

WEBVTT

NOTE duration:"00:05:53.5690000"

NOTE language:en-us

NOTE Confidence: 0.819739639759064

00:00:00.000 --> 00:00:02.484 Hi everybody, this is Doctor Soffer

NOTE Confidence: 0.819739639759064

00:00:02.484 --> 00:00:06.217 again so I want to talk to you today

NOTE Confidence: 0.819739639759064

00:00:06.217 --> 00:00:08.780 about a concept called Hugga Hugga.

NOTE Confidence: 0.819739639759064

00:00:08.780 --> 00:00:10.815 I'm probably pronouncing it wrong

NOTE Confidence: 0.819739639759064

00:00:10.815 --> 00:00:13.578 but it's spelled HYGGE Hyuga and this

NOTE Confidence: 0.819739639759064

00:00:13.578 --> 00:00:15.874 is a concept from Denmark and it's

NOTE Confidence: 0.819739639759064

00:00:15.874 --> 00:00:18.534 really all about creating a nice

NOTE Confidence: 0.819739639759064

00:00:18.534 --> 00:00:20.342 comfortable atmosphere for yourself.

NOTE Confidence: 0.819739639759064

00:00:20.350 --> 00:00:23.031 You know, cozying up with a warm

NOTE Confidence: 0.819739639759064

00:00:23.031 --> 00:00:25.601 mug or curling up with a nice

NOTE Confidence: 0.819739639759064

00:00:25.601 --> 00:00:28.207 blanket and a good book an really

NOTE Confidence: 0.819739639759064

00:00:28.207 --> 00:00:30.787 just creating that all getting.

NOTE Confidence: 0.819739639759064

00:00:30.790 --> 00:00:34.219 All five senses an giving yourself a space of

NOTE Confidence: 0.819739639759064

00:00:34.219 --> 00:00:37.128 comfort so so much about your environment.

NOTE Confidence: 0.819739639759064
00:00:37.130 --> 00:00:39.500 What you see, what you smell,
NOTE Confidence: 0.819739639759064
00:00:39.500 --> 00:00:42.181 what you hear you know what you
NOTE Confidence: 0.819739639759064
00:00:42.181 --> 00:00:44.249 taste is important to healing.
NOTE Confidence: 0.819739639759064
00:00:44.250 --> 00:00:46.626 It's as important as anything else.
NOTE Confidence: 0.819739639759064
00:00:46.630 --> 00:00:48.460 And we know this in medicine.
NOTE Confidence: 0.819739639759064
00:00:48.460 --> 00:00:50.532 So really cool study came out about
NOTE Confidence: 0.819739639759064
00:00:50.532 --> 00:00:52.583 30 years ago that really shifted
NOTE Confidence: 0.819739639759064
00:00:52.583 --> 00:00:54.767 our perspective on this and what?
NOTE Confidence: 0.819739639759064
00:00:54.770 --> 00:00:57.024 What it did was it took patients
NOTE Confidence: 0.819739639759064
00:00:57.024 --> 00:00:59.271 who had hospital bedrooms and some
NOTE Confidence: 0.819739639759064
00:00:59.271 --> 00:01:01.683 bedrooms had trees outside with wind,
NOTE Confidence: 0.819739639759064
00:01:01.690 --> 00:01:03.710 beautiful windows of trees outside
NOTE Confidence: 0.819739639759064
00:01:03.710 --> 00:01:06.172 and some bedrooms had a window
NOTE Confidence: 0.819739639759064
00:01:06.172 --> 00:01:08.027 just facing a brick wall.
NOTE Confidence: 0.819739639759064
00:01:08.030 --> 00:01:09.470 And what they found was,
NOTE Confidence: 0.819739639759064

00:01:09.470 --> 00:01:11.260 was that the patients who
NOTE Confidence: 0.819739639759064

00:01:11.260 --> 00:01:13.580 were looking up on the trees.
NOTE Confidence: 0.819739639759064

00:01:13.580 --> 00:01:15.410 We're using less pain medication
NOTE Confidence: 0.819739639759064

00:01:15.410 --> 00:01:16.874 left the hospital earlier,
NOTE Confidence: 0.819739639759064

00:01:16.880 --> 00:01:19.414 an overall their nurses just like them
NOTE Confidence: 0.819739639759064

00:01:19.414 --> 00:01:22.357 more so we know that something as simple
NOTE Confidence: 0.819739639759064

00:01:22.357 --> 00:01:25.319 as that is what we see can really,
NOTE Confidence: 0.819739639759064

00:01:25.320 --> 00:01:27.780 really change how we heal.
NOTE Confidence: 0.819739639759064

