

WEBVTT

NOTE duration:"01:15:39"

NOTE recognizability:0.869

NOTE language:en-us

NOTE Confidence: 0.943099098888889

00:00:00.000 --> 00:00:01.254 Frontiers and staff.

NOTE Confidence: 0.943099098888889

00:00:01.254 --> 00:00:03.344 With the mission of empowering

NOTE Confidence: 0.943099098888889

00:00:03.344 --> 00:00:05.343 individuals to take control of

NOTE Confidence: 0.943099098888889

00:00:05.343 --> 00:00:07.163 their own health and Wellness,

NOTE Confidence: 0.943099098888889

00:00:07.170 --> 00:00:09.090 the program features free interactive

NOTE Confidence: 0.943099098888889

00:00:09.090 --> 00:00:11.392 workshops which are now in this

NOTE Confidence: 0.943099098888889

00:00:11.392 --> 00:00:13.618 format unzoom a few times per year

NOTE Confidence: 0.943099098888889

00:00:13.618 --> 00:00:15.235 that reaffirm the importance of

NOTE Confidence: 0.943099098888889

00:00:15.235 --> 00:00:17.377 caring for the person as a whole.

NOTE Confidence: 0.943099098888889

00:00:17.380 --> 00:00:19.336 Body, mind and spirit.

NOTE Confidence: 0.943099098888889

00:00:19.336 --> 00:00:21.292 Designed to complement traditional

NOTE Confidence: 0.943099098888889

00:00:21.292 --> 00:00:23.250 lectures and health talks,

NOTE Confidence: 0.943099098888889

00:00:23.250 --> 00:00:25.350 each workshop focuses on

NOTE Confidence: 0.943099098888889

00:00:25.350 --> 00:00:27.450 some component of Wellness.  
NOTE Confidence: 0.943099098888889

00:00:27.450 --> 00:00:29.542 The committee who plans and  
NOTE Confidence: 0.943099098888889

00:00:29.542 --> 00:00:30.826 conducts these workshops  
NOTE Confidence: 0.943099098888889

00:00:30.826 --> 00:00:32.870 consists of Geesala Boxleitner.  
NOTE Confidence: 0.943099098888889

00:00:32.870 --> 00:00:36.090 Bud well sell Denise Romano.  
NOTE Confidence: 0.943099098888889

00:00:36.090 --> 00:00:37.776 Danielle sagnella.  
NOTE Confidence: 0.943099098888889

00:00:37.776 --> 00:00:41.148 Beverly Block and myself.  
NOTE Confidence: 0.943099098888889

00:00:41.150 --> 00:00:42.935 I also would like to recognize  
NOTE Confidence: 0.943099098888889

00:00:42.935 --> 00:00:44.945 and thank Lisa Adams from our  
NOTE Confidence: 0.943099098888889

00:00:44.945 --> 00:00:46.486 audiovisual department who always  
NOTE Confidence: 0.943099098888889

00:00:46.486 --> 00:00:47.890 helps us immensely with the  
NOTE Confidence: 0.943099098888889

00:00:47.890 --> 00:00:49.498 technology behind the scenes,  
NOTE Confidence: 0.943099098888889

00:00:49.500 --> 00:00:50.550 so that this can be possible.  
NOTE Confidence: 0.943099098888889

00:00:50.550 --> 00:00:52.930 Please let us know after the program  
NOTE Confidence: 0.943099098888889

00:00:52.930 --> 00:00:55.303 if you have any suggestions for  
NOTE Confidence: 0.943099098888889

00:00:55.303 --> 00:00:57.328 future topics and remember to

NOTE Confidence: 0.943099098888889  
00:00:57.328 --> 00:00:59.215 complete the evaluation at the end  
NOTE Confidence: 0.943099098888889  
00:00:59.215 --> 00:01:01.690 as we value all of your feedback.  
NOTE Confidence: 0.943099098888889  
00:01:01.690 --> 00:01:05.170 So last little bit of housekeeping once  
NOTE Confidence: 0.943099098888889  
00:01:05.170 --> 00:01:06.970 Joan is done with her presentation,  
NOTE Confidence: 0.943099098888889  
00:01:06.970 --> 00:01:09.298 we will have time for interactive  
NOTE Confidence: 0.943099098888889  
00:01:09.298 --> 00:01:10.462 questions and answers.  
NOTE Confidence: 0.943099098888889  
00:01:10.470 --> 00:01:13.228 Please use the Q&A feature in Zoom.  
NOTE Confidence: 0.943099098888889  
00:01:13.230 --> 00:01:15.533 That is how we will collect those  
NOTE Confidence: 0.943099098888889  
00:01:15.533 --> 00:01:17.474 questions and then be able to  
NOTE Confidence: 0.943099098888889  
00:01:17.474 --> 00:01:19.244 talk about them during the Q&A.  
NOTE Confidence: 0.943099098888889  
00:01:19.250 --> 00:01:21.116 Will make every attempt to get  
NOTE Confidence: 0.943099098888889  
00:01:21.116 --> 00:01:23.130 to all of your questions.  
NOTE Confidence: 0.943099098888889  
00:01:23.130 --> 00:01:25.620 OK, I'm going to introduce Joan Palmer,  
NOTE Confidence: 0.943099098888889  
00:01:25.620 --> 00:01:27.918 our guest for today, and speaker.  
NOTE Confidence: 0.943099098888889  
00:01:27.920 --> 00:01:29.640 Joan is the founder,  
NOTE Confidence: 0.943099098888889

00:01:29.640 --> 00:01:31.956 director and an instructor at the  
NOTE Confidence: 0.943099098888889

00:01:31.956 --> 00:01:33.768 Institute of Sustainable Nutrition.  
NOTE Confidence: 0.943099098888889

00:01:33.770 --> 00:01:36.394 She has a Masters degree in Human Nutrition,  
NOTE Confidence: 0.943099098888889

00:01:36.400 --> 00:01:37.868 a Bachelors in education,  
NOTE Confidence: 0.943099098888889

00:01:37.868 --> 00:01:41.090 and is certified as a family and community.  
NOTE Confidence: 0.943099098888889

00:01:41.090 --> 00:01:43.754 Herbalist Joan teaches the art and  
NOTE Confidence: 0.943099098888889

00:01:43.754 --> 00:01:47.480 science of eating at the Graduate Institute.  
NOTE Confidence: 0.943099098888889

00:01:47.480 --> 00:01:50.448 As well as food as medicine at  
NOTE Confidence: 0.943099098888889

00:01:50.448 --> 00:01:52.971 Quinnipiac University, she raises plants,  
NOTE Confidence: 0.943099098888889

00:01:52.971 --> 00:01:55.304 chickens, bees and boys.  
NOTE Confidence: 0.943099098888889

00:01:55.304 --> 00:01:57.899 Love that in the beautiful hills  
NOTE Confidence: 0.943099098888889

00:01:57.900 --> 00:01:58.869 of West Granby,  
NOTE Confidence: 0.943099098888889

00:01:58.869 --> 00:02:01.470 CT and we're grateful to have her here  
NOTE Confidence: 0.926741875

00:02:01.680 --> 00:02:03.548 with us, from Granby  
NOTE Confidence: 0.914818476666667

00:02:04.210 --> 00:02:05.668 for today's program. So with that,  
NOTE Confidence: 0.914818476666667

00:02:05.670 --> 00:02:06.540 I'll turn it over to you.

NOTE Confidence: 0.914818476666667  
00:02:06.540 --> 00:02:07.525 Joan, thank you for being  
NOTE Confidence: 0.914818476666667  
00:02:07.525 --> 00:02:08.510 here and sharing your wisdom  
NOTE Confidence: 0.873548241666667  
00:02:08.520 --> 00:02:11.820 with us. Oh, thank you Nicole.  
NOTE Confidence: 0.873548241666667  
00:02:11.820 --> 00:02:15.468 I do have to say that those chickens.  
NOTE Confidence: 0.873548241666667  
00:02:15.470 --> 00:02:19.180 Actually were all eaten by a bobcat,  
NOTE Confidence: 0.873548241666667  
00:02:19.180 --> 00:02:20.909 so I have to take that off.  
NOTE Confidence: 0.873548241666667  
00:02:20.910 --> 00:02:23.440 The bio for this year,  
NOTE Confidence: 0.873548241666667  
00:02:23.440 --> 00:02:27.580 which is rather sad, but uhm,  
NOTE Confidence: 0.873548241666667  
00:02:27.580 --> 00:02:30.880 so thank you everyone for joining  
NOTE Confidence: 0.873548241666667  
00:02:30.986 --> 00:02:33.460 us to talk about the microbiome.  
NOTE Confidence: 0.873548241666667  
00:02:33.460 --> 00:02:38.128 It is really a.  
NOTE Confidence: 0.873548241666667  
00:02:38.130 --> 00:02:40.419 Kind of a new area of research,  
NOTE Confidence: 0.873548241666667  
00:02:40.420 --> 00:02:44.244 or it's it's a burgeoning area of research?  
NOTE Confidence: 0.873548241666667  
00:02:44.250 --> 00:02:46.950 There are.  
NOTE Confidence: 0.873548241666667  
00:02:46.950 --> 00:02:50.422 A lot of studies out there that are  
NOTE Confidence: 0.873548241666667

00:02:50.422 --> 00:02:54.175 exploring the the different aspects of the  
NOTE Confidence: 0.873548241666667

00:02:54.175 --> 00:02:57.723 microbiome and how that influences us you.  
NOTE Confidence: 0.873548241666667

00:02:57.723 --> 00:03:00.621 You need to remember that we  
NOTE Confidence: 0.873548241666667

00:03:00.621 --> 00:03:03.590 have evolved with these bacteria.  
NOTE Confidence: 0.873548241666667

00:03:03.590 --> 00:03:04.604 We are.  
NOTE Confidence: 0.873548241666667

00:03:04.604 --> 00:03:07.646 We are more of the bacteria  
NOTE Confidence: 0.873548241666667

00:03:07.646 --> 00:03:09.959 than we are of us,  
NOTE Confidence: 0.873548241666667

00:03:09.960 --> 00:03:11.934 and I'll explain that as we go,  
NOTE Confidence: 0.873548241666667

00:03:11.940 --> 00:03:15.940 and so they it really is an important.  
NOTE Confidence: 0.873548241666667

00:03:15.940 --> 00:03:18.957 Aspect of our health and an important  
NOTE Confidence: 0.873548241666667

00:03:18.957 --> 00:03:22.346 thing for us to to have an understanding  
NOTE Confidence: 0.873548241666667

00:03:22.346 --> 00:03:25.100 and a knowledge base to nurture  
NOTE Confidence: 0.873548241666667

00:03:25.188 --> 00:03:28.188 these microbes for both our physical  
NOTE Confidence: 0.873548241666667

00:03:28.188 --> 00:03:30.850 health and our emotional health.  
NOTE Confidence: 0.873548241666667

00:03:30.850 --> 00:03:33.130 So I am going to share my screen  
NOTE Confidence: 0.873548241666667

00:03:33.130 --> 00:03:35.822 with you and we're going to do a

NOTE Confidence: 0.873548241666667  
00:03:35.822 --> 00:03:37.649 PowerPoint and then we're going  
NOTE Confidence: 0.873548241666667  
00:03:37.649 --> 00:03:39.989 to talk about some of these  
NOTE Confidence: 0.873548241666667  
00:03:39.989 --> 00:03:43.065 delicious foods behind me.  
NOTE Confidence: 0.873548241666667  
00:03:43.065 --> 00:03:44.970 So.  
NOTE Confidence: 0.873548241666667  
00:03:44.970 --> 00:03:47.680 Hi.  
NOTE Confidence: 0.873548241666667  
00:03:47.680 --> 00:03:48.928 I'm going to.  
NOTE Confidence: 0.56966956  
00:03:57.810 --> 00:04:05.720 OK, uhm. So. I, I think this this  
NOTE Confidence: 0.56966956  
00:04:05.720 --> 00:04:09.400 saying is so true. You can pay the  
NOTE Confidence: 0.56966956  
00:04:09.400 --> 00:04:10.840 farmer now or the doctor later.  
NOTE Confidence: 0.56966956  
00:04:10.840 --> 00:04:14.935 Real food matters that we are discovering  
NOTE Confidence: 0.56966956  
00:04:14.935 --> 00:04:17.935 the health benefits of real food  
NOTE Confidence: 0.56966956  
00:04:17.935 --> 00:04:21.122 and the the importance of of that  
NOTE Confidence: 0.56966956  
00:04:21.122 --> 00:04:26.610 in part of our health routine so.  
NOTE Confidence: 0.56966956  
00:04:26.610 --> 00:04:30.012 Anyway, so thanks, we're going to talk  
NOTE Confidence: 0.56966956  
00:04:30.012 --> 00:04:34.390 about today are what is the human microbiome?  
NOTE Confidence: 0.56966956

00:04:34.390 --> 00:04:37.015 What are the benefits of  
NOTE Confidence: 0.56966956  
00:04:37.015 --> 00:04:38.590 a healthy microbiome?  
NOTE Confidence: 0.56966956  
00:04:38.590 --> 00:04:41.182 How is that acquired?  
NOTE Confidence: 0.56966956  
00:04:41.182 --> 00:04:43.774 And then disorders associated,  
NOTE Confidence: 0.56966956  
00:04:43.780 --> 00:04:46.548 not necessarily causing associated  
NOTE Confidence: 0.56966956  
00:04:46.548 --> 00:04:49.316 with an unhealthy microbiome.  
NOTE Confidence: 0.56966956  
00:04:49.320 --> 00:04:52.070 What contributes to an unhealthy  
NOTE Confidence: 0.56966956  
00:04:52.070 --> 00:04:55.140 microbiome and then what contributes to?  
NOTE Confidence: 0.56966956  
00:04:55.140 --> 00:04:57.690 How do we support and grow  
NOTE Confidence: 0.56966956  
00:04:57.690 --> 00:04:58.965 a healthy microbiome?  
NOTE Confidence: 0.56966956  
00:04:58.970 --> 00:05:01.805 And then we have to take a few minutes  
NOTE Confidence: 0.56966956  
00:05:01.805 --> 00:05:04.278 to talk about fermented foods.  
NOTE Confidence: 0.56966956  
00:05:04.280 --> 00:05:07.840 So I am going to.  
NOTE Confidence: 0.56966956  
00:05:07.840 --> 00:05:08.778 Minimize that,  
NOTE Confidence: 0.56966956  
00:05:08.778 --> 00:05:12.061 so the microbiome is a unique make  
NOTE Confidence: 0.56966956  
00:05:12.061 --> 00:05:14.709 up of colonies of microorganisms



NOTE Confidence: 0.56966956

00:05:14.709 --> 00:05:17.314 that live on and in.

NOTE Confidence: 0.56966956

00:05:17.320 --> 00:05:22.654 In fact, we each have our unique.

NOTE Confidence: 0.56966956

00:05:22.660 --> 00:05:25.800 Colony of microorganisms that is

NOTE Confidence: 0.56966956

00:05:25.800 --> 00:05:28.940 as unique as your fingerprint.

NOTE Confidence: 0.56966956

00:05:28.940 --> 00:05:32.108 So if we were able to do a snapshot

NOTE Confidence: 0.56966956

00:05:32.108 --> 00:05:34.196 of each person's microbiome,

NOTE Confidence: 0.56966956

00:05:34.196 --> 00:05:36.728 each one would be.

NOTE Confidence: 0.56966956

00:05:36.730 --> 00:05:41.836 Uniquely yours and not anyone else's.

NOTE Confidence: 0.56966956

00:05:41.840 --> 00:05:45.824 So we we acquire these throughout our lives,

NOTE Confidence: 0.56966956

00:05:45.830 --> 00:05:48.570 from birth to death,

NOTE Confidence: 0.56966956

00:05:48.570 --> 00:05:52.638 we are acquiring our specific microbiome,

NOTE Confidence: 0.56966956

00:05:52.640 --> 00:05:55.132 and there are lots of things we

NOTE Confidence: 0.56966956

00:05:55.132 --> 00:05:57.639 do that enhance and cause

NOTE Confidence: 0.56966956

00:05:57.639 --> 00:05:59.455 that microbiome to flourish,

NOTE Confidence: 0.56966956

00:05:59.460 --> 00:06:02.592 and many things that caused it to die back.

NOTE Confidence: 0.56966956

00:06:02.600 --> 00:06:06.488 And so we'll talk about all of those.

NOTE Confidence: 0.56966956

00:06:06.490 --> 00:06:08.482 These colonies come.

NOTE Confidence: 0.56966956

00:06:08.482 --> 00:06:11.802 Are deeply influenced by our

NOTE Confidence: 0.56966956

00:06:11.802 --> 00:06:14.849 diet and our lifestyle.

NOTE Confidence: 0.56966956

00:06:14.850 --> 00:06:16.754 And we'll talk about all of that.

NOTE Confidence: 0.872754556666667

00:06:18.940 --> 00:06:22.630 So the microbiome is they are.

NOTE Confidence: 0.872754556666667

00:06:22.630 --> 00:06:24.770 The bacteria were talking about

NOTE Confidence: 0.872754556666667

00:06:24.770 --> 00:06:27.689 the bacteria that is on our skin,

NOTE Confidence: 0.872754556666667

00:06:27.690 --> 00:06:32.924 our hair, our face, and also in US.

NOTE Confidence: 0.872754556666667

00:06:32.924 --> 00:06:34.668 And it's really interesting,

NOTE Confidence: 0.872754556666667

00:06:34.670 --> 00:06:36.966 because if we took a snapshot and

NOTE Confidence: 0.872754556666667

00:06:36.966 --> 00:06:39.630 were able to look at the the microbes

NOTE Confidence: 0.872754556666667

00:06:39.630 --> 00:06:41.950 here in the crook of your arm,

NOTE Confidence: 0.872754556666667

00:06:41.950 --> 00:06:45.070 they'd be really different than, say,

NOTE Confidence: 0.872754556666667

00:06:45.070 --> 00:06:48.598 the microbes on your calf. They are.

NOTE Confidence: 0.872754556666667

00:06:48.598 --> 00:06:51.496 Unique to that area of the body

NOTE Confidence: 0.872754556666667  
00:06:51.496 --> 00:06:54.856 and they all have unique functions.  
NOTE Confidence: 0.872754556666667  
00:06:54.860 --> 00:06:56.606 Here are some of the bacteria,  
NOTE Confidence: 0.872754556666667  
00:06:56.610 --> 00:06:58.380 Archaea, fungi, viruses,  
NOTE Confidence: 0.872754556666667  
00:06:58.380 --> 00:07:00.740 yeasts and other microbes.  
NOTE Confidence: 0.872754556666667  
00:07:00.740 --> 00:07:04.926 The fascinating thing about that is that  
NOTE Confidence: 0.872754556666667  
00:07:04.930 --> 00:07:09.925 those are the same microbes that we see in.  
NOTE Confidence: 0.872754556666667  
00:07:09.930 --> 00:07:13.248 The microbiome of the soil or the  
NOTE Confidence: 0.872754556666667  
00:07:13.248 --> 00:07:16.327 rhizosphere of the soil and that  
NOTE Confidence: 0.872754556666667  
00:07:16.327 --> 00:07:19.447 we know there are deep similarities  
NOTE Confidence: 0.872754556666667  
00:07:19.447 --> 00:07:22.734 between the soil and plant  
NOTE Confidence: 0.872754556666667  
00:07:22.734 --> 00:07:26.189 microbiomes and the human microbiome,  
NOTE Confidence: 0.872754556666667  
00:07:26.190 --> 00:07:29.556 which is just a fascinating topic.  
NOTE Confidence: 0.927533841428571  
00:07:32.350 --> 00:07:35.724 So we're going to look at this.  
NOTE Confidence: 0.9337662  
00:07:40.120 --> 00:07:43.440 Sorry. We're going to look at  
NOTE Confidence: 0.9337662  
00:07:43.440 --> 00:07:47.078 this for just a moment. This is a  
NOTE Confidence: 0.9337662

00:07:47.078 --> 00:07:50.740 picture of the digestive system.  
NOTE Confidence: 0.746729479

00:07:53.500 --> 00:07:56.482 The two peer at the top that  
NOTE Confidence: 0.746729479

00:07:56.482 --> 00:07:58.386 is your esophagus, food cup.  
NOTE Confidence: 0.746729479

00:07:58.386 --> 00:07:59.638 You chew your food.  
NOTE Confidence: 0.746729479

00:07:59.640 --> 00:08:03.518 It comes down goes into the stomach  
NOTE Confidence: 0.746729479

00:08:03.518 --> 00:08:06.563 where this chemically and mechanically  
NOTE Confidence: 0.746729479

00:08:06.563 --> 00:08:09.726 broken down into smaller particles  
NOTE Confidence: 0.746729479

00:08:09.726 --> 00:08:13.434 and then it leaves the stomach.  
NOTE Confidence: 0.746729479

00:08:13.440 --> 00:08:17.166 And enters here the small intestines  
NOTE Confidence: 0.746729479

00:08:17.166 --> 00:08:20.919 and the small intestines are where  
NOTE Confidence: 0.746729479

00:08:20.919 --> 00:08:23.829 most of our digestion happens,  
NOTE Confidence: 0.746729479

00:08:23.830 --> 00:08:26.035 so it continues to break the food  
NOTE Confidence: 0.746729479

00:08:26.035 --> 00:08:28.330 down into its smallest particles,  
NOTE Confidence: 0.746729479

00:08:28.330 --> 00:08:31.530 and when it gets to the smallest particle,  
NOTE Confidence: 0.746729479

00:08:31.530 --> 00:08:35.445 it will be able to move through the cell.  
NOTE Confidence: 0.746729479

00:08:35.450 --> 00:08:38.166 The cell walls of the intestine and

NOTE Confidence: 0.746729479

00:08:38.166 --> 00:08:40.928 go through the rest of the process

NOTE Confidence: 0.746729479

00:08:40.928 --> 00:08:43.208 to be absorbed into the body.

