

00:02:57.925 --> 00:02:59.229 small space of time.

NOTE Confidence: 0.9267552

00:02:59.230 --> 00:03:02.246 To reflect on our data reflect on ourselves,

NOTE Confidence: 0.9267552

00:03:02.250 --> 00:03:05.218 so for some people that's journaling for some

NOTE Confidence: 0.9267552

00:03:05.218 --> 00:03:07.920 people that might be a guided meditation.

NOTE Confidence: 0.9267552

00:03:07.920 --> 00:03:11.052 I can think about going out for a walk

NOTE Confidence: 0.9267552

00:03:11.052 --> 00:03:14.996 in nature, or doing yoga or Tai Chi.

NOTE Confidence: 0.9267552

00:03:15.000 --> 00:03:17.340 But giving ourselves these
NOTE Confidence: 0.9267552

00:03:17.340 --> 00:03:19.095 moments to decompress.
NOTE Confidence: 0.9267552

00:03:19.100 --> 00:03:20.908 It with regularity throughout,
NOTE Confidence: 0.9267552

00:03:20.908 --> 00:03:22.716 you know every day.
NOTE Confidence: 0.9267552

00:03:22.720 --> 00:03:25.060 So a lot of these things that I mentioned
NOTE Confidence: 0.9267552

00:03:25.060 --> 00:03:27.746 are actually available to you on our website,
NOTE Confidence: 0.9267552

00:03:27.750 --> 00:03:30.261 so I encourage you to go to our website
NOTE Confidence: 0.9267552

00:03:30.261 --> 00:03:33.251 and check them out and download the videos
NOTE Confidence: 0.9267552

00:03:33.251 --> 00:03:35.490 'cause they're free and there there.
NOTE Confidence: 0.9267552

00:03:35.490 --> 00:03:38.930 So. A lot of the things I just mentioned
NOTE Confidence: 0.9267552

00:03:38.930 --> 00:03:40.920 really deal with stress after they happen.
NOTE Confidence: 0.9267552

00:03:40.920 --> 00:03:42.132 How do we decompress?
NOTE Confidence: 0.9267552

00:03:42.132 --> 00:03:44.949 How do we sort of remove our struggles?
NOTE Confidence: 0.9267552

00:03:44.950 --> 00:03:48.075 But another important question is how
NOTE Confidence: 0.9267552

00:03:48.075 --> 00:03:50.567 do we deal with stress as it comes
NOTE Confidence: 0.9267552

00:03:50.567 --> 00:03:52.570 up when it's right in front of us?

NOTE Confidence: 0.9267552

00:03:52.570 --> 00:03:53.670 Do we get angry?

NOTE Confidence: 0.9267552

00:03:53.670 --> 00:03:55.810 Do we bottle up the feelings inside?

NOTE Confidence: 0.9267552

00:03:55.810 --> 00:03:58.933 Do we grab that little Pebble and we put

NOTE Confidence: 0.9267552

00:03:58.933 --> 00:04:02.267 in their back and let us weigh it down.

NOTE Confidence: 0.9267552

00:04:02.270 --> 00:04:04.511 And I think the tendency for most of us

NOTE Confidence: 0.9267552

00:04:04.511 --> 00:04:06.869 is just sort of kick the can down the

NOTE Confidence: 0.9267552

00:04:06.869 --> 00:04:09.526 road and think that will deal with it later.

NOTE Confidence: 0.9267552

00:04:09.530 --> 00:04:11.348 But we don't realize that we're

NOTE Confidence: 0.9267552

00:04:11.348 --> 00:04:13.305 actually dealing with it now and

NOTE Confidence: 0.9267552

00:04:13.305 --> 00:04:15.010 just unhealthy and unproductive way.

NOTE Confidence: 0.9267552

00:04:15.010 --> 00:04:17.824 So two techniques said I like to

NOTE Confidence: 0.9267552

00:04:17.824 --> 00:04:20.382 think of when I'm thinking about

NOTE Confidence: 0.9267552

00:04:20.382 --> 00:04:24.040 how to deal with stress as it comes

NOTE Confidence: 0.9267552

00:04:24.040 --> 00:04:26.560 up our mindfulness meditation,

NOTE Confidence: 0.9267552

00:04:26.560 --> 00:04:29.332 which is a specific type of

NOTE Confidence: 0.9267552

00:04:29.332 --> 00:04:30.718 meditation and biofeedback.
NOTE Confidence: 0.9267552

00:04:30.720 --> 00:04:34.400 So biofeedback is technology based.
NOTE Confidence: 0.9267552

00:04:34.400 --> 00:04:36.390 There are different programs online.
NOTE Confidence: 0.9267552

00:04:36.390 --> 00:04:39.166 Heart math is one example that you can
NOTE Confidence: 0.9267552