00:01:27.780 --> 00:01:28.456 You know,
NOTE Confidence: 0.819739639759064

00:01:28.456 --> 00:01:31.160 we also know that things like music can
NOTE Confidence: 0.819739639759064

00:01:31.229 --> 00:01:33.917 reduce stress and the release dopamine,
NOTE Confidence: 0.819739639759064

00:01:33.920 --> 00:01:35.664 and endorphins and serotonin.
NOTE Confidence: 0.819739639759064

00:01:35.664 --> 00:01:37.844 All these good feeling neurotransmitters
NOTE Confidence: 0.819739639759064

00:01:37.844 --> 00:01:39.677 into our brain that help us.
NOTE Confidence: 0.819739639759064

00:01:39.680 --> 00:01:41.936 So things like music and stimulating
NOTE Confidence: 0.819739639759064

00:01:41.936 --> 00:01:44.679 the senses in a really good way.

NOTE Confidence: 0.819739639759064
00:01:44.680 --> 00:01:46.978 So why did Hyuga come about?
NOTE Confidence: 0.819739639759064
00:01:46.980 --> 00:01:50.044 So it comes from the word hook rogue.
NOTE Confidence: 0.819739639759064
00:01:50.050 --> 00:01:50.434 Again,
NOTE Confidence: 0.819739639759064
00:01:50.434 --> 00:01:52.738 I'm probably really pronouncing that wrong,
NOTE Confidence: 0.819739639759064
00:01:52.740 --> 00:01:55.804 but it means creating a corner for yourself,
NOTE Confidence: 0.819739639759064
00:01:55.810 --> 00:01:58.168 creating a space for yourself an.
NOTE Confidence: 0.819739639759064
00:01:58.170 --> 00:01:58.904 In Denmark,
NOTE Confidence: 0.819739639759064
00:01:58.904 --> 00:02:01.106 you know there's much shorter days,
NOTE Confidence: 0.819739639759064
00:02:01.110 --> 00:02:04.584 you know the sun goes down quite a bit
NOTE Confidence: 0.819739639759064
00:02:04.584 --> 00:02:08.106 earlier and they need to find ways to
NOTE Confidence: 0.819739639759064
00:02:08.106 --> 00:02:10.758 really make themselves feel better so.
NOTE Confidence: 0.819739639759064
00:02:10.760 --> 00:02:13.256 Even though we have longer days
NOTE Confidence: 0.819739639759064
00:02:13.256 --> 00:02:14.920 in the United States.
NOTE Confidence: 0.819739639759064
00:02:14.920 --> 00:02:17.086 We're all stuck in this pandemic.
NOTE Confidence: 0.819739639759064
00:02:17.090 --> 00:02:18.915 We're all stuck inside with
NOTE Confidence: 0.819739639759064

00:02:18.915 --> 00:02:20.740 unnatural lighting and we're seeking
NOTE Confidence: 0.819739639759064

00:02:20.797 --> 00:02:22.915 out ways to make ourselves feel
NOTE Confidence: 0.819739639759064

00:02:22.915 --> 00:02:24.741 comfortable that aren't always in
NOTE Confidence: 0.819739639759064

00:02:24.741 --> 00:02:26.496 the most productive ways possible.
NOTE Confidence: 0.819739639759064

00:02:26.500 --> 00:02:28.310 So we're reading eating highly
NOTE Confidence: 0.819739639759064

00:02:28.310 --> 00:02:29.396 color dense foods.
NOTE Confidence: 0.819739639759064

00:02:29.400 --> 00:02:31.566 We're doing lots of online shopping.
NOTE Confidence: 0.819739639759064

00:02:31.570 --> 00:02:33.014 We're bingeing and streaming,
NOTE Confidence: 0.819739639759064

00:02:33.014 --> 00:02:35.168 you know, the latest TV show.
NOTE Confidence: 0.819739639759064

00:02:35.168 --> 00:02:38.455 And while these make us feel good in the
NOTE Confidence: 0.819739639759064

00:02:38.455 --> 00:02:40.250 moment, they're not sustainable there.
NOTE Confidence: 0.819739639759064

00:02:40.250 --> 00:02:42.790 Not helping us for the long term,
NOTE Confidence: 0.819739639759064

00:02:42.790 --> 00:02:43.146 so.
NOTE Confidence: 0.819739639759064

00:02:43.146 --> 00:02:45.994 What's so nice about Hyuga is is that
NOTE Confidence: 0.819739639759064

00:02:45.994 --> 00:02:48.818 we can really focus on sustainable
NOTE Confidence: 0.819739639759064