NOTE Confidence: 0.746729479

00:08:43.210 --> 00:08:47.540 This is about. 21 to 23 feet long.

NOTE Confidence: 0.746729479

00:08:47.540 --> 00:08:48.890 The small intestines,

NOTE Confidence: 0.746729479

00:08:48.890 --> 00:08:50.798 which is quite remarkable

NOTE Confidence: 0.746729479

00:08:50.798 --> 00:08:53.660 that you have that in you.

NOTE Confidence: 0.746729479

00:08:53.660 --> 00:08:56.356 That that's in order for us to get

NOTE Confidence: 0.746729479

00:08:56.356 --> 00:08:58.890 as much nutrition as possible,

NOTE Confidence: 0.746729479

00:08:58.890 --> 00:09:02.478 so we want a really long.

NOTE Confidence: 0.746729479

00:09:02.480 --> 00:09:05.322 Right for that food to try and

NOTE Confidence: 0.746729479

00:09:05.322 --> 00:09:07.518 extract as much as we can.

NOTE Confidence: 0.746729479

00:09:07.520 --> 00:09:11.300 What it's done that and moved

NOTE Confidence: 0.746729479

00:09:11.300 --> 00:09:14.673 through it enters here down

NOTE Confidence: 0.746729479

00:09:14.673 --> 00:09:18.308 here into the large intestines.

NOTE Confidence: 0.746729479

00:09:18.310 --> 00:09:20.314 Now the large intestine are only

NOTE Confidence: 0.746729479

00:09:20.314 --> 00:09:22.320 between seven and nine feet long,  
NOTE Confidence: 0.746729479

00:09:22.320 --> 00:09:24.990 but they're bigger in diameter.  
NOTE Confidence: 0.746729479

00:09:24.990 --> 00:09:31.308 And what happens here is much less of the.  
NOTE Confidence: 0.746729479

00:09:31.310 --> 00:09:33.738 Option is happening here.  
NOTE Confidence: 0.746729479

00:09:33.738 --> 00:09:35.559 This is more.  
NOTE Confidence: 0.746729479

00:09:35.560 --> 00:09:37.770 Reabsorption of water and things  
NOTE Confidence: 0.746729479

00:09:37.770 --> 00:09:40.841 like that and getting the food the  
NOTE Confidence: 0.746729479

00:09:40.841 --> 00:09:43.175 undigested part of the food ready  
NOTE Confidence: 0.746729479

00:09:43.175 --> 00:09:45.940 to leave the body in our stool so.  
NOTE Confidence: 0.746729479

00:09:45.940 --> 00:09:49.744 This section the large intestines is  
NOTE Confidence: 0.746729479

00:09:49.744 --> 00:09:54.279 where most of our bacteria reside.  
NOTE Confidence: 0.746729479

00:09:54.280 --> 00:09:58.440 There are. Up to.  
NOTE Confidence: 0.746729479

00:09:58.440 --> 00:10:02.402 I think we think 100 trillion bacteria  
NOTE Confidence: 0.746729479

00:10:02.402 --> 00:10:05.847 residing in this area of the body  
NOTE Confidence: 0.746729479

00:10:05.850 --> 00:10:09.266 and what is moving into that area is  
NOTE Confidence: 0.746729479

00:10:09.266 --> 00:10:11.921 the undigested part of the food or

NOTE Confidence: 0.746729479

00:10:11.921 --> 00:10:14.978 the fiber of the food we always hear.

NOTE Confidence: 0.746729479

00:10:14.980 --> 00:10:16.555 Oh you need to eat more fiber.

NOTE Confidence: 0.746729479

00:10:16.560 --> 00:10:18.320 You need to have lots of fiber in your diet.

NOTE Confidence: 0.746729479

00:10:18.320 --> 00:10:18.745 Well,

NOTE Confidence: 0.746729479

00:10:18.745 --> 00:10:21.720 one of the main reasons for that

NOTE Confidence: 0.746729479

00:10:21.720 --> 00:10:25.757 is to provide food to the microbes

NOTE Confidence: 0.746729479

00:10:25.757 --> 00:10:28.847 that colonize the large intestines.

NOTE Confidence: 0.746729479

00:10:28.850 --> 00:10:29.165 OK,

NOTE Confidence: 0.746729479

00:10:29.165 --> 00:10:31.055 so that's where we're going to

NOTE Confidence: 0.746729479

00:10:31.055 --> 00:10:33.931 spend the most time today is in the

NOTE Confidence: 0.746729479

00:10:33.931 --> 00:10:35.419 large intestines talking about.

NOTE Confidence: 0.746729479

00:10:35.420 --> 00:10:38.978 About those microbes.

NOTE Confidence: 0.746729479

00:10:38.980 --> 00:10:42.060 So the purpose of that is to

NOTE Confidence: 0.746729479

00:10:42.060 --> 00:10:43.750 feed those microbes OK?

NOTE Confidence: 0.7514546

00:10:45.810 --> 00:10:50.480 So. Why is the microbiome important?

NOTE Confidence: 0.7514546

00:10:50.480 --> 00:10:51.860 And again, we're talking  
NOTE Confidence: 0.7514546

00:10:51.860 --> 00:10:53.930 about the ones that reside in  
NOTE Confidence: 0.7514546

00:10:53.994 --> 00:10:55.909 those in the large intestines,  
NOTE Confidence: 0.7514546

00:10:55.910 --> 00:10:59.396 so they act as immune modulators.  
NOTE Confidence: 0.7514546

00:10:59.400 --> 00:11:02.221 That means that they kind of are  
NOTE Confidence: 0.7514546

00:11:02.221 --> 00:11:04.649 are training your immune system.  
NOTE Confidence: 0.7514546

00:11:04.650 --> 00:11:06.505 They they keep your immune  
NOTE Confidence: 0.7514546

00:11:06.505 --> 00:11:08.780 system from getting out of hand,  
NOTE Confidence: 0.7514546

00:11:08.780 --> 00:11:12.688 as in autoimmune issues.  
NOTE Confidence: 0.7514546

00:11:12.690 --> 00:11:15.154 And keep it active enough so that  
NOTE Confidence: 0.7514546

00:11:15.154 --> 00:11:17.980 it is your immune system is is  
NOTE Confidence: 0.7514546

00:11:17.980 --> 00:11:20.440 steady and and healthy for you,  
NOTE Confidence: 0.7514546

00:11:20.440 --> 00:11:22.589 so it it keeps your immune system  
NOTE Confidence: 0.7514546

00:11:22.589 --> 00:11:24.349 right where it needs to be.  
NOTE Confidence: 0.7514546

00:11:24.350 --> 00:11:27.185 It helps to modulate that they  
NOTE Confidence: 0.7514546

00:11:27.185 --> 00:11:29.260 actually key late heavy metals



NOTE Confidence: 0.7514546

00:11:29.260 --> 00:11:31.650 and other toxins from the body.

NOTE Confidence: 0.7514546

00:11:31.650 --> 00:11:33.932 And key light means that they kind

NOTE Confidence: 0.7514546

00:11:33.932 --> 00:11:36.539 of grab onto and have a way of

NOTE Confidence: 0.7514546

00:11:36.539 --> 00:11:38.489 bonding to get those toxins and

NOTE Confidence: 0.7514546

00:11:38.489 --> 00:11:40.722 heavy metals out of your body so

NOTE Confidence: 0.7514546

00:11:40.722 --> 00:11:42.700 that they don't stay in the body.

NOTE Confidence: 0.7514546

00:11:42.700 --> 00:11:45.140 And lodge in areas that you don't want

NOTE Confidence: 0.7514546

00:11:45.140 --> 00:11:47.737 them to get reabsorbed into the body.

NOTE Confidence: 0.7514546

00:11:47.740 --> 00:11:51.025 We want to get toxins out of our body

NOTE Confidence: 0.7514546

00:11:51.025 --> 00:11:54.085 as easily and quickly as possible

NOTE Confidence: 0.7514546

00:11:54.085 --> 00:11:57.240 and these microbes help do that.

NOTE Confidence: 0.7514546

00:11:57.240 --> 00:12:02.416 They convert that undigested food into many.

NOTE Confidence: 0.7514546

00:12:02.416 --> 00:12:05.288 Of our B vitamins.

NOTE Confidence: 0.7514546

00:12:05.290 --> 00:12:10.150 So we are actually getting a lot of our

NOTE Confidence: 0.7514546

00:12:10.150 --> 00:12:14.229 nutrition from these microbes in our gut,

NOTE Confidence: 0.7514546

00:12:14.230 --> 00:12:15.152 especially B12.

NOTE Confidence: 0.7514546

00:12:15.152 --> 00:12:19.769 And we have large stores of B12 in our body.

NOTE Confidence: 0.7514546

00:12:19.770 --> 00:12:23.088 But if we use that B12 up.

NOTE Confidence: 0.7514546

00:12:23.090 --> 00:12:24.762 We we can't survive,

NOTE Confidence: 0.7514546

00:12:24.762 --> 00:12:26.852 so these bacteria are actually

NOTE Confidence: 0.7514546

00:12:26.852 --> 00:12:29.247 in there helping to convert the

NOTE Confidence: 0.7514546

00:12:29.247 --> 00:12:31.769 B12 to a usable form for us.

NOTE Confidence: 0.7514546

00:12:31.770 --> 00:12:33.686 They make vitamin K2.

NOTE Confidence: 0.7514546

00:12:33.686 --> 00:12:37.182 Vitamin K2 is helps to dry bone

NOTE Confidence: 0.7514546

00:12:37.182 --> 00:12:41.270 or calcium into bone. It helps.

NOTE Confidence: 0.7514546

00:12:41.270 --> 00:12:44.714 Vitamin D converted to a usable form.

NOTE Confidence: 0.7514546

00:12:44.720 --> 00:12:45.834 It's it's.

NOTE Confidence: 0.7514546

00:12:45.834 --> 00:12:48.619 It's just a really important.

NOTE Confidence: 0.898620681

00:12:50.770 --> 00:12:53.524 Nutrient in our body and they

NOTE Confidence: 0.898620681

00:12:53.524 --> 00:12:55.360 are responsible for that.

NOTE Confidence: 0.898620681

00:12:55.360 --> 00:12:57.680 So they also help make

NOTE Confidence: 0.898620681  
00:12:57.680 --> 00:12:59.536 short chain fatty acids.  
NOTE Confidence: 0.898620681  
00:12:59.540 --> 00:13:00.380 What the heck is it?  
NOTE Confidence: 0.898620681  
00:13:00.380 --> 00:13:05.096 Short chain, fatty acid they are.  
NOTE Confidence: 0.898620681  
00:13:05.100 --> 00:13:08.909 Uhm? Short change fats  
NOTE Confidence: 0.898620681  
00:13:08.909 --> 00:13:12.174 that we use for different.  
NOTE Confidence: 0.908925470714286  
00:13:14.260 --> 00:13:16.592 Different issues, different uses,  
NOTE Confidence: 0.908925470714286  
00:13:16.592 --> 00:13:20.090 so they make butyric acid which  
NOTE Confidence: 0.908925470714286  
00:13:20.179 --> 00:13:22.867 actually feeds our intestines.  
NOTE Confidence: 0.908925470714286  
00:13:22.870 --> 00:13:27.120 So these bacteria then make.  
NOTE Confidence: 0.908925470714286  
00:13:27.120 --> 00:13:29.005 Fatty acids to feed the  
NOTE Confidence: 0.908925470714286  
00:13:29.005 --> 00:13:30.513 cells in our intestines.  
NOTE Confidence: 0.908925470714286  
00:13:30.520 --> 00:13:33.320 Right now we see a lot of people  
NOTE Confidence: 0.908925470714286  
00:13:33.320 --> 00:13:36.064 who have digestive issues going on  
NOTE Confidence: 0.908925470714286  
00:13:36.064 --> 00:13:39.672 a lot of intestinal issues going on,  
NOTE Confidence: 0.908925470714286  
00:13:39.672 --> 00:13:42.262 and these short chain fatty  
NOTE Confidence: 0.908925470714286

00:13:42.262 --> 00:13:45.342 acids that are assisted by these  
NOTE Confidence: 0.908925470714286

00:13:45.342 --> 00:13:47.865 microbes actually help to feed and  
NOTE Confidence: 0.908925470714286

00:13:47.865 --> 00:13:50.902 take care of that lining of your  
NOTE Confidence: 0.908925470714286

00:13:50.902 --> 00:13:53.217 intestines to keep them healthy.  
NOTE Confidence: 0.908925470714286

00:13:53.220 --> 00:13:55.620 They reduce short chain fatty acids,  
NOTE Confidence: 0.908925470714286

00:13:55.620 --> 00:13:57.246 actually reduce inflammation,  
NOTE Confidence: 0.908925470714286

00:13:57.246 --> 00:13:59.956 and we know all disease.  
NOTE Confidence: 0.908925470714286

00:13:59.960 --> 00:14:01.976 Almost every disease I can think  
NOTE Confidence: 0.908925470714286

00:14:01.976 --> 00:14:04.300 of is caused by inflammation,  
NOTE Confidence: 0.908925470714286

00:14:04.300 --> 00:14:07.184 so these short chain fatty acids helped  
NOTE Confidence: 0.908925470714286

00:14:07.184 --> 00:14:09.819 to modulate that that inflammation,  
NOTE Confidence: 0.908925470714286

00:14:09.820 --> 00:14:10.932 reduce it,  
NOTE Confidence: 0.908925470714286

00:14:10.932 --> 00:14:15.352 and that is helped by these microbes.  
NOTE Confidence: 0.908925470714286

00:14:15.352 --> 00:14:17.416 So they also.  
NOTE Confidence: 0.908925470714286

00:14:17.420 --> 00:14:20.500 And here's the part about the happiness.  
NOTE Confidence: 0.908925470714286

00:14:20.500 --> 00:14:24.388 They also help to.

NOTE Confidence: 0.908925470714286  
00:14:24.388 --> 00:14:27.304 Make chemical neurotransmitters,  
NOTE Confidence: 0.908925470714286  
00:14:27.310 --> 00:14:27.856 neurotransmitters,  
NOTE Confidence: 0.908925470714286  
00:14:27.856 --> 00:14:30.040 armes or chemical messengers  
NOTE Confidence: 0.908925470714286  
00:14:30.040 --> 00:14:33.230 in your body that allow your  
NOTE Confidence: 0.908925470714286  
00:14:33.230 --> 00:14:35.492 brain to communicate to the rest  
NOTE Confidence: 0.908925470714286  
00:14:35.492 --> 00:14:37.778 of the body of what to do.  
NOTE Confidence: 0.908925470714286  
00:14:37.780 --> 00:14:41.159 These are things like serotonin, GABA,  
NOTE Confidence: 0.908925470714286  
00:14:41.159 --> 00:14:43.676 dopamine, these neurotransmitters,  
NOTE Confidence: 0.908925470714286  
00:14:43.676 --> 00:14:49.530 knitters help you to improve in sleep,  
NOTE Confidence: 0.908925470714286  
00:14:49.530 --> 00:14:52.820 and your mood. It's they.  
NOTE Confidence: 0.908925470714286  
00:14:52.820 --> 00:14:54.968 They are hugely important.  
NOTE Confidence: 0.908925470714286  
00:14:54.968 --> 00:14:57.653 There is some there actually,  
NOTE Confidence: 0.908925470714286  
00:14:57.660 --> 00:14:59.648 so we know that there are receptor  
NOTE Confidence: 0.908925470714286  
00:14:59.648 --> 00:15:00.932 sites for these neurotransmitters  
NOTE Confidence: 0.908925470714286  
00:15:00.932 --> 00:15:03.128 and we used to always think  
NOTE Confidence: 0.908925470714286

00:15:03.130 --> 00:15:05.470 that most of the serotonin.  
NOTE Confidence: 0.908925470714286

00:15:05.470 --> 00:15:07.768 Most of these receptor sites were  
NOTE Confidence: 0.908925470714286

00:15:07.768 --> 00:15:10.310 in the brain that serotonin was  
NOTE Confidence: 0.908925470714286

00:15:10.310 --> 00:15:12.640 something that that your brain  
NOTE Confidence: 0.908925470714286

00:15:12.640 --> 00:15:15.088 was producing and it was there.  
NOTE Confidence: 0.908925470714286

00:15:15.090 --> 00:15:17.200 But we've recently discovered with  
NOTE Confidence: 0.908925470714286

00:15:17.200 --> 00:15:19.721 the study of the microbiome that  
NOTE Confidence: 0.908925470714286

00:15:19.721 --> 00:15:22.187 most of your receptor sites more.  
NOTE Confidence: 0.908925470714286

00:15:22.190 --> 00:15:23.650 A few receptor sites,  
NOTE Confidence: 0.908925470714286

00:15:23.650 --> 00:15:24.745 serotonin receptor sites,  
NOTE Confidence: 0.908925470714286

00:15:24.750 --> 00:15:27.718 are in your gut, not the brain,  
NOTE Confidence: 0.908925470714286

00:15:27.720 --> 00:15:30.895 so quite remarkable and again  
NOTE Confidence: 0.908925470714286

00:15:30.895 --> 00:15:34.070 showing the importance of that.  
NOTE Confidence: 0.908925470714286

00:15:34.070 --> 00:15:37.090 Uhm? Of those neurotransmitters  
NOTE Confidence: 0.908925470714286

00:15:37.090 --> 00:15:39.355 and that microbiome.  
NOTE Confidence: 0.908925470714286

00:15:39.360 --> 00:15:42.720 So healthy microbiome helps make a healthy,

NOTE Confidence: 0.908925470714286  
00:15:42.720 --> 00:15:45.450 healthy, happy person.  
NOTE Confidence: 0.908925470714286  
00:15:45.450 --> 00:15:48.285 OK. So how do we do that?  
NOTE Confidence: 0.908925470714286  
00:15:48.290 --> 00:15:54.113 How do we create a healthy microbiome in us?  
NOTE Confidence: 0.887842625  
00:15:56.420 --> 00:15:58.639 When and we used to believe that  
NOTE Confidence: 0.887842625  
00:15:58.639 --> 00:16:00.999 the womb was completely sterile,  
NOTE Confidence: 0.887842625  
00:16:01.000 --> 00:16:02.764 when you are when the the  
NOTE Confidence: 0.887842625  
00:16:02.764 --> 00:16:05.478 fetuses in the womb that bats are  
NOTE Confidence: 0.887842625  
00:16:05.478 --> 00:16:06.948 completely sterile environment,  
NOTE Confidence: 0.887842625  
00:16:06.950 --> 00:16:08.015 we're learning that it's not  
NOTE Confidence: 0.887842625  
00:16:08.015 --> 00:16:09.460 quite as sterile as we thought,  
NOTE Confidence: 0.887842625  
00:16:09.460 --> 00:16:12.556 but it is very controlled over what can  
NOTE Confidence: 0.887842625  
00:16:12.556 --> 00:16:15.820 cross that placenta into that environment.  
NOTE Confidence: 0.887842625  
00:16:15.820 --> 00:16:20.316 So basically the baby is is sealed off  
NOTE Confidence: 0.887842625  
00:16:20.316 --> 00:16:23.581 from a lot of the the bacteria and and  
NOTE Confidence: 0.887842625  
00:16:23.581 --> 00:16:26.492 microbes of the world, but at birth.  
NOTE Confidence: 0.887842625

00:16:26.492 --> 00:16:30.068 And I'm talking about a vaginal birth as

NOTE Confidence: 0.887842625

00:16:30.068 --> 00:16:33.197 the baby moves through the birth canal,

NOTE Confidence: 0.887842625

00:16:33.200 --> 00:16:37.001 that baby is coded in the mothers

NOTE Confidence: 0.887842625

00:16:37.001 --> 00:16:40.404 microbes that line her birth canal and

NOTE Confidence: 0.887842625

00:16:40.404 --> 00:16:44.323 so that baby is a is first inoculated

NOTE Confidence: 0.887842625

00:16:44.323 --> 00:16:47.425 at birth and we've now know the

NOTE Confidence: 0.887842625

00:16:47.425 --> 00:16:49.220 importance of that first inoculation.