00:04:39.166 --> 00:04:41.603 go out and purchase some technology
NOTE Confidence: 0.9267552

00:04:41.603 --> 00:04:45.010 and what it allows you to do is
NOTE Confidence: 0.9267552

00:04:45.010 --> 00:04:47.494 learn how to control your Physiology.
NOTE Confidence: 0.9267552

00:04:47.500 --> 00:04:49.660 So whether that's your heart rate
NOTE Confidence: 0.9267552

00:04:49.660 --> 00:04:52.483 or the amount you sweat and it's
NOTE Confidence: 0.9267552

00:04:52.483 --> 00:04:55.105 worth looking into or some medical
NOTE Confidence: 0.9267552

00:04:55.105 --> 00:04:57.125 institutions offer it so it's
NOTE Confidence: 0.9267552

00:04:57.125 --> 00:04:59.005 worth asking your doctor about,
NOTE Confidence: 0.9267552

00:04:59.010 --> 00:05:01.842 but the other one that's free an I
NOTE Confidence: 0.9267552

00:05:01.842 --> 00:05:04.629 love dearly is mindfulness meditation.
NOTE Confidence: 0.9267552

00:05:04.630 --> 00:05:06.550 Now there's a lot that falls under the
NOTE Confidence: 0.9267552

00:05:06.550 --> 00:05:08.190 umbrella of mindfulness meditation,

NOTE Confidence: 0.9267552

00:05:08.190 --> 00:05:10.286 so I wanted to be very clear to

NOTE Confidence: 0.9267552

00:05:10.286 --> 00:05:12.058 you what I'm talking about.

NOTE Confidence: 0.9267552

00:05:12.060 --> 00:05:14.979 I'm simply talking about the act of

NOTE Confidence: 0.9267552

00:05:14.979 --> 00:05:17.348 sitting and focusing on our breath.

NOTE Confidence: 0.9267552

00:05:17.350 --> 00:05:19.618 Seems like a really simple idea,

NOTE Confidence: 0.9267552

00:05:19.620 --> 00:05:23.022 but it does take work and it does take

NOTE Confidence: 0.9267552

00:05:23.022 --> 00:05:25.290 commitment. So the idea is simple.

NOTE Confidence: 0.9267552

00:05:25.290 --> 00:05:28.356 It's just finding a chair or a

NOTE Confidence: 0.9267552

00:05:28.356 --> 00:05:29.670 comfortable seated position.

NOTE Confidence: 0.9267552

00:05:29.670 --> 00:05:32.208 Closing your eyes and just focusing

NOTE Confidence: 0.9267552

00:05:32.208 --> 00:05:33.477 on your breath.

NOTE Confidence: 0.9267552

00:05:33.480 --> 00:05:35.848 And some people like to bring that focus

NOTE Confidence: 0.9267552

00:05:35.848 --> 00:05:38.777 to the cold air coming into their nostrils,

NOTE Confidence: 0.9267552

00:05:38.780 --> 00:05:41.090 and the warm air exiting their nostrils.

NOTE Confidence: 0.9267552

00:05:41.090 --> 00:05:43.449 Some people like to focus on the

NOTE Confidence: 0.9267552

00:05:43.449 --> 00:05:45.399 expansion and contraction of their lungs,
NOTE Confidence: 0.9267552

00:05:45.400 --> 00:05:46.711 whatever it is,
NOTE Confidence: 0.9267552

00:05:46.711 --> 00:05:49.333 just simply focus on your breath.
NOTE Confidence: 0.9267552

00:05:49.340 --> 00:05:50.792 Anne, what inevitably happens
NOTE Confidence: 0.9267552

00:05:50.792 --> 00:05:52.607 after the first 15 seconds?
NOTE Confidence: 0.9267552

00:05:52.610 --> 00:05:53.696 Maybe even less.
NOTE Confidence: 0.9267552

00:05:53.696 --> 00:05:55.506 If you're anything like me,
NOTE Confidence: 0.9267552

00:05:55.510 --> 00:05:58.776 is our mind starts to wander, and that's OK.
NOTE Confidence: 0.9267552

00:05:58.776 --> 00:05:59.500 That's normal.
NOTE Confidence: 0.9267552

00:05:59.500 --> 00:06:00.228 You know,
NOTE Confidence: 0.9267552

00:06:00.228 --> 00:06:02.048 when people have experienced meditation,
NOTE Confidence: 0.9267552

00:06:02.050 --> 00:06:03.780 I think the biggest frustration
NOTE Confidence: 0.9267552

00:06:03.780 --> 00:06:05.510 they say is that I
NOTE Confidence: 0.9319198

00:06:05.582 --> 00:06:06.758 just can't focus,
NOTE Confidence: 0.9319198

00:06:06.760 --> 00:06:10.519 and it's expected that you can't focus.
NOTE Confidence: 0.9319198

00:06:10.520 --> 00:06:13.271 The idea is that you just bring

NOTE Confidence: 0.9319198

00:06:13.271 --> 00:06:15.709 your thoughts back to your breath.