00:02:48.818 --> 00:02:51.844 ways to just make ourselves feel

NOTE Confidence: 0.819739639759064
00:02:51.844 --> 00:02:54.609 better and shifting our environment.
NOTE Confidence: 0.819739639759064
00:02:54.610 --> 00:02:58.100 So I like to think about it in our senses.
NOTE Confidence: 0.819739639759064
00:02:58.100 --> 00:02:59.144 How do we?
NOTE Confidence: 0.819739639759064
00:02:59.144 --> 00:03:01.232 How do we stimulate our senses?
NOTE Confidence: 0.819739639759064
00:03:01.240 --> 00:03:03.340 So let's think about site first.
NOTE Confidence: 0.819739639759064
00:03:03.340 --> 00:03:05.080 So site first and foremost,
NOTE Confidence: 0.819739639759064
00:03:05.080 --> 00:03:06.472 the environment that you're
NOTE Confidence: 0.819739639759064
00:03:06.472 --> 00:03:07.516 creating for yourself.
NOTE Confidence: 0.819739639759064
00:03:07.520 --> 00:03:10.652 So a lot of unnatural lighting is in healthy,
NOTE Confidence: 0.819739639759064
00:03:10.660 --> 00:03:12.460 so try to get yourself close
NOTE Confidence: 0.819739639759064
00:03:12.460 --> 00:03:13.660 to a window with
NOTE Confidence: 0.826923549175262
00:03:13.731 --> 00:03:15.198 good natural lighting.
NOTE Confidence: 0.826923549175262
00:03:15.200 --> 00:03:17.024 You know, having that flashing TV
NOTE Confidence: 0.826923549175262
00:03:17.024 --> 00:03:19.389 on is it feels good momentarily,
NOTE Confidence: 0.826923549175262
00:03:19.390 --> 00:03:21.135 but it's probably not doing
NOTE Confidence: 0.826923549175262

00:03:21.135 --> 00:03:22.880 so good for your brain.
NOTE Confidence: 0.826923549175262

00:03:22.880 --> 00:03:24.630 So maybe turn even turning
NOTE Confidence: 0.826923549175262

00:03:24.630 --> 00:03:26.730 down the lights a little bit.
NOTE Confidence: 0.826923549175262

00:03:26.730 --> 00:03:28.770 Creating a nice warm
NOTE Confidence: 0.826923549175262

00:03:28.770 --> 00:03:30.300 environment for yourself.
NOTE Confidence: 0.826923549175262

00:03:30.300 --> 00:03:33.024 Smell so lighting a scented candle
NOTE Confidence: 0.826923549175262

00:03:33.024 --> 00:03:35.748 or burning some incense. You know,
NOTE Confidence: 0.826923549175262

00:03:35.748 --> 00:03:38.926 people really do find lavender and bergamot.
NOTE Confidence: 0.826923549175262

00:03:38.930 --> 00:03:41.648 Those essential oils really, really calming.
NOTE Confidence: 0.826923549175262

00:03:41.650 --> 00:03:44.658 So create a nice.
NOTE Confidence: 0.826923549175262

00:03:44.658 --> 00:03:47.666 Smell for your environment.
NOTE Confidence: 0.826923549175262

00:03:47.670 --> 00:03:49.680 So touch touch is really important,
NOTE Confidence: 0.826923549175262

00:03:49.680 --> 00:03:52.260 so find your most comfortable clothing.
NOTE Confidence: 0.826923549175262

00:03:52.260 --> 00:03:54.988 You know, instead of putting it on lazily,
NOTE Confidence: 0.826923549175262

00:03:54.990 --> 00:03:56.695 because we're bored and because
NOTE Confidence: 0.826923549175262

00:03:56.695 --> 00:03:58.400 we're not leaving the house,

NOTE Confidence: 0.826923549175262
00:03:58.400 --> 00:04:00.100 dude intentionally say to yourself,
NOTE Confidence: 0.826923549175262
00:04:00.100 --> 00:04:02.487 I'm putting on my most comfortable sweater.
NOTE Confidence: 0.826923549175262
00:04:02.490 --> 00:04:05.045 I'm putting on my most
NOTE Confidence: 0.826923549175262
00:04:05.045 --> 00:04:06.067 comfortable sweatpants.
NOTE Confidence: 0.826923549175262
00:04:06.070 --> 00:04:10.988 Excuse me And find yourself
NOTE Confidence: 0.826923549175262
00:04:10.988 --> 00:04:12.518 a blanket and nice warm,
NOTE Confidence: 0.826923549175262
00:04:12.520 --> 00:04:15.704 cozy blanket that you can snuggle up to.
NOTE Confidence: 0.826923549175262
00:04:15.710 --> 00:04:18.204 So we went through touch, smell,
NOTE Confidence: 0.826923549175262
00:04:18.204 --> 00:04:20.688 sight and let's think about taste.
NOTE Confidence: 0.826923549175262
00:04:20.690 --> 00:04:22.765 So finding yourself a nice
NOTE Confidence: 0.826923549175262
00:04:22.765 --> 00:04:24.010 herbal decaffeinated tea,
NOTE Confidence: 0.826923549175262
00:04:24.010 --> 00:04:26.761 you know my favorite is ginger lemon
NOTE Confidence: 0.826923549175262
00:04:26.761 --> 00:04:29.410 honey tea with some fresh ginger,
NOTE Confidence: 0.826923549175262
00:04:29.410 --> 00:04:31.900 lemon buying from some local honey,
NOTE Confidence: 0.826923549175262
00:04:31.900 --> 00:04:34.594 local honey purveyors and also thinking
NOTE Confidence: 0.826923549175262