NOTE Confidence: 0.887842625

00:16:49.220 --> 00:16:51.468 And So what they've been doing in a

NOTE Confidence: 0.887842625

00:16:51.468 --> 00:16:54.066 lot of hospitals his that C-section

NOTE Confidence: 0.887842625

00:16:54.066 --> 00:16:57.230 babies who do not get that exposure.

NOTE Confidence: 0.887842625

00:16:57.230 --> 00:17:00.710 Two, those microbes are actually being

NOTE Confidence: 0.887842625

00:17:00.710 --> 00:17:04.749 swabbed by the doctors with the mothers.

NOTE Confidence: 0.887842625

00:17:04.750 --> 00:17:07.298 Microbe so they they take a cloth

NOTE Confidence: 0.887842625

00:17:07.298 --> 00:17:09.953 and they they swab the mother with

NOTE Confidence: 0.887842625

00:17:09.953 --> 00:17:12.622 that and then they swab the baby

NOTE Confidence: 0.887842625

00:17:12.622 --> 00:17:15.114 with it to introduce that to the



NOTE Confidence: 0.887842625

00:17:15.114 --> 00:17:18.918 baby and so at that moment.

NOTE Confidence: 0.887842625

00:17:18.918 --> 00:17:22.022 Your baby's microbiome looks very

NOTE Confidence: 0.887842625

00:17:22.022 --> 00:17:24.735 much like the mothers microbiome

NOTE Confidence: 0.887842625

00:17:24.735 --> 00:17:27.825 because that has been the introduction

NOTE Confidence: 0.887842625

00:17:27.825 --> 00:17:30.220 that that baby's gotten up,

NOTE Confidence: 0.887842625

00:17:30.220 --> 00:17:32.950 and then the baby is maybe breast

NOTE Confidence: 0.887842625

00:17:32.950 --> 00:17:35.856 fed and the mother is holding that

NOTE Confidence: 0.887842625

00:17:35.856 --> 00:17:39.311 baby and the baby is up against her

NOTE Confidence: 0.887842625

00:17:39.311 --> 00:17:42.405 skin and getting milk from from her,

NOTE Confidence: 0.887842625

00:17:42.410 --> 00:17:44.825 and that's another inoculation of

NOTE Confidence: 0.887842625

00:17:44.825 --> 00:17:49.112 microbes to that baby, and then that baby.

NOTE Confidence: 0.887842625

00:17:49.112 --> 00:17:50.876 Gets passed from.

NOTE Confidence: 0.887842625

00:17:50.880 --> 00:17:53.445 Aunts and uncles and grandparents

NOTE Confidence: 0.887842625

00:17:53.445 --> 00:17:56.378 and siblings and parents and and

NOTE Confidence: 0.887842625

00:17:56.378 --> 00:17:58.586 that skin to skin contact that

NOTE Confidence: 0.887842625

00:17:58.586 --> 00:18:01.259 that baby is getting the kisses.  
NOTE Confidence: 0.887842625

00:18:01.260 --> 00:18:04.604 The you know just the resting on your  
NOTE Confidence: 0.887842625

00:18:04.604 --> 00:18:08.813 skin on the on the chest of a parent that  
NOTE Confidence: 0.887842625

00:18:08.813 --> 00:18:13.524 is introducing more microbes to that baby.  
NOTE Confidence: 0.887842625

00:18:13.530 --> 00:18:16.194 When baby gets older and it becomes a  
NOTE Confidence: 0.887842625

00:18:16.194 --> 00:18:18.567 toddler and starts playing and putting  
NOTE Confidence: 0.887842625

00:18:18.567 --> 00:18:21.015 every dirty thing in their mouth.  
NOTE Confidence: 0.887842625

00:18:21.020 --> 00:18:22.950 Playing outside in the dirt,  
NOTE Confidence: 0.887842625

00:18:22.950 --> 00:18:25.340 petting all of their animals.  
NOTE Confidence: 0.887842625

00:18:25.340 --> 00:18:28.505 That is another introduction to  
NOTE Confidence: 0.887842625

00:18:28.505 --> 00:18:31.670 microbes in the environment that  
NOTE Confidence: 0.887842625

00:18:31.775 --> 00:18:34.247 train your immune system.  
NOTE Confidence: 0.887842625

00:18:34.250 --> 00:18:38.186 Keep you healthy and and expose  
NOTE Confidence: 0.887842625

00:18:38.186 --> 00:18:40.810 and build your microbiome,  
NOTE Confidence: 0.887842625

00:18:40.810 --> 00:18:43.126 your specific microbes.  
NOTE Confidence: 0.887842625

00:18:43.126 --> 00:18:47.272 They have actually done studies and

NOTE Confidence: 0.887842625

00:18:47.272 --> 00:18:50.954 found that kids raised on farms with.

NOTE Confidence: 0.887842625

00:18:50.960 --> 00:18:52.899 A lot of animals endure in the

NOTE Confidence: 0.887842625

00:18:52.899 --> 00:18:54.320 dirt and out helping,

NOTE Confidence: 0.887842625

00:18:54.320 --> 00:18:55.286 and you know,

NOTE Confidence: 0.887842625

00:18:55.286 --> 00:18:57.540 doing all of those things tend to

NOTE Confidence: 0.887842625

00:18:57.609 --> 00:19:00.388 have lower rates of things like asthma

NOTE Confidence: 0.887842625

00:19:00.388 --> 00:19:02.609 and other childhood diseases that.

NOTE Confidence: 0.887842625

00:19:02.610 --> 00:19:03.124 Debt.

NOTE Confidence: 0.887842625

00:19:03.124 --> 00:19:05.694 Are maybe inflammatory based because

NOTE Confidence: 0.887842625

00:19:05.694 --> 00:19:08.839 they have gotten a larger exposure

NOTE Confidence: 0.887842625

00:19:08.839 --> 00:19:11.827 to all of these different microbes

NOTE Confidence: 0.887842625

00:19:11.827 --> 00:19:13.920 in their environment,

NOTE Confidence: 0.887842625

00:19:13.920 --> 00:19:17.430 training their immune system to

NOTE Confidence: 0.887842625

00:19:17.430 --> 00:19:19.536 be more robust.

NOTE Confidence: 0.887842625

00:19:19.540 --> 00:19:22.444 And so exposure to a less than perfectly

NOTE Confidence: 0.887842625

00:19:22.444 --> 00:19:24.678 clean environment isn't such a bad thing.  
NOTE Confidence: 0.887842625

00:19:24.680 --> 00:19:26.438 I know many people are probably  
NOTE Confidence: 0.887842625

00:19:26.438 --> 00:19:28.259 cheering right now that you don't  
NOTE Confidence: 0.887842625

00:19:28.259 --> 00:19:29.724 need to keep everything sterile  
NOTE Confidence: 0.887842625

00:19:29.724 --> 00:19:31.200 when you have an infant,  
NOTE Confidence: 0.887842625

00:19:31.200 --> 00:19:31.595 that,  
NOTE Confidence: 0.887842625

00:19:31.595 --> 00:19:35.780 I mean you want you want to use common sense.  
NOTE Confidence: 0.887842625

00:19:35.780 --> 00:19:36.110 Uhm,  
NOTE Confidence: 0.887842625

00:19:36.110 --> 00:19:38.750 when we eat raw foods when we go  
NOTE Confidence: 0.887842625

00:19:38.750 --> 00:19:41.587 out to the farm all the beautiful  
NOTE Confidence: 0.887842625

00:19:41.587 --> 00:19:43.199 sea essays and farms  
NOTE Confidence: 0.7850413322727

00:19:43.283 --> 00:19:45.344 serves our community supported agricultural.  
NOTE Confidence: 0.7850413322727

00:19:45.344 --> 00:19:49.032 You get to go out and pick your own  
NOTE Confidence: 0.7850413322727

00:19:49.032 --> 00:19:51.768 vegetables or you you head out there and  
NOTE Confidence: 0.7850413322727

00:19:51.838 --> 00:19:54.628 you're picking things and nibbling then.  
NOTE Confidence: 0.7850413322727

00:19:54.630 --> 00:19:56.174 Eating things directly from

NOTE Confidence: 0.785041332272727  
00:19:56.174 --> 00:19:58.104 your garden or the farm.  
NOTE Confidence: 0.785041332272727  
00:19:58.110 --> 00:20:00.894 Those all plants are coated with  
NOTE Confidence: 0.785041332272727  
00:20:00.894 --> 00:20:03.860 microbes that help protect those plants.  
NOTE Confidence: 0.785041332272727  
00:20:03.860 --> 00:20:08.290 And when we eat those we're  
NOTE Confidence: 0.785041332272727  
00:20:08.290 --> 00:20:11.572 adding to our microbiome a lot  
NOTE Confidence: 0.785041332272727  
00:20:11.572 --> 00:20:15.339 of virulent microbes would get.  
NOTE Confidence: 0.785041332272727  
00:20:15.340 --> 00:20:18.680 Killed by our digestive system,  
NOTE Confidence: 0.785041332272727  
00:20:18.680 --> 00:20:23.620 but some of the ones that we want to.  
NOTE Confidence: 0.785041332272727  
00:20:23.620 --> 00:20:26.215 Colonize are able to get  
NOTE Confidence: 0.785041332272727  
00:20:26.215 --> 00:20:28.810 through and into our system.  
NOTE Confidence: 0.837093733846154  
00:20:31.070 --> 00:20:33.895 And then fermented foods fermented  
NOTE Confidence: 0.837093733846154  
00:20:33.895 --> 00:20:37.340 foods are having a revival this  
NOTE Confidence: 0.837093733846154  
00:20:37.340 --> 00:20:40.002 last decade, and we're going to  
NOTE Confidence: 0.837093733846154  
00:20:40.002 --> 00:20:42.850 talk more about those at the end.  
NOTE Confidence: 0.837093733846154  
00:20:42.850 --> 00:20:46.518 To introduce you to some of these  
NOTE Confidence: 0.837093733846154

00:20:46.518 --> 00:20:50.000 delicious and microbial rich foods.  
NOTE Confidence: 0.83359539

00:20:55.110 --> 00:20:58.848 OK, so who is actually in charge?  
NOTE Confidence: 0.83359539

00:20:58.850 --> 00:21:04.216 So if we look at the microbiome in humans,  
NOTE Confidence: 0.83359539

00:21:04.216 --> 00:21:11.198 we know that we have 10 times more microbes.  
NOTE Confidence: 0.83359539

00:21:11.200 --> 00:21:16.033 In an honest then we have our own cells.  
NOTE Confidence: 0.83359539

00:21:16.040 --> 00:21:19.090 Which equates to more microbial  
NOTE Confidence: 0.83359539

00:21:19.090 --> 00:21:22.610 DNA than human DNA on us.  
NOTE Confidence: 0.83359539

00:21:22.610 --> 00:21:25.538 So if we are more microbes.  
NOTE Confidence: 0.83359539

00:21:25.540 --> 00:21:28.088 Who's really in charge here is it?  
NOTE Confidence: 0.83359539

00:21:28.090 --> 00:21:30.666 Is it us making the decisions and  
NOTE Confidence: 0.884069978333333

00:21:32.810 --> 00:21:35.306 deciding what we're going to eat?  
NOTE Confidence: 0.884069978333333

00:21:35.310 --> 00:21:37.638 Or is there other?  
NOTE Confidence: 0.884069978333333

00:21:37.638 --> 00:21:40.548 Are there other influences so  
NOTE Confidence: 0.884069978333333

00:21:40.548 --> 00:21:44.098 we know that these microbes,  
NOTE Confidence: 0.884069978333333

00:21:44.100 --> 00:21:47.117 when they get to a critical mass,  
NOTE Confidence: 0.884069978333333

00:21:47.120 --> 00:21:50.252 meaning whoever gets to a certain

NOTE Confidence: 0.884069978333333  
00:21:50.252 --> 00:21:53.420 population in your large intestines?  
NOTE Confidence: 0.884069978333333  
00:21:53.420 --> 00:21:55.694 Is the one that's going to  
NOTE Confidence: 0.884069978333333  
00:21:55.694 --> 00:21:57.210 send the loudest signal.  
NOTE Confidence: 0.884069978333333  
00:21:57.210 --> 00:22:00.280 So in the positive sense,  
NOTE Confidence: 0.884069978333333  
00:22:00.280 --> 00:22:02.932 if you are eating really well  
NOTE Confidence: 0.884069978333333  
00:22:02.932 --> 00:22:05.899 and you're living a stress free  
NOTE Confidence: 0.884069978333333  
00:22:05.899 --> 00:22:08.669 life and living pretty healthy,  
NOTE Confidence: 0.884069978333333  
00:22:08.670 --> 00:22:11.850 you're going to feed the  
NOTE Confidence: 0.884069978333333  
00:22:11.850 --> 00:22:15.530 microbes that are going to be.  
NOTE Confidence: 0.884069978333333  
00:22:15.530 --> 00:22:17.770 Benefiting you and your health,  
NOTE Confidence: 0.884069978333333  
00:22:17.770 --> 00:22:20.260 and they are going to therefore  
NOTE Confidence: 0.884069978333333  
00:22:20.260 --> 00:22:23.310 reproduce and build up their population.  
NOTE Confidence: 0.884069978333333  
00:22:23.310 --> 00:22:26.566 And that's who's going to be signaling you.  
NOTE Confidence: 0.884069978333333  
00:22:26.570 --> 00:22:29.792 And then you tend to have  
NOTE Confidence: 0.884069978333333  
00:22:29.792 --> 00:22:31.940 much better results with.  
NOTE Confidence: 0.884069978333333

00:22:31.940 --> 00:22:33.676 With what's being produced in your body,  
NOTE Confidence: 0.8840699783333333

00:22:33.680 --> 00:22:36.500 those neurotransmitters and things like that,  
NOTE Confidence: 0.8840699783333333

00:22:36.500 --> 00:22:38.800 and the foods you crave.  
NOTE Confidence: 0.8840699783333333

00:22:38.800 --> 00:22:39.293 Conversely,  
NOTE Confidence: 0.8840699783333333

00:22:39.293 --> 00:22:42.744 if you are eating a lot of  
NOTE Confidence: 0.8840699783333333

00:22:42.744 --> 00:22:45.280 sugar and refined foods.  
NOTE Confidence: 0.8840699783333333

00:22:45.280 --> 00:22:48.647 Uhm, a lot of foods that just  
NOTE Confidence: 0.8840699783333333

00:22:48.647 --> 00:22:50.740 aren't really nutrient dense,  
NOTE Confidence: 0.8840699783333333

00:22:50.740 --> 00:22:52.000 and we'll get to that too.  
NOTE Confidence: 0.8840699783333333

00:22:52.000 --> 00:22:56.725 In a minute you tend to allow.  
NOTE Confidence: 0.8840699783333333

00:22:56.730 --> 00:22:59.050 The bacteria that thrive on  
NOTE Confidence: 0.8840699783333333

00:22:59.050 --> 00:23:01.370 those foods to become dominant.  
NOTE Confidence: 0.8840699783333333

00:23:01.370 --> 00:23:03.128 They are getting all the nutrition,  
NOTE Confidence: 0.8840699783333333

00:23:03.130 --> 00:23:05.610 so they're growing and re  
NOTE Confidence: 0.8840699783333333

00:23:05.610 --> 00:23:07.594 populating and their population  
NOTE Confidence: 0.8840699783333333

00:23:07.594 --> 00:23:10.250 gets big enough where it actually



NOTE Confidence: 0.884069978333333  
00:23:10.250 --> 00:23:12.890 sends the signal to the brain.  
NOTE Confidence: 0.884069978333333  
00:23:12.890 --> 00:23:14.210 And in the case,  
NOTE Confidence: 0.884069978333333  
00:23:14.210 --> 00:23:15.860 let's look at something like  
NOTE Confidence: 0.884069978333333  
00:23:15.860 --> 00:23:18.203 Candida where we know that that is  
NOTE Confidence: 0.884069978333333  
00:23:18.203 --> 00:23:20.251 something that thrives on sugar and  
NOTE Confidence: 0.884069978333333  
00:23:20.251 --> 00:23:22.309 if their population you be needed,  
NOTE Confidence: 0.884069978333333  
00:23:22.310 --> 00:23:23.934 a lot of sugar you haven't been  
NOTE Confidence: 0.884069978333333  
00:23:23.934 --> 00:23:25.719 needing a lot of high fiber foods,  
NOTE Confidence: 0.884069978333333  
00:23:25.720 --> 00:23:27.481 sugar will become.  
NOTE Confidence: 0.884069978333333  
00:23:27.481 --> 00:23:30.416 Almost addictive and what's happening  
NOTE Confidence: 0.884069978333333  
00:23:30.416 --> 00:23:33.566 is that that microbe is actually  
NOTE Confidence: 0.884069978333333  
00:23:33.566 --> 00:23:35.542 increasing population enough to  
NOTE Confidence: 0.884069978333333  
00:23:35.542 --> 00:23:38.208 send the signal to your brain.  
NOTE Confidence: 0.884069978333333  
00:23:38.210 --> 00:23:39.800 To say sugar,  
NOTE Confidence: 0.884069978333333  
00:23:39.800 --> 00:23:43.510 you want sugar and you start thinking,  
NOTE Confidence: 0.884069978333333

00:23:43.510 --> 00:23:45.358 Oh my gosh, I finished dinner.

NOTE Confidence: 0.884069978333333

00:23:45.360 --> 00:23:47.040 I just need some sugar and there are

NOTE Confidence: 0.884069978333333

00:23:47.040 --> 00:23:49.066 a lot of factors that influence that.

NOTE Confidence: 0.884069978333333

00:23:49.070 --> 00:23:53.630 But they have a strong message to your

NOTE Confidence: 0.884069978333333

00:23:53.630 --> 00:23:58.415 brain to get you to crave those foods.

NOTE Confidence: 0.884069978333333

00:23:58.420 --> 00:24:00.674 It is the same the other way.

NOTE Confidence: 0.884069978333333

00:24:00.680 --> 00:24:03.130 You eat really well and

NOTE Confidence: 0.884069978333333

00:24:03.130 --> 00:24:04.600 those others populate,

NOTE Confidence: 0.884069978333333

00:24:04.600 --> 00:24:06.848 and the signaling is going to be oh,

NOTE Confidence: 0.884069978333333

00:24:06.850 --> 00:24:08.940 I would love a beautiful

NOTE Confidence: 0.884069978333333

00:24:08.940 --> 00:24:10.612 crisp apple right now.

NOTE Confidence: 0.884069978333333

00:24:10.620 --> 00:24:11.991 And you know,

NOTE Confidence: 0.884069978333333

00:24:11.991 --> 00:24:14.276 if you start training yourself,

NOTE Confidence: 0.884069978333333

00:24:14.280 --> 00:24:16.534 we think it's ourselves the other way.