NOTE Confidence: 0.9319198

00:06:15.710 --> 00:06:17.534 Try it out for a minute

NOTE Confidence: 0.9319198

00:06:17.534 --> 00:06:19.280 or two after this video.

NOTE Confidence: 0.9319198

00:06:19.280 --> 00:06:21.527 It's not as easy as it sounds,

NOTE Confidence: 0.9319198

00:06:21.530 --> 00:06:23.906 but just by giving yourself a minute or

NOTE Confidence: 0.9319198

00:06:23.906 --> 00:06:25.933 two and then slowly building overtime

NOTE Confidence: 0.9319198

00:06:25.933 --> 00:06:28.620 to 1015 minutes a day is a really,

NOTE Confidence: 0.9319198

00:06:28.620 --> 00:06:31.819 really nice way of training our mind.

NOTE Confidence: 0.9319198

00:06:31.820 --> 00:06:33.836 And that's what's so special about

NOTE Confidence: 0.9319198

00:06:33.836 --> 00:06:36.056 being human being is that we can

NOTE Confidence: 0.9319198

00:06:36.056 --> 00:06:38.381 train our mind that we can alter how

NOTE Confidence: 0.9319198

00:06:38.381 --> 00:06:40.266 we interact with our environment.

NOTE Confidence: 0.9319198

00:06:40.270 --> 00:06:42.262 We can alter how we interact

NOTE Confidence: 0.9319198

00:06:42.262 --> 00:06:43.850 with the people around us.

NOTE Confidence: 0.9319198

00:06:43.850 --> 00:06:45.800 Just threw some training and mindfulness.

NOTE Confidence: 0.9319198

00:06:45.800 --> 00:06:47.940 Meditation is a really nice
NOTE Confidence: 0.9319198
00:06:47.940 --> 00:06:50.080 way of doing that training.
NOTE Confidence: 0.9319198
00:06:50.080 --> 00:06:53.168 So we talked about.
NOTE Confidence: 0.9319198
00:06:53.170 --> 00:06:55.326 Dealing with it as it comes up,
NOTE Confidence: 0.9319198
00:06:55.330 --> 00:06:57.500 we talked about dealing with it afterwards,
NOTE Confidence: 0.9319198
00:06:57.500 --> 00:06:59.828 but we also have to think about the
NOTE Confidence: 0.9319198
00:06:59.828 --> 00:07:01.689 little things in our day-to-day life
NOTE Confidence: 0.9319198
00:07:01.689 --> 00:07:03.990 that are going to impact our stress.
NOTE Confidence: 0.9319198
00:07:03.990 --> 00:07:04.870 So environment.
NOTE Confidence: 0.9319198
00:07:04.870 --> 00:07:06.630 For one, you know.
NOTE Confidence: 0.9319198
00:07:06.630 --> 00:07:08.320 It's easy when you're quarantined
NOTE Confidence: 0.9319198
00:07:08.320 --> 00:07:10.415 to just let the Clutter Build
NOTE Confidence: 0.9319198
00:07:10.415 --> 00:07:12.100 and let's the stacks happen,
NOTE Confidence: 0.9319198
00:07:12.100 --> 00:07:14.900 but you know a messy room is
NOTE Confidence: 0.9319198
00:07:14.900 --> 00:07:17.720 going to lead to a messy mind.
NOTE Confidence: 0.9319198
00:07:17.720 --> 00:07:20.156 So try to keep your environment clean.

NOTE Confidence: 0.9319198

00:07:20.160 --> 00:07:23.835 Try to keep your environment in order.

NOTE Confidence: 0.9319198

00:07:23.840 --> 00:07:25.863 The Simple Act of making your bed

NOTE Confidence: 0.9319198

00:07:25.863 --> 00:07:28.125 every day can really have a profound

NOTE Confidence: 0.9319198

00:07:28.125 --> 00:07:30.492 effect on how you interact with the

NOTE Confidence: 0.9319198

00:07:30.492 --> 00:07:32.340 rest of your day little things.

NOTE Confidence: 0.9319198

00:07:32.340 --> 00:07:34.741 You know setting up some incense or

NOTE Confidence: 0.9319198

00:07:34.741 --> 00:07:36.865 mist vaporizer with some essential oils

NOTE Confidence: 0.9319198

00:07:36.865 --> 00:07:39.520 can have a really calming effect on us.

NOTE Confidence: 0.9319198

00:07:39.520 --> 00:07:41.851 The music in the sounds that we

NOTE Confidence: 0.9319198

00:07:41.851 --> 00:07:44.257 listen to you can have a really

NOTE Confidence: 0.9319198

00:07:44.257 --> 00:07:46.700 really nice impact on us as well,

NOTE Confidence: 0.9319198

00:07:46.700 --> 00:07:49.958 so putting yourself in an environment.