00:04:34.594 --> 00:04:37.289 about those warming foods that we see.
NOTE Confidence: 0.826923549175262

00:04:37.290 --> 00:04:38.790 And I are veda.
NOTE Confidence: 0.826923549175262

00:04:38.790 --> 00:04:41.040 You know with winter coming all
NOTE Confidence: 0.826923549175262

00:04:41.127 --> 00:04:43.282 of these root vegetables are
NOTE Confidence: 0.826923549175262

00:04:43.282 --> 00:04:45.956 showing up in our markets and
NOTE Confidence: 0.826923549175262

00:04:45.956 --> 00:04:48.554 showing up in our farmers markets.
NOTE Confidence: 0.826923549175262

00:04:48.560 --> 00:04:50.900 And I really want you to
NOTE Confidence: 0.826923549175262

00:04:50.900 --> 00:04:52.460 think about purchasing them,
NOTE Confidence: 0.826923549175262

00:04:52.460 --> 00:04:54.614 because in the IRA Vedic tradition
NOTE Confidence: 0.826923549175262

00:04:54.614 --> 00:04:56.750 in the Indian medicine tradition,
NOTE Confidence: 0.826923549175262

00:04:56.750 --> 00:04:59.090 these are really considered warming foods.
NOTE Confidence: 0.826923549175262

00:04:59.090 --> 00:05:01.430 And then finally thinking about listening,
NOTE Confidence: 0.826923549175262

00:05:01.430 --> 00:05:02.232 you know.
NOTE Confidence: 0.826923549175262

00:05:02.232 --> 00:05:06.538 Who get is a great opportunity to be in a
NOTE Confidence: 0.826923549175262

00:05:06.538 --> 00:05:09.550 social environment in a social situation,
NOTE Confidence: 0.826923549175262

00:05:09.550 --> 00:05:13.646 but in a much more comfortable way so.

NOTE Confidence: 0.826923549175262
00:05:13.650 --> 00:05:16.266 Listening to people talking to people,
NOTE Confidence: 0.826923549175262
00:05:16.270 --> 00:05:17.860 having these conversations,
NOTE Confidence: 0.826923549175262
00:05:17.860 --> 00:05:19.980 turning off the TV.
NOTE Confidence: 0.826923549175262
00:05:19.980 --> 00:05:23.310 That's so that's going to be so so important.
NOTE Confidence: 0.826923549175262
00:05:23.310 --> 00:05:26.270 And if you're alone putting on some good,
NOTE Confidence: 0.826923549175262
00:05:26.270 --> 00:05:26.798 soothing,
NOTE Confidence: 0.826923549175262
00:05:26.798 --> 00:05:31.022 calming music can really be beneficial to so.
NOTE Confidence: 0.826923549175262
00:05:31.030 --> 00:05:32.655 Sometimes integrative medicine isn't all
NOTE Confidence: 0.826923549175262
00:05:32.655 --> 00:05:35.030 about meditation or keeping a rigid practice.
NOTE Confidence: 0.826923549175262
00:05:35.030 --> 00:05:37.354 Sometimes it is, but sometimes it isn't.
NOTE Confidence: 0.826923549175262
00:05:37.360 --> 00:05:38.688 Sometimes it's really just
NOTE Confidence: 0.826923549175262
00:05:38.688 --> 00:05:40.348 about being in your place.
NOTE Confidence: 0.826923549175262
00:05:40.350 --> 00:05:41.349 Finding a nice,
NOTE Confidence: 0.826923549175262
00:05:41.349 --> 00:05:43.680 comfortable spot to just simply be present.
NOTE Confidence: 0.826923549175262
00:05:43.680 --> 00:05:47.010 So I hope you all got something out of this.
NOTE Confidence: 0.826923549175262

00:05:47.010 --> 00:05:50.358 I hope you have a wonderful day and I

NOTE Confidence: 0.826923549175262

00:05:50.358 --> 00:05:53.565 hope you get your who gon take care.