NOTE Confidence: 0.884069978333333

00:24:16.540 --> 00:24:18.868 But is it up training us or is

NOTE Confidence: 0.884069978333333

00:24:18.868 --> 00:24:20.794 it training those those microbes

NOTE Confidence: 0.884069978333333  
00:24:20.794 --> 00:24:22.914 in helping them to populate?  
NOTE Confidence: 0.884069978333333  
00:24:22.920 --> 00:24:24.700 That's something that's being researched  
NOTE Confidence: 0.884069978333333  
00:24:24.700 --> 00:24:27.599 more and more and is quite fascinating.  
NOTE Confidence: 0.884069978333333  
00:24:27.600 --> 00:24:29.679 So what we do in our life.  
NOTE Confidence: 0.884069978333333  
00:24:29.680 --> 00:24:31.780 Determines which microbes will  
NOTE Confidence: 0.884069978333333  
00:24:31.780 --> 00:24:34.930 dominate our body and our brain.  
NOTE Confidence: 0.884069978333333  
00:24:34.930 --> 00:24:36.870 UM so.  
NOTE Confidence: 0.912314036666667  
00:24:42.020 --> 00:24:45.476 OK, here are some of the disorders that  
NOTE Confidence: 0.912314036666667  
00:24:45.476 --> 00:24:48.340 are associated with an unhealthy microbiome  
NOTE Confidence: 0.912314036666667  
00:24:48.340 --> 00:24:51.780 and I am not saying necessarily cause,  
NOTE Confidence: 0.912314036666667  
00:24:51.780 --> 00:24:55.602 but definitely play a role in and  
NOTE Confidence: 0.912314036666667  
00:24:55.602 --> 00:24:59.885 and that when we have a really  
NOTE Confidence: 0.912314036666667  
00:24:59.885 --> 00:25:03.045 healthy microbiome it helps too.  
NOTE Confidence: 0.912314036666667  
00:25:03.050 --> 00:25:05.898 Helps to keep this in check and we've  
NOTE Confidence: 0.912314036666667  
00:25:05.898 --> 00:25:08.074 talked about some of the reasons  
NOTE Confidence: 0.912314036666667

00:25:08.074 --> 00:25:10.640 why and we'll go through that so  
NOTE Confidence: 0.912314036666667

00:25:10.640 --> 00:25:12.630 oddly munitions where your immune  
NOTE Confidence: 0.912314036666667

00:25:12.630 --> 00:25:15.208 system is is really running on high.  
NOTE Confidence: 0.912314036666667

00:25:15.208 --> 00:25:17.490 Remember, we talked right at the beginning.  
NOTE Confidence: 0.912314036666667

00:25:17.490 --> 00:25:20.190 These microbes are immune modulators.  
NOTE Confidence: 0.912314036666667

00:25:20.190 --> 00:25:23.630 They help tame that and keep that at  
NOTE Confidence: 0.912314036666667

00:25:23.630 --> 00:25:26.100 an even keel, anxiety and depression.  
NOTE Confidence: 0.912314036666667

00:25:26.100 --> 00:25:28.480 Those a lot of times are the  
NOTE Confidence: 0.912314036666667

00:25:28.552 --> 00:25:30.067 neurotransmitters we aren't  
NOTE Confidence: 0.912314036666667

00:25:30.067 --> 00:25:32.087 producing enough of those.  
NOTE Confidence: 0.912314036666667

00:25:32.090 --> 00:25:33.898 And so when we.  
NOTE Confidence: 0.912314036666667

00:25:33.898 --> 00:25:36.610 Increase healthy microbes to our gut.  
NOTE Confidence: 0.912314036666667

00:25:36.610 --> 00:25:39.736 They can help with those neurotransmitters  
NOTE Confidence: 0.912314036666667

00:25:39.736 --> 00:25:42.494 that will help with our dopamine  
NOTE Confidence: 0.912314036666667

00:25:42.494 --> 00:25:44.882 and our GABA and our serotonin.  
NOTE Confidence: 0.912314036666667

00:25:44.890 --> 00:25:46.866 Those are things that make us feel good,

NOTE Confidence: 0.912314036666667  
00:25:46.870 --> 00:25:47.904 sleep well,  
NOTE Confidence: 0.912314036666667  
00:25:47.904 --> 00:25:51.523 and can help with anxiety and depression.  
NOTE Confidence: 0.912314036666667  
00:25:51.530 --> 00:25:53.582 Obesity, we have. Actually,  
NOTE Confidence: 0.912314036666667  
00:25:53.582 --> 00:25:56.820 we meaning scientists in labs, have.  
NOTE Confidence: 0.912314036666667  
00:25:56.820 --> 00:26:01.510 Actually they breed mice to have obesity,  
NOTE Confidence: 0.912314036666667  
00:26:01.510 --> 00:26:04.460 genes, and be so they'll.  
NOTE Confidence: 0.912314036666667  
00:26:04.460 --> 00:26:09.068 Use those obese mice in studies they have  
NOTE Confidence: 0.912314036666667  
00:26:09.068 --> 00:26:12.899 actually taken microbes from obese mice,  
NOTE Confidence: 0.912314036666667  
00:26:12.900 --> 00:26:15.900 inserted them into lean,  
NOTE Confidence: 0.912314036666667  
00:26:15.900 --> 00:26:20.400 non obese mice and induced obesity  
NOTE Confidence: 0.912314036666667  
00:26:20.531 --> 00:26:21.929 to them so.  
NOTE Confidence: 0.912314036666667  
00:26:21.930 --> 00:26:24.760 Microbes definitely play a role  
NOTE Confidence: 0.912314036666667  
00:26:24.760 --> 00:26:28.790 in in your the weight and and  
NOTE Confidence: 0.912314036666667  
00:26:28.790 --> 00:26:30.590 Parkinson's bowel disorders.  
NOTE Confidence: 0.912314036666667  
00:26:30.590 --> 00:26:32.504 Ms, Alzheimer's, autism,  
NOTE Confidence: 0.912314036666667

00:26:32.504 --> 00:26:36.080 all of those are inflammatory based.  
NOTE Confidence: 0.912314036666667

00:26:36.080 --> 00:26:37.100 And remember,  
NOTE Confidence: 0.912314036666667

00:26:37.100 --> 00:26:40.160 we talked about microbes help produce  
NOTE Confidence: 0.912314036666667

00:26:40.234 --> 00:26:43.419 those short chain fatty acids which are  
NOTE Confidence: 0.912314036666667

00:26:43.419 --> 00:26:46.374 anti inflammatory so they help keep  
NOTE Confidence: 0.912314036666667

00:26:46.374 --> 00:26:48.929 the inflammation suppressed in our  
NOTE Confidence: 0.912314036666667

00:26:48.929 --> 00:26:52.759 body and all disease has an inflammatory.  
NOTE Confidence: 0.912314036666667

00:26:52.760 --> 00:26:56.320 Factor so.  
NOTE Confidence: 0.912314036666667

00:26:56.320 --> 00:26:59.526 So many of our maladies that are  
NOTE Confidence: 0.912314036666667

00:26:59.526 --> 00:27:03.090 we are seeing increasing right now.  
NOTE Confidence: 0.912314036666667

00:27:03.090 --> 00:27:06.184 Can be linked to an unhealthy microbiome.  
NOTE Confidence: 0.937975135833333

00:27:08.650 --> 00:27:11.930 OK, what are the contributors  
NOTE Confidence: 0.937975135833333

00:27:11.930 --> 00:27:14.554 to that unhealthy microbium  
NOTE Confidence: 0.937975135833333

00:27:14.554 --> 00:27:17.958 antibiotics now antibiotics? R.  
NOTE Confidence: 0.937975135833333

00:27:17.958 --> 00:27:22.962 So important they actually extended  
NOTE Confidence: 0.937975135833333

00:27:22.962 --> 00:27:26.406 our lifespan when we started when we

NOTE Confidence: 0.937975135833333

00:27:26.406 --> 00:27:29.530 discovered and began to use antibiotics.

NOTE Confidence: 0.937975135833333

00:27:29.530 --> 00:27:32.605 The lifespan of of people

NOTE Confidence: 0.937975135833333

00:27:32.605 --> 00:27:34.450 went up substantially.

NOTE Confidence: 0.937975135833333

00:27:34.450 --> 00:27:36.370 They are really essential,

NOTE Confidence: 0.937975135833333

00:27:36.370 --> 00:27:38.770 but they have been overused.

NOTE Confidence: 0.937975135833333

00:27:38.770 --> 00:27:41.437 As we all know and we're producing

NOTE Confidence: 0.937975135833333

00:27:41.437 --> 00:27:44.083 virulent strains of bacteria that no

NOTE Confidence: 0.937975135833333

00:27:44.083 --> 00:27:46.463 longer are responding to antibiotics.

NOTE Confidence: 0.937975135833333

00:27:46.470 --> 00:27:48.528 They are in our food system.

NOTE Confidence: 0.937975135833333

00:27:48.530 --> 00:27:51.470 They are being used in

NOTE Confidence: 0.937975135833333

00:27:51.470 --> 00:27:53.822 feedlots where we come.

NOTE Confidence: 0.937975135833333

00:27:53.830 --> 00:27:57.010 They they're used to fatten the

NOTE Confidence: 0.937975135833333

00:27:57.010 --> 00:28:00.622 animals in feedlots and they are used

NOTE Confidence: 0.937975135833333

00:28:00.622 --> 00:28:03.863 to keep them from getting sick and

NOTE Confidence: 0.937975135833333

00:28:03.960 --> 00:28:08.006 dying because they are in less than

NOTE Confidence: 0.937975135833333

00:28:08.006 --> 00:28:10.658 optimal conditions in being raised.  
NOTE Confidence: 0.937975135833333

00:28:10.658 --> 00:28:15.370 So we have been ingesting an awful lot of  
NOTE Confidence: 0.937975135833333

00:28:15.370 --> 00:28:18.796 those antibiotics through our lives and.  
NOTE Confidence: 0.937975135833333

00:28:18.800 --> 00:28:21.224 That their outline that in a  
NOTE Confidence: 0.937975135833333

00:28:21.224 --> 00:28:24.260 lot of the the food industry,  
NOTE Confidence: 0.937975135833333

00:28:24.260 --> 00:28:26.738 poor diet and not enough fiber.  
NOTE Confidence: 0.937975135833333

00:28:26.740 --> 00:28:28.847 So if we're not eating enough fiber,  
NOTE Confidence: 0.937975135833333

00:28:28.850 --> 00:28:32.320 we're actually starving those microbes.  
NOTE Confidence: 0.937975135833333

00:28:32.320 --> 00:28:35.045 Those beneficial microbes are starving  
NOTE Confidence: 0.937975135833333

00:28:35.045 --> 00:28:39.622 in our system and they aren't being able  
NOTE Confidence: 0.937975135833333

00:28:39.622 --> 00:28:43.138 to reproduce and colonize our intestines.  
NOTE Confidence: 0.937975135833333

00:28:43.140 --> 00:28:45.478 The same junk food at the chemicals,  
NOTE Confidence: 0.937975135833333

00:28:45.480 --> 00:28:46.610 refined carbs,  
NOTE Confidence: 0.937975135833333

00:28:46.610 --> 00:28:48.870 unhealthy fats, those all.  
NOTE Confidence: 0.937975135833333

00:28:48.870 --> 00:28:50.238 Come first,  
NOTE Confidence: 0.937975135833333

00:28:50.238 --> 00:28:53.658 don't serve to feed and



NOTE Confidence: 0.937975135833333

00:28:53.658 --> 00:28:55.710 stimulate those microbes,

NOTE Confidence: 0.937975135833333

00:28:55.710 --> 00:28:59.222 and some of those can actually kill the

NOTE Confidence: 0.937975135833333

00:28:59.222 --> 00:29:02.198 microbes sugar we talked about that

NOTE Confidence: 0.937975135833333

00:29:02.198 --> 00:29:05.449 it stimulates bacteria that we don't

NOTE Confidence: 0.937975135833333

00:29:05.449 --> 00:29:08.159 necessarily want to have thriving.

NOTE Confidence: 0.937975135833333

00:29:08.160 --> 00:29:12.318 Artificial sweeteners go into the chemical.

NOTE Confidence: 0.937975135833333

00:29:12.320 --> 00:29:16.485 Realm, and some of those were actually.

NOTE Confidence: 0.937975135833333

00:29:16.490 --> 00:29:19.796 Have some some toxicity associated with

NOTE Confidence: 0.937975135833333

00:29:19.796 --> 00:29:22.660 them and then environmental toxins.

NOTE Confidence: 0.937975135833333

00:29:22.660 --> 00:29:25.095 You know if you're ingesting

NOTE Confidence: 0.937975135833333

00:29:25.095 --> 00:29:26.069 environmental toxins,

NOTE Confidence: 0.937975135833333

00:29:26.070 --> 00:29:28.198 which is really hard not to do.

NOTE Confidence: 0.937975135833333

00:29:28.200 --> 00:29:32.477 A lot of that kills our microbiome.

NOTE Confidence: 0.937975135833333

00:29:32.480 --> 00:29:36.120 Glyphosate that's in genetically

NOTE Confidence: 0.937975135833333

00:29:36.120 --> 00:29:37.940 modified organisms.

NOTE Confidence: 0.937975135833333

00:29:37.940 --> 00:29:39.390 Glyphosate is used on some  
NOTE Confidence: 0.937975135833333  
00:29:39.390 --> 00:29:40.840 of the fields for that,  
NOTE Confidence: 0.937975135833333  
00:29:40.840 --> 00:29:44.296 and actually is the number one.  
NOTE Confidence: 0.937975135833333  
00:29:44.300 --> 00:29:47.904 Herbicide used out there  
NOTE Confidence: 0.937975135833333  
00:29:47.904 --> 00:29:50.607 and pesticide herbicide.  
NOTE Confidence: 0.937975135833333  
00:29:50.610 --> 00:29:52.989 It is dumb.  
NOTE Confidence: 0.937975135833333  
00:29:52.989 --> 00:29:58.994 It is found on in soil infants water.  
NOTE Confidence: 0.937975135833333  
00:29:58.994 --> 00:30:01.718 It is everywhere and it was  
NOTE Confidence: 0.937975135833333  
00:30:01.718 --> 00:30:04.400 first patented as an antibiotic.  
NOTE Confidence: 0.937975135833333  
00:30:04.400 --> 00:30:08.466 So it is really causing some  
NOTE Confidence: 0.937975135833333  
00:30:08.466 --> 00:30:12.156 problems with our our microbiome.  
NOTE Confidence: 0.937975135833333  
00:30:12.160 --> 00:30:14.996 So the only way to it,  
NOTE Confidence: 0.937975135833333  
00:30:14.996 --> 00:30:16.376 well, it's hard to avoid,  
NOTE Confidence: 0.937975135833333  
00:30:16.380 --> 00:30:18.180 but eating organically where  
NOTE Confidence: 0.937975135833333  
00:30:18.180 --> 00:30:21.380 possible is a way to avoid that.  
NOTE Confidence: 0.937975135833333  
00:30:21.380 --> 00:30:23.459 So or go into a local farmers.

NOTE Confidence: 0.937975135833333  
00:30:23.460 --> 00:30:24.880 Market that doesn't have  
NOTE Confidence: 0.937975135833333  
00:30:24.880 --> 00:30:26.300 to be labeled organic,  
NOTE Confidence: 0.937975135833333  
00:30:26.300 --> 00:30:29.308 but you can ask do you use glyphosate  
NOTE Confidence: 0.937975135833333  
00:30:29.308 --> 00:30:33.086 and if not then that's a good farm to  
NOTE Confidence: 0.937975135833333  
00:30:33.086 --> 00:30:35.890 support or growing your own food or.  
NOTE Confidence: 0.937975135833333  
00:30:35.890 --> 00:30:37.609 We'll talk about that more in a little while,  
NOTE Confidence: 0.937975135833333  
00:30:37.610 --> 00:30:40.054 and certain medications can  
NOTE Confidence: 0.937975135833333  
00:30:40.054 --> 00:30:41.887 disrupt the microbiome,  
NOTE Confidence: 0.937975135833333  
00:30:41.890 --> 00:30:43.408 but they can also save lives,  
NOTE Confidence: 0.937975135833333  
00:30:43.410 --> 00:30:46.119 so it's, you know we have to  
NOTE Confidence: 0.937975135833333  
00:30:46.119 --> 00:30:49.180 find ways to stimulate and feed.  
NOTE Confidence: 0.937975135833333  
00:30:49.180 --> 00:30:52.810 The microbiome, if we're on medications,  
NOTE Confidence: 0.937975135833333  
00:30:52.810 --> 00:30:55.200 and I can't stress enough,  
NOTE Confidence: 0.937975135833333  
00:30:55.200 --> 00:30:57.584 this last one, stress,  
NOTE Confidence: 0.937975135833333  
00:30:57.584 --> 00:30:58.808 stress, stress,  
NOTE Confidence: 0.937975135833333

00:30:58.808 --> 00:31:04.460 stress is it is so difficult to stay healthy  
NOTE Confidence: 0.937975135833333

00:31:04.584 --> 00:31:09.777 when we have no way of managing our stress.  
NOTE Confidence: 0.937975135833333

00:31:09.780 --> 00:31:12.916 I strongly recommend finding  
NOTE Confidence: 0.937975135833333

00:31:12.916 --> 00:31:16.836 ways to to manage that.  
NOTE Confidence: 0.937975135833333

00:31:16.840 --> 00:31:18.554 Meditation, yoga,  
NOTE Confidence: 0.937975135833333

00:31:18.554 --> 00:31:19.411 walking.  
NOTE Confidence: 0.937975135833333

00:31:19.411 --> 00:31:22.839 Hanging out with friends,  
NOTE Confidence: 0.937975135833333

00:31:22.840 --> 00:31:25.198 watching something funny,  
NOTE Confidence: 0.937975135833333

00:31:25.198 --> 00:31:27.556 reading something funny.  
NOTE Confidence: 0.937975135833333

00:31:27.560 --> 00:31:30.836 Anything that will reduce your stress levels,  
NOTE Confidence: 0.937975135833333

00:31:30.840 --> 00:31:34.627 finding ways to balance some of that.  
NOTE Confidence: 0.937975135833333

00:31:34.630 --> 00:31:36.754 Some of the crazy.  
NOTE Confidence: 0.937975135833333

00:31:36.754 --> 00:31:39.409 Schedules that we all have.  
NOTE Confidence: 0.881162204285714

00:31:39.410 --> 00:31:43.939 It's really, really important and and it.  
NOTE Confidence: 0.881162204285714

00:31:43.940 --> 00:31:46.754 Brings benefit to not just the microbiome,  
NOTE Confidence: 0.881162204285714

00:31:46.760 --> 00:31:50.750 but in all aspects of our lives. Uhm?

NOTE Confidence: 0.891892404444445

00:31:53.300 --> 00:31:55.478 Alright, let's get to some of the good stuff.

NOTE Confidence: 0.891892404444445

00:31:55.480 --> 00:32:01.227 So how do we strengthen the microbiome?

NOTE Confidence: 0.891892404444445

00:32:01.230 --> 00:32:04.345 Let's look at foods high fiber foods.

NOTE Confidence: 0.891892404444445

00:32:04.350 --> 00:32:05.568 You hear this all the time,

NOTE Confidence: 0.891892404444445

00:32:05.570 --> 00:32:08.830 so you need a diet rich in fiber and and

NOTE Confidence: 0.891892404444445

00:32:08.918 --> 00:32:11.934 I don't think we ever really say why.

NOTE Confidence: 0.891892404444445

00:32:11.940 --> 00:32:13.802 But when we have a lot of

NOTE Confidence: 0.891892404444445

00:32:13.802 --> 00:32:15.784 fiber in our food, that's food.

NOTE Confidence: 0.891892404444445

00:32:15.784 --> 00:32:18.423 That's the part that can't be digested

NOTE Confidence: 0.891892404444445

00:32:18.430 --> 00:32:20.790 from our food and what it does is

NOTE Confidence: 0.891892404444445

00:32:20.790 --> 00:32:22.921 it actually acts like a almost like

NOTE Confidence: 0.891892404444445

00:32:22.921 --> 00:32:25.249 a scrubber as it goes through your

NOTE Confidence: 0.891892404444445

00:32:25.249 --> 00:32:27.607 intestines it it cleans things out.

NOTE Confidence: 0.891892404444445

00:32:27.610 --> 00:32:29.662 It feeds your microbes.