NOTE Confidence: 0.9319198

00:07:49.960 --> 00:07:52.557 That's going to temper some of the

NOTE Confidence: 0.9319198

00:07:52.557 --> 00:07:54.511 stresses that you feel throughout

NOTE Confidence: 0.9319198

00:07:54.511 --> 00:07:57.178 the day is really going to help.

NOTE Confidence: 0.9319198

00:07:57.180 --> 00:07:59.010 Another subject that I'm hopefully
NOTE Confidence: 0.9319198

00:07:59.010 --> 00:08:01.869 going to talk about in a future video,
NOTE Confidence: 0.9319198

00:08:01.870 --> 00:08:04.238 but one that I want to bring up
NOTE Confidence: 0.9319198

00:08:04.238 --> 00:08:06.490 right now is nutrition because I
NOTE Confidence: 0.9319198

00:08:06.490 --> 00:08:08.872 think during this time we're all
NOTE Confidence: 0.9319198

00:08:08.946 --> 00:08:11.571 relying on foods that we call comfort
NOTE Confidence: 0.9319198

00:08:11.571 --> 00:08:14.144 foods and what a misnomer that is,
NOTE Confidence: 0.9319198

00:08:14.144 --> 00:08:14.866 because yes,
NOTE Confidence: 0.9319198

00:08:14.870 --> 00:08:17.397 they might make us feel good immediately.
NOTE Confidence: 0.9319198

00:08:17.400 --> 00:08:20.370 Those carbohydrates in those fatty foods.
NOTE Confidence: 0.9319198

00:08:20.370 --> 00:08:22.368 But think about how you feel.
NOTE Confidence: 0.9319198

00:08:22.370 --> 00:08:24.368 15 minutes or half hour later,
NOTE Confidence: 0.9319198

00:08:24.370 --> 00:08:26.944 most of us feel miserable and
NOTE Confidence: 0.9319198

00:08:26.944 --> 00:08:28.660 exhausted and weighted down.
NOTE Confidence: 0.9319198

00:08:28.660 --> 00:08:30.580 So I want you to think about what
NOTE Confidence: 0.9319198

00:08:30.580 --> 00:08:32.485 you're putting in your mouth and the

NOTE Confidence: 0.9319198

00:08:32.485 --> 00:08:34.160 nutrition that you're giving your body,

NOTE Confidence: 0.9319198

00:08:34.160 --> 00:08:35.159 because that's really,

NOTE Confidence: 0.9319198

00:08:35.159 --> 00:08:37.490 really going to have an impact on

NOTE Confidence: 0.9319198

00:08:37.554 --> 00:08:39.456 how you feel throughout the day.

NOTE Confidence: 0.9319198

00:08:39.460 --> 00:08:39.957 So.

NOTE Confidence: 0.9319198

00:08:39.957 --> 00:08:42.939 The last and most important thing

NOTE Confidence: 0.9319198

00:08:42.939 --> 00:08:46.564 is just being kind to yourself and

NOTE Confidence: 0.9319198

00:08:46.564 --> 00:08:50.100 being kind to the people around you.

NOTE Confidence: 0.9319198

00:08:50.100 --> 00:08:52.205 Making a concerted effort to

NOTE Confidence: 0.9319198

00:08:52.205 --> 00:08:53.889 be gentle with yourself,

NOTE Confidence: 0.9319198

00:08:53.890 --> 00:08:57.040 be gentle with everybody who's going

NOTE Confidence: 0.9319198

00:08:57.040 --> 00:09:00.100 through the same frustrations as you are.

NOTE Confidence: 0.9319198

00:09:00.100 --> 00:09:02.460 Is so important and it's going to change

NOTE Confidence: 0.9319198

00:09:02.460 --> 00:09:04.709 how you feel about yourself and how

NOTE Confidence: 0.9319198

00:09:04.709 --> 00:09:07.049 you feel about the world around you.

NOTE Confidence: 0.9319198

00:09:07.050 --> 00:09:10.120 So thank you so much for taking the time to

NOTE Confidence: 0.9367625

00:09:10.198 --> 00:09:13.060 talk to me today and listen to me today.

NOTE Confidence: 0.9367625

00:09:13.060 --> 00:09:15.517 If you ever need anything or Department

NOTE Confidence: 0.9367625

00:09:15.517 --> 00:09:17.214 of Integrative Medicine is available

NOTE Confidence: 0.9367625

00:09:17.214 --> 00:09:19.244 to you and just please always feel

NOTE Confidence: 0.9367625

00:09:19.244 --> 00:09:21.268 free to reach out. OK, take care.