NOTE Confidence: 0.891892404444445

00:32:29.662 --> 00:32:33.760 Your microbes help too. Uhm?

NOTE Confidence: 0.891892404444445

00:32:33.760 --> 00:32:36.280 Hang on to the toxins and get  
NOTE Confidence: 0.891892404444445

00:32:36.280 --> 00:32:38.739 them out and the more fiber.  
NOTE Confidence: 0.891892404444445

00:32:38.740 --> 00:32:41.494 And I'm not talking about so much that you  
NOTE Confidence: 0.891892404444445

00:32:41.494 --> 00:32:44.396 end up with an irritated intestinal tract,  
NOTE Confidence: 0.891892404444445

00:32:44.400 --> 00:32:47.406 but fiber where it's moving your  
NOTE Confidence: 0.891892404444445

00:32:47.406 --> 00:32:50.585 bowels where you have a healthy  
NOTE Confidence: 0.891892404444445

00:32:50.585 --> 00:32:52.749 bowel movement every day.  
NOTE Confidence: 0.891892404444445

00:32:52.750 --> 00:32:55.202 That is really important.  
NOTE Confidence: 0.891892404444445

00:32:55.202 --> 00:32:58.788 It moves things through and it  
NOTE Confidence: 0.891892404444445

00:32:58.788 --> 00:33:01.378 has health implications that are  
NOTE Confidence: 0.891892404444445

00:33:01.378 --> 00:33:04.080 really far reaching so fiber.  
NOTE Confidence: 0.891892404444445

00:33:04.080 --> 00:33:07.816 Is important and we don't have to take  
NOTE Confidence: 0.891892404444445

00:33:07.816 --> 00:33:10.396 necessarily a supplement for that.  
NOTE Confidence: 0.891892404444445

00:33:10.396 --> 00:33:12.364 I would say you're better eating  
NOTE Confidence: 0.891892404444445

00:33:12.364 --> 00:33:14.554 fruits and vegetables and nuts and  
NOTE Confidence: 0.891892404444445

00:33:14.554 --> 00:33:16.384 seeds and legumes and mushrooms

NOTE Confidence: 0.891892404444445

00:33:16.384 --> 00:33:18.237 and herbs and healthy fats,

NOTE Confidence: 0.891892404444445

00:33:18.240 --> 00:33:20.232 because you're getting all those other

NOTE Confidence: 0.891892404444445

00:33:20.232 --> 00:33:22.280 compounds that are in those foods.

NOTE Confidence: 0.891892404444445

00:33:22.280 --> 00:33:27.596 Those higher order compounds that are.

NOTE Confidence: 0.891892404444445

00:33:27.600 --> 00:33:31.002 That are like medicine in our in our food.

NOTE Confidence: 0.891892404444445

00:33:31.010 --> 00:33:35.140 So really important and the more variety

NOTE Confidence: 0.891892404444445

00:33:35.140 --> 00:33:39.649 of fruits and vegetables that you eat,

NOTE Confidence: 0.891892404444445

00:33:39.650 --> 00:33:41.050 especially vegetables.

NOTE Confidence: 0.862949328571428

00:33:43.190 --> 00:33:45.388 The healthier you are going to be,

NOTE Confidence: 0.862949328571428

00:33:45.390 --> 00:33:49.260 we tend to get very narrow in our food

NOTE Confidence: 0.862949328571428

00:33:49.260 --> 00:33:51.518 choices, and they've done studies

NOTE Confidence: 0.862949328571428

00:33:51.518 --> 00:33:54.713 with kids where they find they eat

NOTE Confidence: 0.862949328571428

00:33:54.713 --> 00:33:57.633 the same 10 foods all week and it

NOTE Confidence: 0.862949328571428

00:33:57.633 --> 00:34:00.286 really doesn't vary and so we always

NOTE Confidence: 0.862949328571428

00:34:00.286 --> 00:34:02.630 like to say if you go to a farm,

NOTE Confidence: 0.862949328571428

00:34:02.630 --> 00:34:04.022 try some new things,  
NOTE Confidence: 0.862949328571428

00:34:04.022 --> 00:34:05.762 things you've never tried before,  
NOTE Confidence: 0.862949328571428

00:34:05.770 --> 00:34:08.236 try to get expensive in the  
NOTE Confidence: 0.862949328571428

00:34:08.236 --> 00:34:10.981 variety of things you eat because  
NOTE Confidence: 0.862949328571428

00:34:10.981 --> 00:34:12.997 they all have different.  
NOTE Confidence: 0.862949328571428

00:34:13.000 --> 00:34:16.960 Plant medicines in them that act as dumb.  
NOTE Confidence: 0.862949328571428

00:34:16.960 --> 00:34:18.523 As is deep.  
NOTE Confidence: 0.862949328571428

00:34:18.523 --> 00:34:20.607 Nutrition for us so.  
NOTE Confidence: 0.923671967142857

00:34:22.770 --> 00:34:24.590 Well, let's go back to the list.  
NOTE Confidence: 0.923671967142857

00:34:24.590 --> 00:34:28.600 Healthy fats and animal products.  
NOTE Confidence: 0.923671967142857

00:34:28.600 --> 00:34:29.924 When you're eating those,  
NOTE Confidence: 0.923671967142857

00:34:29.924 --> 00:34:31.248 you really you know,  
NOTE Confidence: 0.923671967142857

00:34:31.250 --> 00:34:33.875 want to get those that have been  
NOTE Confidence: 0.923671967142857

00:34:33.875 --> 00:34:35.522 eating what they're meant to  
NOTE Confidence: 0.923671967142857

00:34:35.522 --> 00:34:37.430 eat so that they are healthy.  
NOTE Confidence: 0.923671967142857

00:34:37.430 --> 00:34:38.838 Because if the foods



NOTE Confidence: 0.923671967142857  
00:34:38.838 --> 00:34:40.246 you're eating or healthy,  
NOTE Confidence: 0.923671967142857  
00:34:40.250 --> 00:34:43.050 you're going to be healthy and it  
NOTE Confidence: 0.923671967142857  
00:34:43.050 --> 00:34:45.258 reduces your chance of of having  
NOTE Confidence: 0.923671967142857  
00:34:45.258 --> 00:34:47.421 a lot of toxins in the food.  
NOTE Confidence: 0.923671967142857  
00:34:47.430 --> 00:34:49.378 Organic, where you can.  
NOTE Confidence: 0.923671967142857  
00:34:49.378 --> 00:34:51.326 There is an organization  
NOTE Confidence: 0.923671967142857  
00:34:51.330 --> 00:34:52.836 called Environmental.  
NOTE Confidence: 0.923671967142857  
00:34:52.836 --> 00:34:56.831 Working group or EWG and UM if  
NOTE Confidence: 0.923671967142857  
00:34:56.831 --> 00:34:59.120 you go to their site they have  
NOTE Confidence: 0.923671967142857  
00:34:59.209 --> 00:35:01.379 something called the clean 15  
NOTE Confidence: 0.923671967142857  
00:35:01.379 --> 00:35:04.451 and The Dirty Dozen and it lists  
NOTE Confidence: 0.923671967142857  
00:35:04.451 --> 00:35:06.905 the foods that they every year.  
NOTE Confidence: 0.923671967142857  
00:35:06.910 --> 00:35:10.795 They do tests and they find which.  
NOTE Confidence: 0.923671967142857  
00:35:10.800 --> 00:35:12.790 Fruits and vegetables have the  
NOTE Confidence: 0.923671967142857  
00:35:12.790 --> 00:35:15.172 highest level of toxins and those  
NOTE Confidence: 0.923671967142857

00:35:15.172 --> 00:35:17.426 are the ones who say if you're  
NOTE Confidence: 0.923671967142857

00:35:17.426 --> 00:35:19.450 limited on what you can spend.  
NOTE Confidence: 0.923671967142857

00:35:19.450 --> 00:35:22.546 Buy those organically if you can,  
NOTE Confidence: 0.923671967142857

00:35:22.550 --> 00:35:27.023 or go to a farm that has good practices.  
NOTE Confidence: 0.923671967142857

00:35:27.030 --> 00:35:30.414 And then the the clean 15 are the  
NOTE Confidence: 0.923671967142857

00:35:30.414 --> 00:35:33.693 ones that you really you can eat  
NOTE Confidence: 0.923671967142857

00:35:33.693 --> 00:35:36.508 without worrying about the organic.  
NOTE Confidence: 0.923671967142857

00:35:36.510 --> 00:35:37.569 Label on them.  
NOTE Confidence: 0.923671967142857

00:35:37.569 --> 00:35:40.040 OK, you can grow your own food,  
NOTE Confidence: 0.923671967142857

00:35:40.040 --> 00:35:42.432 even if it's just a couple  
NOTE Confidence: 0.923671967142857

00:35:42.432 --> 00:35:44.364 of peas out in the garden.  
NOTE Confidence: 0.923671967142857

00:35:44.370 --> 00:35:46.038 A couple of heads of lettuce.  
NOTE Confidence: 0.923671967142857

00:35:46.040 --> 00:35:48.146 All of that is so great.  
NOTE Confidence: 0.923671967142857

00:35:48.150 --> 00:35:51.006 We know that there is a bacteria  
NOTE Confidence: 0.923671967142857

00:35:51.006 --> 00:35:54.368 in the soil that mimics serotonin.  
NOTE Confidence: 0.923671967142857

00:35:54.370 --> 00:35:56.050 Serotonin is one of those

NOTE Confidence: 0.923671967142857  
00:35:56.050 --> 00:35:58.050 neurotransmitters that makes you feel good,  
NOTE Confidence: 0.923671967142857  
00:35:58.050 --> 00:36:00.168 and there are lots of benefits  
NOTE Confidence: 0.923671967142857  
00:36:00.168 --> 00:36:02.230 to being in a garden.  
NOTE Confidence: 0.923671967142857  
00:36:02.230 --> 00:36:06.157 We use garden therapy everywhere in prisons,  
NOTE Confidence: 0.923671967142857  
00:36:06.160 --> 00:36:08.210 in schools and nursing homes.  
NOTE Confidence: 0.923671967142857  
00:36:08.210 --> 00:36:11.850 In it's used because it.  
NOTE Confidence: 0.923671967142857  
00:36:11.850 --> 00:36:17.532 It really helps your microbiome and  
NOTE Confidence: 0.923671967142857  
00:36:17.532 --> 00:36:20.970 your thumb. I think your mental health.  
NOTE Confidence: 0.923671967142857  
00:36:20.970 --> 00:36:23.376 I think it's just a really  
NOTE Confidence: 0.923671967142857  
00:36:23.376 --> 00:36:24.980 important thing to do.  
NOTE Confidence: 0.923671967142857  
00:36:24.980 --> 00:36:28.040 And then again, fermented foods,  
NOTE Confidence: 0.923671967142857  
00:36:28.040 --> 00:36:30.074 so I think I'm gonna say  
NOTE Confidence: 0.923671967142857  
00:36:30.074 --> 00:36:31.780 fermented foods till the end.  
NOTE Confidence: 0.923671967142857  
00:36:31.780 --> 00:36:34.668 But I do just want to say here.  
NOTE Confidence: 0.923671967142857  
00:36:34.670 --> 00:36:37.020 Every culture.  
NOTE Confidence: 0.923671967142857

00:36:37.020 --> 00:36:41.310 Every culture has fermented foods.  
NOTE Confidence: 0.923671967142857

00:36:41.310 --> 00:36:43.474 Fermented foods have been  
NOTE Confidence: 0.923671967142857

00:36:43.474 --> 00:36:46.179 used for thousands of years  
NOTE Confidence: 0.923671967142857

00:36:46.179 --> 00:36:48.966 when we have foods that are.  
NOTE Confidence: 0.923671967142857

00:36:48.970 --> 00:36:51.000 Perishable fruits and vegetables and  
NOTE Confidence: 0.923671967142857

00:36:51.000 --> 00:36:53.420 meats and fish things like that.  
NOTE Confidence: 0.923671967142857

00:36:53.420 --> 00:36:55.340 Before we had refrigeration,  
NOTE Confidence: 0.923671967142857

00:36:55.340 --> 00:36:58.590 people had to have a way of.  
NOTE Confidence: 0.923671967142857

00:36:58.590 --> 00:37:00.306 Preserving that to keep it from  
NOTE Confidence: 0.923671967142857

00:37:00.306 --> 00:37:02.210 going bad before they could eat it,  
NOTE Confidence: 0.923671967142857

00:37:02.210 --> 00:37:04.718 especially when they depended on that.  
NOTE Confidence: 0.923671967142857

00:37:04.720 --> 00:37:05.818 At the end of the season.  
NOTE Confidence: 0.923671967142857

00:37:05.820 --> 00:37:08.928 Let's say you you grew a field  
NOTE Confidence: 0.923671967142857

00:37:08.928 --> 00:37:11.398 of cabbage and at the end of the  
NOTE Confidence: 0.923671967142857

00:37:11.398 --> 00:37:13.577 season when it was time to pick it,  
NOTE Confidence: 0.923671967142857

00:37:13.580 --> 00:37:15.218 you can only eat so much cabbage.

NOTE Confidence: 0.923671967142857  
00:37:15.220 --> 00:37:17.060 So what do you do with all that  
NOTE Confidence: 0.923671967142857  
00:37:17.060 --> 00:37:18.519 so it doesn't go bad?  
NOTE Confidence: 0.923671967142857  
00:37:18.520 --> 00:37:22.416 They begin to ferment it and make sauerkraut,  
NOTE Confidence: 0.923671967142857  
00:37:22.420 --> 00:37:24.751 and they can take that and have  
NOTE Confidence: 0.923671967142857  
00:37:24.751 --> 00:37:26.939 that last for an entire year.  
NOTE Confidence: 0.923671967142857  
00:37:26.940 --> 00:37:28.970 And when you do that.  
NOTE Confidence: 0.923671967142857  
00:37:28.970 --> 00:37:31.910 It increases the nutritional content.  
NOTE Confidence: 0.923671967142857  
00:37:31.910 --> 00:37:35.333 It helps to pre digest it and  
NOTE Confidence: 0.923671967142857  
00:37:35.333 --> 00:37:38.032 it's teeming with microbes that  
NOTE Confidence: 0.923671967142857  
00:37:38.032 --> 00:37:41.404 are beneficial for us and it's  
NOTE Confidence: 0.923671967142857  
00:37:41.404 --> 00:37:43.350 very safe and stable.  
NOTE Confidence: 0.923671967142857  
00:37:43.350 --> 00:37:45.810 People make Crocs barrels of that  
NOTE Confidence: 0.923671967142857  
00:37:45.810 --> 00:37:48.408 and put it into their basement  
NOTE Confidence: 0.923671967142857  
00:37:48.410 --> 00:37:50.162 and it got them through the  
NOTE Confidence: 0.923671967142857  
00:37:50.162 --> 00:37:52.210 winters in but high in vitamin C.  
NOTE Confidence: 0.923671967142857

00:37:52.210 --> 00:37:53.884 So in the deep winter when  
NOTE Confidence: 0.923671967142857

00:37:53.884 --> 00:37:55.000 there weren't a lot  
NOTE Confidence: 0.9197988

00:37:55.060 --> 00:37:57.349 of things you could eat these fermented  
NOTE Confidence: 0.9197988

00:37:57.349 --> 00:37:59.812 foods and stay healthy really important.  
NOTE Confidence: 0.9197988

00:37:59.812 --> 00:38:02.398 And some of our best,  
NOTE Confidence: 0.9197988

00:38:02.398 --> 00:38:05.388 most delicious foods are fermented.  
NOTE Confidence: 0.9197988

00:38:05.390 --> 00:38:06.923 So I think right now I'll just  
NOTE Confidence: 0.9197988

00:38:06.923 --> 00:38:08.431 give you the list even though  
NOTE Confidence: 0.9197988

00:38:08.431 --> 00:38:10.286 we're going to talk about it again.  
NOTE Confidence: 0.9197988

00:38:10.290 --> 00:38:13.258 Things like cheese hard  
NOTE Confidence: 0.9197988

00:38:13.258 --> 00:38:17.298 cheeses are fermented we have.  
NOTE Confidence: 0.9197988

00:38:17.298 --> 00:38:20.946 Sauerkraut we have kimchi,  
NOTE Confidence: 0.9197988

00:38:20.946 --> 00:38:27.498 which is spicy cabbage and other vegetables.  
NOTE Confidence: 0.9197988

00:38:27.500 --> 00:38:31.036 We have tempeh and I'm trying  
NOTE Confidence: 0.9197988

00:38:31.036 --> 00:38:33.580 to save the good ones for last,  
NOTE Confidence: 0.9197988

00:38:33.580 --> 00:38:37.306 so going through the rest Nisou.

NOTE Confidence: 0.9197988

00:38:37.310 --> 00:38:43.820 Chocolate, coffee, wine, beer, kombucha.

NOTE Confidence: 0.9197988

00:38:43.820 --> 00:38:47.006 The list goes on and on.

NOTE Confidence: 0.9197988

00:38:47.010 --> 00:38:51.318 Those foods are all fermented and

NOTE Confidence: 0.9197988

00:38:51.318 --> 00:38:54.190 increased their nutritional value,

NOTE Confidence: 0.9197988

00:38:54.190 --> 00:38:56.929 nutrient density, and.

NOTE Confidence: 0.9197988

00:38:56.929 --> 00:39:01.494 Shelf life so really important?

NOTE Confidence: 0.9197988

00:39:01.500 --> 00:39:02.150 OK.

NOTE Confidence: 0.88833433

00:39:04.360 --> 00:39:07.132 Oh, so here's just a reminder

NOTE Confidence: 0.88833433

00:39:07.132 --> 00:39:09.300 of eating things in season.

NOTE Confidence: 0.88833433

00:39:09.300 --> 00:39:11.425 This is a beautiful Peach

NOTE Confidence: 0.88833433

00:39:11.425 --> 00:39:13.248 tree from this summer.

NOTE Confidence: 0.853633052

00:39:17.780 --> 00:39:19.634 Colorful vegetables these

NOTE Confidence: 0.853633052

00:39:19.634 --> 00:39:22.154 are carrots and potatoes.

NOTE Confidence: 0.853633052

00:39:22.154 --> 00:39:26.648 These are purple potatoes and red outside

NOTE Confidence: 0.853633052

00:39:26.648 --> 00:39:30.196 potatoes and the creamy white inside.

NOTE Confidence: 0.853633052

00:39:30.200 --> 00:39:33.110 These are the different colored carrots.  
NOTE Confidence: 0.853633052

00:39:33.110 --> 00:39:33.866 Brussels sprouts.  
NOTE Confidence: 0.853633052

00:39:33.866 --> 00:39:36.890 All of those things are high in fiber  
NOTE Confidence: 0.853633052

00:39:36.962 --> 00:39:39.461 and this time of year they're all  
NOTE Confidence: 0.853633052

00:39:39.461 --> 00:39:41.815 coming into season and fresh at the  
NOTE Confidence: 0.853633052

00:39:41.815 --> 00:39:44.760 farms and really much more nutrient.  
NOTE Confidence: 0.853633052

00:39:44.760 --> 00:39:47.658 Dance for us.  
NOTE Confidence: 0.853633052

00:39:47.660 --> 00:39:49.865 And and we tend to crave these  
NOTE Confidence: 0.853633052

00:39:49.865 --> 00:39:52.024 things this time of year because  
NOTE Confidence: 0.853633052

00:39:52.024 --> 00:39:54.304 of the temperatures going down and.  
NOTE Confidence: 0.853633052

00:39:54.310 --> 00:39:56.990 And our bodies craving warmth.  
NOTE Confidence: 0.853633052

00:39:56.990 --> 00:39:59.990 Here's another picture with some herbs in it,  
NOTE Confidence: 0.853633052

00:39:59.990 --> 00:40:00.934 you know,  
NOTE Confidence: 0.853633052

00:40:00.934 --> 00:40:04.238 and the garlic such a powerhouse food  
NOTE Confidence: 0.853633052

00:40:04.238 --> 00:40:08.514 and sage and thyme and Brussels sprouts and.  
NOTE Confidence: 0.853633052

00:40:08.520 --> 00:40:13.210 I'm carrots and potatoes OK.



NOTE Confidence: 0.853633052

00:40:13.210 --> 00:40:17.428 Legumes, beans and seeds and nuts,

NOTE Confidence: 0.853633052

00:40:17.430 --> 00:40:22.484 and those beautiful foods and then mushrooms.

NOTE Confidence: 0.853633052

00:40:22.490 --> 00:40:23.706 You don't have to go out and forage.

NOTE Confidence: 0.853633052

00:40:23.710 --> 00:40:26.062 I just loved this photo of these

NOTE Confidence: 0.853633052

00:40:26.062 --> 00:40:27.770 mushrooms growing up this tree.

NOTE Confidence: 0.853633052

00:40:27.770 --> 00:40:32.270 This is a local picture and this time of

NOTE Confidence: 0.853633052

00:40:32.270 --> 00:40:34.670 year the mushrooms are prolific outdoors

NOTE Confidence: 0.853633052

00:40:34.748 --> 00:40:37.485 but also local farmers now are growing.

NOTE Confidence: 0.853633052

00:40:37.490 --> 00:40:40.450 A lot of mushrooms and so you could go to

NOTE Confidence: 0.853633052

00:40:40.526 --> 00:40:43.490 farmers markets and other grocery stores.

NOTE Confidence: 0.853633052

00:40:43.490 --> 00:40:45.980 And find local mushrooms that

NOTE Confidence: 0.853633052

00:40:45.980 --> 00:40:49.050 have been grown in the area.

NOTE Confidence: 0.853633052

00:40:49.050 --> 00:40:52.230 Sell. What else helps?

NOTE Confidence: 0.853633052

00:40:52.230 --> 00:40:53.870 We've talked about lifestyle,

NOTE Confidence: 0.853633052

00:40:53.870 --> 00:40:55.380 so playing in the dirt,

NOTE Confidence: 0.853633052

00:40:55.380 --> 00:40:59.178 we said gardening really helps too.  
NOTE Confidence: 0.853633052

00:40:59.180 --> 00:41:00.740 Enhance your microbiome,  
NOTE Confidence: 0.853633052

00:41:00.740 --> 00:41:01.780 but kids.  
NOTE Confidence: 0.853633052

00:41:01.780 --> 00:41:04.476 Being able to play in the dirt and  
NOTE Confidence: 0.853633052

00:41:04.476 --> 00:41:07.459 get dirty is so important for their  
NOTE Confidence: 0.853633052

00:41:07.459 --> 00:41:10.287 immune system and training their their  
NOTE Confidence: 0.853633052

00:41:10.287 --> 00:41:12.907 microbiome and their immune system.  
NOTE Confidence: 0.853633052

00:41:12.910 --> 00:41:15.990 Exercising there isn't really anything.  
NOTE Confidence: 0.853633052

00:41:15.990 --> 00:41:19.158 Exercise doesn't help.  
NOTE Confidence: 0.853633052

00:41:19.160 --> 00:41:22.586 Yeah, eating organic food where possible,  
NOTE Confidence: 0.853633052

00:41:22.590 --> 00:41:23.406 avoiding.  
NOTE Confidence: 0.853633052

00:41:23.406 --> 00:41:26.670 Chemical toxins were possible  
NOTE Confidence: 0.853633052

00:41:26.670 --> 00:41:29.934 and again reducing stress.  
NOTE Confidence: 0.853633052

00:41:29.940 --> 00:41:33.972 And hanging out with with family and friends,  
NOTE Confidence: 0.853633052

00:41:33.972 --> 00:41:36.730 which hasn't been easy this last year,  
NOTE Confidence: 0.853633052

00:41:36.730 --> 00:41:38.008 but really important.

NOTE Confidence: 0.853633052

00:41:38.008 --> 00:41:41.600 And I think even zoom has a place

NOTE Confidence: 0.853633052

00:41:41.600 --> 00:41:44.205 during during these last year.

NOTE Confidence: 0.853633052

00:41:44.210 --> 00:41:46.925 So diet and lifestyle contribute

NOTE Confidence: 0.853633052

00:41:46.925 --> 00:41:49.097 to a healthy microbiome.

NOTE Confidence: 0.929488182857143

00:41:51.510 --> 00:41:53.764 So here are some of the summaries.

NOTE Confidence: 0.929488182857143

00:41:53.770 --> 00:41:57.256 UM, it's acquired through our lifetimes

NOTE Confidence: 0.929488182857143

00:41:57.256 --> 00:42:01.352 and is influenced by our diets and

NOTE Confidence: 0.929488182857143

00:42:01.352 --> 00:42:04.110 lifestyle healthy microbes make our

NOTE Confidence: 0.929488182857143

00:42:04.110 --> 00:42:06.310 neurotransmitters that are responsible

NOTE Confidence: 0.929488182857143

00:42:06.310 --> 00:42:09.905 for mood and sleep healthy microbes make

NOTE Confidence: 0.929488182857143

00:42:09.905 --> 00:42:13.230 nutrients that are essential for our health.

NOTE Confidence: 0.929488182857143

00:42:13.230 --> 00:42:15.370 Healthy microbes keep our

NOTE Confidence: 0.929488182857143

00:42:15.370 --> 00:42:16.975 immune systems healthy.

NOTE Confidence: 0.929488182857143

00:42:16.980 --> 00:42:19.266 Eating a diet rich in vegetables,

NOTE Confidence: 0.929488182857143

00:42:19.270 --> 00:42:23.570 fruits, nuts, seeds, legumes, heaps.

NOTE Confidence: 0.929488182857143

00:42:23.570 --> 00:42:25.745 Alpha didn't didn't check that  
NOTE Confidence: 0.929488182857143

00:42:25.745 --> 00:42:28.865 one helps to feed the microbes we  
NOTE Confidence: 0.929488182857143

00:42:28.865 --> 00:42:32.170 want to flourish in our guts. OK.  
NOTE Confidence: 0.82089115

00:42:35.790 --> 00:42:36.640 All right?  
NOTE Confidence: 0.32195103

00:42:41.480 --> 00:42:48.620 So. Let's go to, UM, Nicole,  
NOTE Confidence: 0.32195103

00:42:48.620 --> 00:42:52.729 do we have? Thank you Joan.  
NOTE Confidence: 0.901448440909091

00:42:52.740 --> 00:42:53.988 Yeah we do have some questions  
NOTE Confidence: 0.901448440909091

00:42:53.988 --> 00:42:55.070 if you're ready for them.  
NOTE Confidence: 0.901448440909091

00:42:55.070 --> 00:42:57.318 We have some great questions in the Q&A.  
NOTE Confidence: 0.901448440909091

00:42:57.320 --> 00:43:01.088 OK good good. OK so I am going to.  
NOTE Confidence: 0.81669798

00:43:01.140 --> 00:43:05.490 I'm going to stop sharing my shirt. Sure. OK,  
NOTE Confidence: 0.895819823333333

00:43:05.800 --> 00:43:09.932 so we have some very specific but great  
NOTE Confidence: 0.895819823333333

00:43:09.932 --> 00:43:11.510 questions that get into some of the  
NOTE Confidence: 0.895819823333333

00:43:11.510 --> 00:43:13.570 topics that you start that you introduced.  
NOTE Confidence: 0.895819823333333

00:43:13.570 --> 00:43:17.226 So we first have someone asking about  
NOTE Confidence: 0.895819823333333

00:43:17.226 --> 00:43:19.741 medications and the effects that

NOTE Confidence: 0.895819823333333

00:43:19.741 --> 00:43:22.250 potential effects of medications.

NOTE Confidence: 0.895819823333333

00:43:22.250 --> 00:43:26.426 Such as view prior bupropion the

NOTE Confidence: 0.895819823333333

00:43:26.426 --> 00:43:30.015 the mental health behavioral health

NOTE Confidence: 0.895819823333333

00:43:30.015 --> 00:43:32.424 agent that is a norepinephrine and

NOTE Confidence: 0.895819823333333

00:43:32.424 --> 00:43:34.680 dopamine reuptake inhibitor that

NOTE Confidence: 0.895819823333333

00:43:34.680 --> 00:43:36.936 can cause significant Constipation.

NOTE Confidence: 0.895819823333333

00:43:36.940 --> 00:43:38.850 Does that have any relationship

NOTE Confidence: 0.895819823333333

00:43:38.850 --> 00:43:39.996 to the microbiome?

NOTE Confidence: 0.908075925714286

00:43:40.850 --> 00:43:44.294 You know, I don't know that specifically,

NOTE Confidence: 0.908075925714286

00:43:44.300 --> 00:43:47.928 but what I would say is that because the

NOTE Confidence: 0.908075925714286

00:43:47.928 --> 00:43:51.680 microbiome is just a part of our bodies,

NOTE Confidence: 0.908075925714286

00:43:51.680 --> 00:43:55.080 our systems. That it it.

NOTE Confidence: 0.908075925714286

00:43:55.080 --> 00:43:58.656 I cannot see that there would be any.

NOTE Confidence: 0.908075925714286

00:43:58.660 --> 00:44:01.650 There's no downside to enhancing

NOTE Confidence: 0.908075925714286

00:44:01.650 --> 00:44:04.042 your microbiome to eating

NOTE Confidence: 0.908075925714286

00:44:04.042 --> 00:44:06.775 fermented foods, I do say.  
NOTE Confidence: 0.908075925714286

00:44:06.775 --> 00:44:08.795 When you're introducing fermented  
NOTE Confidence: 0.908075925714286

00:44:08.795 --> 00:44:11.746 foods into your diet, like fiber,  
NOTE Confidence: 0.908075925714286

00:44:11.746 --> 00:44:14.036 you if it causes Constipation,  
NOTE Confidence: 0.908075925714286

00:44:14.040 --> 00:44:16.816 we know then you really need to eat  
NOTE Confidence: 0.908075925714286

00:44:16.816 --> 00:44:19.407 high fiber foods and a lot of them,  
NOTE Confidence: 0.908075925714286

00:44:19.410 --> 00:44:22.595 and fermented foods can help with that,  
NOTE Confidence: 0.908075925714286

00:44:22.600 --> 00:44:25.085 but I would say to start very  
NOTE Confidence: 0.908075925714286

00:44:25.085 --> 00:44:27.587 small when there are some people  
NOTE Confidence: 0.908075925714286

00:44:27.587 --> 00:44:29.590 who have absolutely no reaction.  
NOTE Confidence: 0.908075925714286

00:44:29.590 --> 00:44:33.004 I mean, I could put a half a cup of  
NOTE Confidence: 0.908075925714286

00:44:33.004 --> 00:44:35.090 sauerkraut on my sourdough bread and  
NOTE Confidence: 0.908075925714286

00:44:35.090 --> 00:44:38.160 and I would just think I was in heaven.  
NOTE Confidence: 0.908075925714286

00:44:38.160 --> 00:44:40.144 But other people need to start with more  
NOTE Confidence: 0.908075925714286

00:44:40.144 --> 00:44:42.257 of a teaspoon to start as a condiment  
NOTE Confidence: 0.908075925714286

00:44:42.257 --> 00:44:44.460 and just put a little bit on their

NOTE Confidence: 0.908075925714286

00:44:44.460 --> 00:44:46.792 plate and try to increase that as they

NOTE Confidence: 0.908075925714286

00:44:46.792 --> 00:44:48.808 go to start building that microbiome.

NOTE Confidence: 0.908075925714286

00:44:48.810 --> 00:44:52.248 And I would imagine that that

NOTE Confidence: 0.908075925714286

00:44:52.248 --> 00:44:55.662 would modulate out I, I, you know,

NOTE Confidence: 0.908075925714286

00:44:55.662 --> 00:44:57.906 I'm not an expert in that

NOTE Confidence: 0.908075925714286

00:44:57.906 --> 00:44:59.656 medication so I am not sure,

NOTE Confidence: 0.908075925714286

00:44:59.660 --> 00:45:01.856 but that would be my reaction.

NOTE Confidence: 0.908075925714286

00:45:01.860 --> 00:45:02.380 OK

NOTE Confidence: 0.922146461428571

00:45:02.410 --> 00:45:05.686 great another one is from someone who

NOTE Confidence: 0.922146461428571

00:45:05.686 --> 00:45:08.909 is on medication for type 2 diabetes.

NOTE Confidence: 0.922146461428571

00:45:08.910 --> 00:45:12.246 And the medicines work by causing the body

NOTE Confidence: 0.922146461428571

00:45:12.246 --> 00:45:14.800 to get rid of extra sugar through the urine.

NOTE Confidence: 0.922146461428571

00:45:14.800 --> 00:45:16.894 This person has noticed that they

NOTE Confidence: 0.922146461428571

00:45:16.894 --> 00:45:18.689 have started getting yeast infections

NOTE Confidence: 0.922146461428571

00:45:18.689 --> 00:45:20.956 for the first time and don't have the

NOTE Confidence: 0.922146461428571

00:45:20.956 --> 00:45:22.330 option to stop taking the medication.  
NOTE Confidence: 0.922146461428571

00:45:22.330 --> 00:45:25.100 So what can? What can he or she do  
NOTE Confidence: 0.922146461428571

00:45:25.100 --> 00:45:26.938 to reduce the yeast taking over?  
NOTE Confidence: 0.872515636363636

00:45:27.710 --> 00:45:30.800 Yeah well and and that's really  
NOTE Confidence: 0.872515636363636

00:45:30.800 --> 00:45:33.310 interesting because one of the.  
NOTE Confidence: 0.872515636363636

00:45:33.310 --> 00:45:35.390 Somebody who wasn't on medication,  
NOTE Confidence: 0.872515636363636

00:45:35.390 --> 00:45:38.660 we would just definitely say start  
NOTE Confidence: 0.872515636363636

00:45:38.660 --> 00:45:41.809 upping your fermented foods and fiber,  
NOTE Confidence: 0.872515636363636

00:45:41.810 --> 00:45:45.900 and I would say that to you too, although.  
NOTE Confidence: 0.872515636363636

00:45:45.900 --> 00:45:48.042 You know the medications may be  
NOTE Confidence: 0.872515636363636

00:45:48.042 --> 00:45:50.090 contributing so that you're going to  
NOTE Confidence: 0.872515636363636

00:45:50.090 --> 00:45:52.314 have to work a little harder at that.  
NOTE Confidence: 0.872515636363636

00:45:52.320 --> 00:45:54.180 The The thing is,  
NOTE Confidence: 0.872515636363636

00:45:54.180 --> 00:45:56.040 is not consuming sugar.  
NOTE Confidence: 0.872515636363636

00:45:56.040 --> 00:45:57.460 And when I say sugar,  
NOTE Confidence: 0.872515636363636

00:45:57.460 --> 00:46:00.484 I also mean a lot of refined flour.



NOTE Confidence: 0.872515636363636

00:46:00.490 --> 00:46:03.866 So white flour in the form of breads

NOTE Confidence: 0.872515636363636

00:46:03.866 --> 00:46:07.323 and cakes and crackers and all of

NOTE Confidence: 0.872515636363636

00:46:07.323 --> 00:46:10.400 that which you probably already know,

NOTE Confidence: 0.872515636363636

00:46:10.400 --> 00:46:12.200 acts like sugar in the body.

NOTE Confidence: 0.872515636363636

00:46:12.200 --> 00:46:16.160 And so if we can replace that with.

NOTE Confidence: 0.872515636363636

00:46:16.160 --> 00:46:19.910 You know all of these incredible

NOTE Confidence: 0.872515636363636

00:46:19.910 --> 00:46:23.077 colorful vegetables and which adds

NOTE Confidence: 0.872515636363636

00:46:23.077 --> 00:46:27.025 to the fiber which helps keep things

NOTE Confidence: 0.872515636363636

00:46:27.025 --> 00:46:30.508 moving through and then adding some

NOTE Confidence: 0.872515636363636

00:46:30.508 --> 00:46:34.030 beautiful fermented foods which I really.

NOTE Confidence: 0.872515636363636

00:46:34.030 --> 00:46:36.574 I will spend a minute talking

NOTE Confidence: 0.872515636363636

00:46:36.574 --> 00:46:38.270 about some of these.

NOTE Confidence: 0.872515636363636

00:46:38.270 --> 00:46:40.382 I would say that would really

NOTE Confidence: 0.872515636363636

00:46:40.382 --> 00:46:43.428 help if you are.

NOTE Confidence: 0.872515636363636

00:46:43.430 --> 00:46:46.570 I would also say that eating some of

NOTE Confidence: 0.872515636363636

00:46:46.570 --> 00:46:48.220 these fermented vegetables and things

NOTE Confidence: 0.872515636363636

00:46:48.220 --> 00:46:50.368 are going to help with the potassium,

NOTE Confidence: 0.872515636363636

00:46:50.370 --> 00:46:52.736 which is going to help keep that

NOTE Confidence: 0.872515636363636

00:46:52.740 --> 00:46:58.364 diuretic aspect in a little bit in check.

NOTE Confidence: 0.872515636363636

00:46:58.370 --> 00:46:59.745 Did that answer your question

NOTE Confidence: 0.872515636363636

00:46:59.745 --> 00:47:00.845 or did that help?

NOTE Confidence: 0.872515636363636

00:47:00.850 --> 00:47:03.260 Because Pro Biotic foods OK,

NOTE Confidence: 0.872515636363636

00:47:03.260 --> 00:47:05.885 so let me back up the second.

NOTE Confidence: 0.872515636363636

00:47:05.890 --> 00:47:08.498 The foods we eat.

NOTE Confidence: 0.872515636363636

00:47:08.500 --> 00:47:10.170 That have bacteria in them.

NOTE Confidence: 0.872515636363636

00:47:10.170 --> 00:47:14.070 Those are called the the.

NOTE Confidence: 0.872515636363636

00:47:14.070 --> 00:47:19.068 Microbial foods the the the probiotics.

NOTE Confidence: 0.872515636363636

00:47:19.070 --> 00:47:21.422 OK, we're going to call in

NOTE Confidence: 0.872515636363636

00:47:21.422 --> 00:47:22.990 probiotics there for life.

NOTE Confidence: 0.872515636363636

00:47:22.990 --> 00:47:24.350 There are helpful to life.

NOTE Confidence: 0.872515636363636

00:47:24.350 --> 00:47:27.450 That's the microbe rich foods.

NOTE Confidence: 0.872515636363636

00:47:27.450 --> 00:47:31.566 When we eat the fruits and vegetables,

NOTE Confidence: 0.872515636363636

00:47:31.570 --> 00:47:34.402 they are actually the food for

NOTE Confidence: 0.872515636363636

00:47:34.402 --> 00:47:37.360 those microbes that we call those.

NOTE Confidence: 0.872515636363636

00:47:37.360 --> 00:47:40.230 Pre biotics so we have the biotic

NOTE Confidence: 0.872515636363636

00:47:40.230 --> 00:47:42.770 rich and then the prebiotic.

NOTE Confidence: 0.872515636363636

00:47:42.770 --> 00:47:44.298 So eating those things.

NOTE Confidence: 0.872515636363636

00:47:44.298 --> 00:47:45.946 Lots of fibers, foods,

NOTE Confidence: 0.872515636363636

00:47:45.946 --> 00:47:47.930 lots of fermented foods,

NOTE Confidence: 0.872515636363636

00:47:47.930 --> 00:47:50.300 fermented foods that are vegetables

NOTE Confidence: 0.872515636363636

00:47:50.300 --> 00:47:53.240 that will help your body fight

NOTE Confidence: 0.872515636363636

00:47:53.240 --> 00:47:55.200 some of those infections.

NOTE Confidence: 0.872515636363636

00:47:55.200 --> 00:47:58.080 It's just it can be a vicious cycle though,

NOTE Confidence: 0.872515636363636

00:47:58.080 --> 00:48:00.110 because you probably are being put on

NOTE Confidence: 0.872515636363636

00:48:00.110 --> 00:48:01.740 antibiotics to fight the infection,

NOTE Confidence: 0.872515636363636

00:48:01.740 --> 00:48:03.100 which kills off the bacteria.

NOTE Confidence: 0.872515636363636

00:48:03.100 --> 00:48:06.620 They're going to help help with it,  
NOTE Confidence: 0.872515636363636

00:48:06.620 --> 00:48:10.290 so there yeah, so it's it's tough,  
NOTE Confidence: 0.872515636363636

00:48:10.290 --> 00:48:12.174 but I would start finding those  
NOTE Confidence: 0.872515636363636

00:48:12.174 --> 00:48:14.183 fermented foods and I'll tell you where  
NOTE Confidence: 0.872515636363636

00:48:14.183 --> 00:48:16.639 and how and all of that in a few minutes.  
NOTE Confidence: 0.932289461666667

00:48:17.150 --> 00:48:18.650 Yeah, I think you actually got.  
NOTE Confidence: 0.932289461666667

00:48:18.650 --> 00:48:19.840 You know our next question  
NOTE Confidence: 0.932289461666667

00:48:19.840 --> 00:48:20.554 was the difference.  
NOTE Confidence: 0.932289461666667

00:48:20.560 --> 00:48:21.810 I think you just answered it, John.  
NOTE Confidence: 0.932289461666667

00:48:21.810 --> 00:48:23.860 The role of probiotics and  
NOTE Confidence: 0.932289461666667

00:48:23.860 --> 00:48:25.272 the difference in probiotics.  
NOTE Confidence: 0.932289461666667

00:48:25.272 --> 00:48:25.864 Versus prebiotics,  
NOTE Confidence: 0.932289461666667

00:48:25.864 --> 00:48:27.640 so if there's anything else that  
NOTE Confidence: 0.932289461666667

00:48:27.688 --> 00:48:28.990 you wanted to add about that.  
NOTE Confidence: 0.932289461666667

00:48:28.990 --> 00:48:30.646 But I think you just touched on that.  
NOTE Confidence: 0.8491763175

00:48:30.940 --> 00:48:33.999 Yeah, yeah, the pre buy the prebiotics

NOTE Confidence: 0.8491763175

00:48:33.999 --> 00:48:36.589 are just making sure that the

NOTE Confidence: 0.8491763175

00:48:36.589 --> 00:48:39.368 bacteria we the bacteria we want to

NOTE Confidence: 0.8491763175

00:48:39.451 --> 00:48:42.646 colonize are well nourished, well fed.

NOTE Confidence: 0.8491763175

00:48:42.646 --> 00:48:45.887 So it it offers us all the

NOTE Confidence: 0.8491763175

00:48:45.887 --> 00:48:48.379 nourishment of those vegetables,

NOTE Confidence: 0.8491763175

00:48:48.380 --> 00:48:50.558 keeps our bowel moving which means

NOTE Confidence: 0.8491763175

00:48:50.558 --> 00:48:53.738 we keep all that back that the toxins

NOTE Confidence: 0.8491763175

00:48:53.738 --> 00:48:56.216 from building and feeds our bacteria.

NOTE Confidence: 0.8491763175

00:48:56.220 --> 00:48:59.037 So those it's just a win win to have

NOTE Confidence: 0.8491763175

00:48:59.037 --> 00:49:03.040 the prebiotic, the food and the.

NOTE Confidence: 0.8491763175

00:49:03.040 --> 00:49:05.155 The microbes great

NOTE Confidence: 0.9102954855

00:49:05.690 --> 00:49:08.050 and just going back so to the previous

NOTE Confidence: 0.9102954855

00:49:08.050 --> 00:49:09.940 question because there's a follow up

NOTE Confidence: 0.9102954855

00:49:09.940 --> 00:49:11.806 about the sugar and eliminating sugar.

NOTE Confidence: 0.9102954855

00:49:11.810 --> 00:49:13.273 I think it was an important distinction

NOTE Confidence: 0.9102954855

00:49:13.273 --> 00:49:15.110 that you made that it's not just sugar.

NOTE Confidence: 0.9102954855

00:49:15.110 --> 00:49:16.403 Sweet sugar, right?

NOTE Confidence: 0.9102954855

00:49:16.403 --> 00:49:18.641 But the refined carbohydrates in our

NOTE Confidence: 0.9102954855

00:49:18.641 --> 00:49:21.050 turn into glucose in our blood stream.

NOTE Confidence: 0.9102954855

00:49:21.050 --> 00:49:23.528 So it's any of those kinds of

NOTE Confidence: 0.9102954855

00:49:23.528 --> 00:49:24.590 carbohydrate refined foods.

NOTE Confidence: 0.9102954855

00:49:24.590 --> 00:49:26.210 But so there's a follow-up question.

NOTE Confidence: 0.9102954855

00:49:26.210 --> 00:49:28.286 Eliminating sugar altogether is really tough,

NOTE Confidence: 0.9102954855

00:49:28.290 --> 00:49:30.747 right? And this person has done it,

NOTE Confidence: 0.9102954855

00:49:30.750 --> 00:49:32.230 but eventually wore down and

NOTE Confidence: 0.9102954855

00:49:32.230 --> 00:49:33.414 is now eating some.

NOTE Confidence: 0.9102954855

00:49:33.420 --> 00:49:35.520 Is there a small amount that is OK?

NOTE Confidence: 0.9102954855

00:49:35.520 --> 00:49:37.296 Can you talk a little bit

NOTE Confidence: 0.9102954855

00:49:37.296 --> 00:49:39.120 about balance Joan in terms of,

NOTE Confidence: 0.9102954855

00:49:39.120 --> 00:49:40.860 you know, not all or nothing,

NOTE Confidence: 0.9102954855

00:49:40.860 --> 00:49:42.290 but you know what's OK?

NOTE Confidence: 0.75768598

00:49:43.800 --> 00:49:46.722 Right, well, so let's say we need to talk

NOTE Confidence: 0.75768598

00:49:46.722 --> 00:49:49.449 about you know where do I eat sugar?

NOTE Confidence: 0.75768598

00:49:49.450 --> 00:49:52.162 Of course I do. I have a lovely

NOTE Confidence: 0.75768598

00:49:52.162 --> 00:49:54.919 piece of chocolate at the end of a

NOTE Confidence: 0.75768598

00:49:54.919 --> 00:49:58.196 meal or or if I just feel like that,

NOTE Confidence: 0.75768598

00:49:58.200 --> 00:50:01.968 but it's it's when you find

NOTE Confidence: 0.75768598

00:50:01.968 --> 00:50:03.852 yourself craving sugar.

NOTE Confidence: 0.75768598

00:50:03.860 --> 00:50:06.400 You have to take a step back and say OK what?

NOTE Confidence: 0.75768598

00:50:06.400 --> 00:50:10.558 What signals am I getting and why am I?

NOTE Confidence: 0.75768598

00:50:10.560 --> 00:50:13.460 Am I turning to that so you don't have to?

NOTE Confidence: 0.75768598

00:50:13.460 --> 00:50:16.838 Avoid all. Sugar you don't have

NOTE Confidence: 0.75768598

00:50:16.838 --> 00:50:19.850 to avoid all refined carbs,

NOTE Confidence: 0.75768598

00:50:19.850 --> 00:50:23.802 but it is difficult to eat from our

NOTE Confidence: 0.75768598

00:50:23.802 --> 00:50:27.303 grocery stores these days and not have

NOTE Confidence: 0.75768598

00:50:27.303 --> 00:50:30.498 sugar laden and refined carb laden foods.

NOTE Confidence: 0.75768598

00:50:30.498 --> 00:50:33.120 So I would say you do.  
NOTE Confidence: 0.75768598

00:50:33.120 --> 00:50:35.808 You never have to be a purist.  
NOTE Confidence: 0.75768598

00:50:35.810 --> 00:50:38.303 But you need to find what works for you,  
NOTE Confidence: 0.75768598

00:50:38.310 --> 00:50:40.319 and so maybe for a little while.  
NOTE Confidence: 0.75768598

00:50:40.320 --> 00:50:41.298 Like you said,  
NOTE Confidence: 0.75768598

00:50:41.298 --> 00:50:43.580 you went sugar free for awhile and  
NOTE Confidence: 0.75768598

00:50:43.651 --> 00:50:45.847 now you're kind of breaking down?  
NOTE Confidence: 0.75768598

00:50:45.850 --> 00:50:49.246 Well, that's OK to try to.  
NOTE Confidence: 0.75768598

00:50:49.250 --> 00:50:51.077 You're working on an issue you're trying  
NOTE Confidence: 0.75768598

00:50:51.077 --> 00:50:52.808 to get through some health issues,  
NOTE Confidence: 0.75768598

00:50:52.810 --> 00:50:55.105 so you're going to be really good for awhile.  
NOTE Confidence: 0.75768598

00:50:55.110 --> 00:50:56.889 And that's great.  
NOTE Confidence: 0.75768598

00:50:56.889 --> 00:50:58.668 Maybe introducing fermented  
NOTE Confidence: 0.75768598

00:50:58.668 --> 00:51:02.053 foods and upping your your your  
NOTE Confidence: 0.75768598

00:51:02.053 --> 00:51:05.287 vegetables will help with that a bit.  
NOTE Confidence: 0.75768598

00:51:05.290 --> 00:51:06.800 And then you have room.



NOTE Confidence: 0.75768598

00:51:06.800 --> 00:51:08.068 For a little bit,

NOTE Confidence: 0.75768598

00:51:08.068 --> 00:51:10.663 but you because it's been an issue before

NOTE Confidence: 0.75768598

00:51:10.663 --> 00:51:13.630 or you have signs of it being an issue,

NOTE Confidence: 0.75768598

00:51:13.630 --> 00:51:14.940 you need to pay attention,

NOTE Confidence: 0.75768598

00:51:14.940 --> 00:51:15.333 right?

NOTE Confidence: 0.75768598

00:51:15.333 --> 00:51:18.084 So it's not like if somebody makes

NOTE Confidence: 0.75768598

00:51:18.084 --> 00:51:20.318 you some beautiful thing and

NOTE Confidence: 0.75768598

00:51:20.318 --> 00:51:23.042 brings you a beautiful piece of.

NOTE Confidence: 0.75768598

00:51:23.050 --> 00:51:26.222 High that they've made you have a

NOTE Confidence: 0.75768598

00:51:26.222 --> 00:51:28.364 small piece of it and know that

NOTE Confidence: 0.75768598

00:51:28.364 --> 00:51:30.381 that's just was made with love

NOTE Confidence: 0.75768598

00:51:30.381 --> 00:51:32.290 for you and you're gonna do,

NOTE Confidence: 0.75768598

00:51:32.290 --> 00:51:32.776 you know,

NOTE Confidence: 0.75768598

00:51:32.776 --> 00:51:34.720 try to not consume a lot of sugar

NOTE Confidence: 0.75768598

00:51:34.781 --> 00:51:36.479 after that for a little while.

NOTE Confidence: 0.75768598

00:51:36.480 --> 00:51:38.682 It's it's when it becomes everyday  
NOTE Confidence: 0.75768598

00:51:38.682 --> 00:51:40.886 when it becomes every meal when  
NOTE Confidence: 0.75768598

00:51:40.886 --> 00:51:42.890 it's the thing you first think  
NOTE Confidence: 0.75768598

00:51:42.890 --> 00:51:44.809 of because you can't think of  
NOTE Confidence: 0.75768598

00:51:44.809 --> 00:51:46.929 other things to make or or grab.  
NOTE Confidence: 0.75768598

00:51:46.929 --> 00:51:49.372 And so I think that you never  
NOTE Confidence: 0.75768598

00:51:49.372 --> 00:51:51.452 have to be a purist, but.  
NOTE Confidence: 0.75768598

00:51:51.452 --> 00:51:54.350 You need to listen to your body and pay  
NOTE Confidence: 0.75768598

00:51:54.430 --> 00:51:57.286 attention to when it becomes a problem.  
NOTE Confidence: 0.75768598

00:51:57.290 --> 00:51:58.300 So great,  
NOTE Confidence: 0.75768598

00:51:58.310 --> 00:52:00.120 thank you.  
NOTE Confidence: 0.892074571428571

00:52:00.120 --> 00:52:02.255 OK, next one is there great question.  
NOTE Confidence: 0.892074571428571

00:52:02.260 --> 00:52:04.458 Is there a way to measure the  
NOTE Confidence: 0.892074571428571

00:52:04.458 --> 00:52:06.240 health of one's microbiome?  
NOTE Confidence: 0.892074571428571

00:52:06.240 --> 00:52:07.314 In other words,  
NOTE Confidence: 0.892074571428571

00:52:07.314 --> 00:52:08.746 other than having symptoms,

NOTE Confidence: 0.892074571428571  
00:52:08.750 --> 00:52:11.288 how does one know the condition?  
NOTE Confidence: 0.892074571428571  
00:52:11.290 --> 00:52:12.568 Of our microbiome?  
NOTE Confidence: 0.864514726666667  
00:52:12.790 --> 00:52:14.110 Yeah, that is a good question.  
NOTE Confidence: 0.864514726666667  
00:52:14.110 --> 00:52:19.269 It's so fascinating because there are actual.  
NOTE Confidence: 0.864514726666667  
00:52:19.270 --> 00:52:21.300 There's there are research groups,  
NOTE Confidence: 0.864514726666667  
00:52:21.300 --> 00:52:25.218 they're out there measuring the microbiome,  
NOTE Confidence: 0.864514726666667  
00:52:25.220 --> 00:52:29.539 and they're they're telling you you know  
NOTE Confidence: 0.864514726666667  
00:52:29.539 --> 00:52:33.479 where your microbiome may have originated.  
NOTE Confidence: 0.864514726666667  
00:52:33.480 --> 00:52:34.776 Actually, there are labs  
NOTE Confidence: 0.864514726666667  
00:52:34.776 --> 00:52:36.720 when you go to the doctor.  
NOTE Confidence: 0.864514726666667  
00:52:36.720 --> 00:52:38.511 Sometimes they'll do.  
NOTE Confidence: 0.864514726666667  
00:52:38.511 --> 00:52:42.093 They'll culture stool samples to see  
NOTE Confidence: 0.864514726666667  
00:52:42.093 --> 00:52:45.228 what bacteria are in your your gut.  
NOTE Confidence: 0.864514726666667  
00:52:45.228 --> 00:52:46.842 If they think if they suspect  
NOTE Confidence: 0.864514726666667  
00:52:46.842 --> 00:52:49.155 there's a problem, but in there.  
NOTE Confidence: 0.864514726666667

00:52:49.155 --> 00:52:53.250 Are also I think it's called the microbiome.  
NOTE Confidence: 0.864514726666667

00:52:53.250 --> 00:52:54.502 Study it may I?  
NOTE Confidence: 0.864514726666667

00:52:54.502 --> 00:52:57.445 I'm I'm you can't quote me on that because  
NOTE Confidence: 0.864514726666667

00:52:57.445 --> 00:53:00.562 I don't know the name but it is where  
NOTE Confidence: 0.864514726666667

00:53:00.562 --> 00:53:04.114 they're actually trying to map and.  
NOTE Confidence: 0.864514726666667

00:53:04.120 --> 00:53:06.050 Start checking the the microbes  
NOTE Confidence: 0.864514726666667

00:53:06.050 --> 00:53:08.919 and see if they can tell where  
NOTE Confidence: 0.864514726666667

00:53:08.919 --> 00:53:10.954 people may have originated from.  
NOTE Confidence: 0.864514726666667

00:53:10.954 --> 00:53:13.360 Because we know that certain regions  
NOTE Confidence: 0.864514726666667

00:53:13.427 --> 00:53:15.828 of the world have certain types of  
NOTE Confidence: 0.864514726666667

00:53:15.828 --> 00:53:17.600 bacteria and other regions have  
NOTE Confidence: 0.864514726666667

00:53:17.600 --> 00:53:20.332 other types and they just did a  
NOTE Confidence: 0.864514726666667

00:53:20.332 --> 00:53:24.484 study on bakeries that do sourdough  
NOTE Confidence: 0.864514726666667

00:53:24.484 --> 00:53:27.300 breads and that have their starter,  
NOTE Confidence: 0.864514726666667

00:53:27.300 --> 00:53:29.180 which is a microbial starter,  
NOTE Confidence: 0.864514726666667

00:53:29.180 --> 00:53:32.260 it's a fermentation and they

NOTE Confidence: 0.864514726666667  
00:53:32.260 --> 00:53:35.340 had bakers send their ferments.  
NOTE Confidence: 0.864514726666667  
00:53:35.340 --> 00:53:38.164 In and they analyzed them from where to  
NOTE Confidence: 0.864514726666667  
00:53:38.164 --> 00:53:41.656 try and see where those microbes originated,  
NOTE Confidence: 0.864514726666667  
00:53:41.660 --> 00:53:43.904 and they were able to categorize  
NOTE Confidence: 0.864514726666667  
00:53:43.904 --> 00:53:45.400 people in certain groups.  
NOTE Confidence: 0.864514726666667  
00:53:45.400 --> 00:53:48.420 It was a fascinating.  
NOTE Confidence: 0.864514726666667  
00:53:48.420 --> 00:53:49.593 Piece of research.  
NOTE Confidence: 0.864514726666667  
00:53:49.593 --> 00:53:53.111 So I I don't you could try to find  
NOTE Confidence: 0.864514726666667  
00:53:53.111 --> 00:53:56.826 that group and then maybe see about  
NOTE Confidence: 0.864514726666667  
00:53:56.826 --> 00:54:02.060 getting your microbial volume studies.  
NOTE Confidence: 0.864514726666667  
00:54:02.060 --> 00:54:03.388 I believe vyram studies.  
NOTE Confidence: 0.864514726666667  
00:54:03.388 --> 00:54:06.290 The microbe I can only see part of it  
NOTE Confidence: 0.864514726666667  
00:54:06.290 --> 00:54:08.580 so somebody just put that in the chat  
NOTE Confidence: 0.57066243  
00:54:08.590 --> 00:54:12.590 I see Yep Biome VIOME someone mentions  
NOTE Confidence: 0.57066243  
00:54:12.590 --> 00:54:16.040 so and then you know I was just going  
NOTE Confidence: 0.57066243

00:54:16.040 --> 00:54:17.474 to say it sounds like definitely more to  
NOTE Confidence: 0.57066243

00:54:17.474 --> 00:54:18.966 come research in this area and hopefully  
NOTE Confidence: 0.57066243

00:54:18.966 --> 00:54:22.020 the availability for lay people like  
NOTE Confidence: 0.57066243

00:54:22.020 --> 00:54:24.330 us to have some kind of assessment.  
NOTE Confidence: 0.901586655555556

00:54:25.320 --> 00:54:26.500 It's remarkable,  
NOTE Confidence: 0.901586655555556

00:54:26.500 --> 00:54:30.630 so there was also a journalist who.  
NOTE Confidence: 0.901586655555556

00:54:30.630 --> 00:54:32.868 Ended up he had something that  
NOTE Confidence: 0.901586655555556

00:54:32.868 --> 00:54:35.428 happened to him and so he was  
NOTE Confidence: 0.901586655555556

00:54:35.428 --> 00:54:37.414 going to try and re inoculate.  
NOTE Confidence: 0.901586655555556

00:54:37.420 --> 00:54:38.778 That's what we call it when you're  
NOTE Confidence: 0.901586655555556

00:54:38.778 --> 00:54:40.140 trying to build up your microbiome.  
NOTE Confidence: 0.901586655555556

00:54:40.140 --> 00:54:42.156 Re inoculate his microbiome and he  
NOTE Confidence: 0.901586655555556

00:54:42.156 --> 00:54:44.425 was getting he was testing it every  
NOTE Confidence: 0.901586655555556

00:54:44.425 --> 00:54:47.000 day now I don't it was stool samples.  
NOTE Confidence: 0.901586655555556

00:54:47.000 --> 00:54:49.436 I don't know he was working with  
NOTE Confidence: 0.901586655555556

00:54:49.440 --> 00:54:51.498 some scientists and stuff to see

NOTE Confidence: 0.901586655555556  
00:54:51.498 --> 00:54:54.011 how long it took to build it back  
NOTE Confidence: 0.901586655555556  
00:54:54.011 --> 00:54:59.080 up and it it it isn't a fast thing.  
NOTE Confidence: 0.901586655555556  
00:54:59.080 --> 00:55:02.425 Uhm? Uh, the somebody else is  
NOTE Confidence: 0.901586655555556  
00:55:02.425 --> 00:55:04.020 talking about the plant paradox.  
NOTE Confidence: 0.901586655555556  
00:55:04.020 --> 00:55:04.380 Yeah,  
NOTE Confidence: 0.853029326  
00:55:04.390 --> 00:55:05.440 that was another one of  
NOTE Confidence: 0.853029326  
00:55:05.440 --> 00:55:06.490 other questions in the Q&A.  
NOTE Confidence: 0.853029326  
00:55:06.490 --> 00:55:08.164 Two, we have a couple about  
NOTE Confidence: 0.853029326  
00:55:08.164 --> 00:55:09.280 foods specifically so good  
NOTE Confidence: 0.96517935  
00:55:09.290 --> 00:55:12.138 because I would love to just quickly talk  
NOTE Confidence: 0.96517935  
00:55:12.140 --> 00:55:14.196 about them before we run out of time.  
NOTE Confidence: 0.888915514  
00:55:14.330 --> 00:55:16.270 Yeah, we're we're OK now.  
NOTE Confidence: 0.888915514  
00:55:16.270 --> 00:55:17.734 We're a few minutes before before  
NOTE Confidence: 0.888915514  
00:55:17.734 --> 00:55:19.670 5 and we had allowed for 5:15,  
NOTE Confidence: 0.888915514  
00:55:19.670 --> 00:55:20.858 so hopefully folks can stay on  
NOTE Confidence: 0.888915514

00:55:20.858 --> 00:55:22.669 because we do want to see all of the  
NOTE Confidence: 0.888915514

00:55:22.669 --> 00:55:23.930 beautiful things that you have there.  
NOTE Confidence: 0.888915514

00:55:23.930 --> 00:55:26.457 Joan, let me just throw a couple  
NOTE Confidence: 0.888915514

00:55:26.457 --> 00:55:28.959 of these food questions at you.  
NOTE Confidence: 0.888915514

00:55:28.960 --> 00:55:31.456 Should people with autoimmune disease avoid  
NOTE Confidence: 0.888915514

00:55:31.456 --> 00:55:33.580 vegetables from the nightshade family?  
NOTE Confidence: 0.9597294025

00:55:35.140 --> 00:55:37.520 I think that's really dependent  
NOTE Confidence: 0.9597294025

00:55:37.520 --> 00:55:39.640 on each individual. You know,  
NOTE Confidence: 0.9597294025

00:55:39.640 --> 00:55:42.400 there I, I know people who have no  
NOTE Confidence: 0.9597294025

00:55:42.481 --> 00:55:45.067 issue at all with the nightshade,  
NOTE Confidence: 0.9597294025

00:55:45.070 --> 00:55:48.300 and I know others who eat even a small  
NOTE Confidence: 0.9597294025

00:55:48.300 --> 00:55:51.556 amount of pepper and will wake up with  
NOTE Confidence: 0.9597294025

00:55:51.556 --> 00:55:54.136 stiff joints and things like that.  
NOTE Confidence: 0.9597294025

00:55:54.140 --> 00:55:57.648 So I think it's that's a really individual  
NOTE Confidence: 0.9597294025

00:55:57.648 --> 00:56:00.936 question and not a blanket question.  
NOTE Confidence: 0.938595320666667

00:56:01.960 --> 00:56:03.445 Gotcha, what would you recommend



NOTE Confidence: 0.938595320666667

00:56:03.445 --> 00:56:05.638 for someone who does not like many

NOTE Confidence: 0.938595320666667

00:56:05.638 --> 00:56:07.758 vegetables or fruits, so a picky eater?

NOTE Confidence: 0.938595320666667

00:56:07.758 --> 00:56:09.193 What would your recommendations be?

NOTE Confidence: 0.90561002

00:56:09.530 --> 00:56:13.020 Is this an adult or a child? Let's say,

NOTE Confidence: 0.897963661428572

00:56:13.030 --> 00:56:15.290 yes, let's let's say it's an adult. I'm

NOTE Confidence: 0.897963661428572

00:56:15.290 --> 00:56:17.400 not sure on the question, but we're gonna.

NOTE Confidence: 0.926715985

00:56:18.140 --> 00:56:19.920 OK, well you know.

NOTE Confidence: 0.926715985

00:56:19.920 --> 00:56:23.059 First of all there are people who

NOTE Confidence: 0.926715985

00:56:23.059 --> 00:56:25.950 have more taste buds in their mouth

NOTE Confidence: 0.926715985

00:56:25.950 --> 00:56:29.148 and they tend to be sensitive to

NOTE Confidence: 0.926715985

00:56:29.148 --> 00:56:32.004 textures and things like that so

NOTE Confidence: 0.926715985

00:56:32.010 --> 00:56:34.131 they they eating a lot of fruits

NOTE Confidence: 0.926715985

00:56:34.131 --> 00:56:35.880 and vegetables can be difficult.

NOTE Confidence: 0.926715985

00:56:35.880 --> 00:56:37.528 I would say though,

NOTE Confidence: 0.926715985

00:56:37.528 --> 00:56:40.926 it's also what you were brought up on and

NOTE Confidence: 0.926715985

00:56:40.926 --> 00:56:44.414 what you've kind of trained yourself to like.

NOTE Confidence: 0.926715985

00:56:44.420 --> 00:56:48.425 So what I would would say is to begin.

NOTE Confidence: 0.926715985

00:56:48.430 --> 00:56:51.104 Introducing a couple of new things. Uh,

NOTE Confidence: 0.926715985

00:56:51.104 --> 00:56:53.649 we can find a way that you like to cook it.

NOTE Confidence: 0.926715985

00:56:53.650 --> 00:56:57.506 You know, pure rain things into your soups.

NOTE Confidence: 0.926715985

00:56:57.510 --> 00:57:01.878 You know if you take carrots and kale

NOTE Confidence: 0.926715985

00:57:01.878 --> 00:57:06.238 and and you know beautiful. Like you,

NOTE Confidence: 0.926715985

00:57:06.238 --> 00:57:09.590 you said and things like that and then

NOTE Confidence: 0.926715985

00:57:09.680 --> 00:57:13.473 puree it into a really lovely textured soup.

NOTE Confidence: 0.926715985

00:57:13.473 --> 00:57:14.892 You you may.

NOTE Confidence: 0.926715985

00:57:14.892 --> 00:57:19.000 It may not be as difficult to do that.

NOTE Confidence: 0.926715985

00:57:19.000 --> 00:57:20.904 I would say you just you really.

NOTE Confidence: 0.926715985

00:57:20.910 --> 00:57:23.686 It's kind of a a mind over if

NOTE Confidence: 0.926715985

00:57:23.686 --> 00:57:26.478 it isn't a physiological thing.

NOTE Confidence: 0.926715985

00:57:26.480 --> 00:57:27.870 It's something that you just

NOTE Confidence: 0.926715985

00:57:27.870 --> 00:57:29.260 kind of have to develop,

NOTE Confidence: 0.926715985

00:57:29.260 --> 00:57:31.230 and that's a slow process.

NOTE Confidence: 0.926715985

00:57:31.230 --> 00:57:31.696 You know.

NOTE Confidence: 0.926715985

00:57:31.696 --> 00:57:33.327 They, what do they say nine times?

NOTE Confidence: 0.926715985

00:57:33.330 --> 00:57:36.330 Sometimes you have to have food

NOTE Confidence: 0.926715985

00:57:36.330 --> 00:57:38.915 nine times before you Start

NOTE Confidence: 0.926715985

00:57:38.915 --> 00:57:41.825 Stop having an aversion to it.

NOTE Confidence: 0.926715985

00:57:41.830 --> 00:57:43.108 And Pureeing seems to be a

NOTE Confidence: 0.926715985

00:57:43.108 --> 00:57:44.170 great way to do it,

NOTE Confidence: 0.926715985

00:57:44.170 --> 00:57:46.006 and we're heading into soup season.

NOTE Confidence: 0.926715985

00:57:46.010 --> 00:57:48.439 We're heading into the time where we

NOTE Confidence: 0.926715985

00:57:48.439 --> 00:57:50.950 want warm and wet foods and Hardy,

NOTE Confidence: 0.926715985

00:57:50.950 --> 00:57:54.090 so that might be a good time to try roasting

NOTE Confidence: 0.926715985

00:57:54.164 --> 00:57:56.948 brings out the sweetness in vegetables,

NOTE Confidence: 0.926715985

00:57:56.950 --> 00:58:01.710 and so if you do a big beautiful tray of

NOTE Confidence: 0.926715985

00:58:01.710 --> 00:58:05.118 vegetables with some herbs and spices

NOTE Confidence: 0.926715985

00:58:05.118 --> 00:58:08.889 and salt and pepper and olive oil,  
NOTE Confidence: 0.926715985

00:58:08.890 --> 00:58:10.490 and you roast it,  
NOTE Confidence: 0.926715985

00:58:10.490 --> 00:58:11.290 just sell,  
NOTE Confidence: 0.926715985

00:58:11.290 --> 00:58:12.938 it gets nice, and.  
NOTE Confidence: 0.926715985

00:58:12.938 --> 00:58:15.410 Kind of karmely bringing out its  
NOTE Confidence: 0.926715985

00:58:15.497 --> 00:58:17.962 natural sugars that sometimes will help,  
NOTE Confidence: 0.926715985

00:58:17.962 --> 00:58:19.960 and then you could even puree  
NOTE Confidence: 0.926715985

00:58:20.021 --> 00:58:21.049 that into a soup.  
NOTE Confidence: 0.920492356363637

00:58:23.350 --> 00:58:26.638 So you know it's it's just  
NOTE Confidence: 0.920492356363637

00:58:26.638 --> 00:58:29.960 a training of our palette.  
NOTE Confidence: 0.920492356363637

00:58:29.960 --> 00:58:31.706 Taste for wine. You know you.  
NOTE Confidence: 0.920492356363637

00:58:31.710 --> 00:58:34.790 You develop that with experience.  
NOTE Confidence: 0.920492356363637

00:58:34.790 --> 00:58:37.180 Great ideas, UM smoothies  
NOTE Confidence: 0.842742834

00:58:37.190 --> 00:58:38.126 two or another.  
NOTE Confidence: 0.842742834

00:58:38.126 --> 00:58:40.479 I think you know way of getting things in.  
NOTE Confidence: 0.842742834

00:58:40.480 --> 00:58:43.200 You know that kind of liquid form, right?

NOTE Confidence: 0.842742834

00:58:43.200 --> 00:58:45.586 But people like so did you have?

NOTE Confidence: 0.842742834

00:58:45.590 --> 00:58:47.298 So there are a couple of questions

NOTE Confidence: 0.842742834

00:58:47.298 --> 00:58:48.470 about the plant paradox.

NOTE Confidence: 0.842742834

00:58:48.470 --> 00:58:51.025 Did you have any thoughts on Doctor

NOTE Confidence: 0.842742834

00:58:51.030 --> 00:58:53.438 Gundry's plant paradox protocol?

NOTE Confidence: 0.936463485

00:58:53.820 --> 00:58:56.946 I have not read the protocol,

NOTE Confidence: 0.936463485

00:58:56.950 --> 00:59:00.597 so if. The the premise is that.

NOTE Confidence: 0.913282800909091

00:59:02.760 --> 00:59:05.376 I believe he focuses on some of these

NOTE Confidence: 0.913282800909091

00:59:05.376 --> 00:59:07.909 very same foods that we're talking

NOTE Confidence: 0.913282800909091

00:59:07.909 --> 00:59:10.621 about are beneficial for cultivating the

NOTE Confidence: 0.913282800909091

00:59:10.695 --> 00:59:12.780 microbiome and and potentially sometimes

NOTE Confidence: 0.913282800909091

00:59:12.780 --> 00:59:14.630 limiting nightshades and things that

NOTE Confidence: 0.913282800909091

00:59:14.630 --> 00:59:16.505 might cause information, inflammation,

NOTE Confidence: 0.913282800909091

00:59:16.505 --> 00:59:19.415 or discomfort in certain individuals so

NOTE Confidence: 0.9547106172

00:59:20.710 --> 00:59:23.026 well, because what we know about

NOTE Confidence: 0.9547106172

00:59:23.026 --> 00:59:25.780 plants is that when they are healthy  
NOTE Confidence: 0.9547106172

00:59:25.780 --> 00:59:28.048 when they grow in healthy soil  
NOTE Confidence: 0.9547106172

00:59:28.048 --> 00:59:30.611 and they are able to produce what  
NOTE Confidence: 0.9547106172

00:59:30.611 --> 00:59:32.537 we would call a nutrient dense.  
NOTE Confidence: 0.9547106172

00:59:32.540 --> 00:59:35.156 Plant, it's it has the ability  
NOTE Confidence: 0.9547106172

00:59:35.156 --> 00:59:37.548 to produce these higher order  
NOTE Confidence: 0.9547106172

00:59:37.548 --> 00:59:39.808 compounds which actually are.  
NOTE Confidence: 0.86282257

00:59:41.940 --> 00:59:46.480 They can be. They they actually protect  
NOTE Confidence: 0.86282257

00:59:46.480 --> 00:59:49.143 the plant from predators and disease,  
NOTE Confidence: 0.86282257

00:59:49.143 --> 00:59:51.609 and they can actually be some  
NOTE Confidence: 0.86282257

00:59:51.609 --> 00:59:54.306 of the bio flavanoids and those  
NOTE Confidence: 0.86282257

00:59:54.306 --> 00:59:56.890 higher order compounds that we eat.  
NOTE Confidence: 0.86282257

00:59:56.890 --> 00:59:58.040 Like antioxidants,  
NOTE Confidence: 0.86282257

00:59:58.040 --> 01:00:00.915 we blueberries for the antioxidants,  
NOTE Confidence: 0.86282257

01:00:00.920 --> 01:00:03.580 but those you know the the difference  
NOTE Confidence: 0.86282257

01:00:03.580 --> 01:00:07.276 between a a poison and a cure is the dosage.

NOTE Confidence: 0.86282257

01:00:07.280 --> 01:00:09.856 So if if somebody has a sensitivity

NOTE Confidence: 0.86282257

01:00:09.856 --> 01:00:13.120 to some of those things they can

NOTE Confidence: 0.86282257

01:00:13.120 --> 01:00:14.696 cause irritation, but then.

NOTE Confidence: 0.86282257

01:00:14.696 --> 01:00:15.768 At the same time,

NOTE Confidence: 0.86282257

01:00:15.770 --> 01:00:18.206 some of those same compounds can

NOTE Confidence: 0.86282257

01:00:18.206 --> 01:00:20.409 end up being beneficial for us,

NOTE Confidence: 0.86282257

01:00:20.410 --> 01:00:23.112 so it's really learning to listen to

NOTE Confidence: 0.86282257

01:00:23.112 --> 01:00:27.047 your body, and I don't think we have a.

NOTE Confidence: 0.86282257

01:00:27.050 --> 01:00:29.780 A real blanket statement because

NOTE Confidence: 0.86282257

01:00:29.780 --> 01:00:31.964 it is so complicated.

NOTE Confidence: 0.86282257

01:00:31.970 --> 01:00:36.788 Nature is so complicated and fascinating.

NOTE Confidence: 0.86282257

01:00:36.790 --> 01:00:37.320 Yeah

NOTE Confidence: 0.907840982666667

01:00:37.400 --> 01:00:39.213 for sure. OK, I'm going to lump

NOTE Confidence: 0.907840982666667

01:00:39.213 --> 01:00:41.044 a couple of questions here

NOTE Confidence: 0.907840982666667

01:00:41.044 --> 01:00:42.526 together about probiotics.

NOTE Confidence: 0.907840982666667

01:00:42.530 --> 01:00:44.962 So are there any foods that  
NOTE Confidence: 0.907840982666667

01:00:44.962 --> 01:00:47.010 actually contain the probiotics  
NOTE Confidence: 0.907840982666667

01:00:47.010 --> 01:00:48.810 and then as a follow up to that,  
NOTE Confidence: 0.907840982666667

01:00:48.810 --> 01:00:50.730 can you talk a little bit about over  
NOTE Confidence: 0.907840982666667

01:00:50.730 --> 01:00:51.971 the counter probiotics supplements  
NOTE Confidence: 0.907840982666667

01:00:51.971 --> 01:00:53.726 and and their effectiveness or  
NOTE Confidence: 0.907840982666667

01:00:53.726 --> 01:00:56.092 their your point of view on not  
NOTE Confidence: 0.907840982666667

01:00:56.092 --> 01:00:57.037 taking probiotic supplements?  
NOTE Confidence: 0.807450063333334

01:00:57.540 --> 01:01:03.120 OK, well uhm so pro biotic means for life,  
NOTE Confidence: 0.807450063333334

01:01:03.120 --> 01:01:05.991 so anything that is a fermented food is going  
NOTE Confidence: 0.807450063333334

01:01:05.991 --> 01:01:08.975 to have is what we would call a probiotic.  
NOTE Confidence: 0.807450063333334

01:01:08.980 --> 01:01:12.556 It's got the bacteria in it.  
NOTE Confidence: 0.807450063333334

01:01:12.560 --> 01:01:15.656 So through the process of fermentation,  
NOTE Confidence: 0.807450063333334

01:01:15.660 --> 01:01:17.754 we actually drop the acid level  
NOTE Confidence: 0.807450063333334

01:01:17.754 --> 01:01:20.780 of of the food so that only the  
NOTE Confidence: 0.807450063333334

01:01:20.780 --> 01:01:22.720 bacteria that we really want.



NOTE Confidence: 0.807450063333334  
01:01:22.720 --> 01:01:25.360 This is called lacto fermentation.  
NOTE Confidence: 0.807450063333334  
01:01:25.360 --> 01:01:26.635 The Lactobacillus those  
NOTE Confidence: 0.807450063333334  
01:01:26.635 --> 01:01:28.760 things are able to thrive,  
NOTE Confidence: 0.807450063333334  
01:01:28.760 --> 01:01:32.018 and virulent bacteria are killed off,  
NOTE Confidence: 0.807450063333334  
01:01:32.020 --> 01:01:35.224 so these become loaded with bacteria  
NOTE Confidence: 0.807450063333334  
01:01:35.224 --> 01:01:39.510 that we do want and so this would be  
NOTE Confidence: 0.807450063333334  
01:01:39.510 --> 01:01:42.715 considered a probiotic food, not a prebiotic.  
NOTE Confidence: 0.807450063333334  
01:01:42.715 --> 01:01:45.408 To feed this, it's it's.  
NOTE Confidence: 0.807450063333334  
01:01:45.408 --> 01:01:47.220 It's in here,  
NOTE Confidence: 0.807450063333334  
01:01:47.220 --> 01:01:49.876 and so when we ingest it we are.  
NOTE Confidence: 0.807450063333334  
01:01:49.880 --> 01:01:53.219 We are helping to colonize our bacteria.  
NOTE Confidence: 0.807450063333334  
01:01:53.220 --> 01:01:57.497 It's the same when we drink kombucha.  
NOTE Confidence: 0.807450063333334  
01:01:57.500 --> 01:01:59.410 You know we're getting another  
NOTE Confidence: 0.807450063333334  
01:01:59.410 --> 01:02:01.830 kind of of bacteria in there.  
NOTE Confidence: 0.807450063333334  
01:02:01.830 --> 01:02:03.560 I'm not promoting these brands,  
NOTE Confidence: 0.807450063333334

01:02:03.560 --> 01:02:06.332 it's just what I had in my house because  
NOTE Confidence: 0.807450063333334

01:02:06.332 --> 01:02:08.865 my kombucha is very easy to make,  
NOTE Confidence: 0.807450063333334

01:02:08.870 --> 01:02:13.720 but mine is in need of a new batch and this.  
NOTE Confidence: 0.807450063333334

01:02:13.720 --> 01:02:16.762 Is I wonder if I can that is  
NOTE Confidence: 0.807450063333334

01:02:16.762 --> 01:02:19.646 the thing the actual.  
NOTE Confidence: 0.807450063333334

01:02:19.650 --> 01:02:24.020 Scobie we call it that makes up.  
NOTE Confidence: 0.807450063333334

01:02:24.020 --> 01:02:28.458 Dip colonizes and takes sugar and tea,  
NOTE Confidence: 0.807450063333334

01:02:28.460 --> 01:02:32.390 and makes it into this.  
NOTE Confidence: 0.807450063333334

01:02:32.390 --> 01:02:35.302 It consumes the sugar and the caffeine  
NOTE Confidence: 0.807450063333334

01:02:35.302 --> 01:02:38.196 so that there's really no very little  
NOTE Confidence: 0.807450063333334

01:02:38.196 --> 01:02:41.096 sugar or caffeine left and it becomes  
NOTE Confidence: 0.807450063333334

01:02:41.096 --> 01:02:43.868 this probiotic rich food or drink.  
NOTE Confidence: 0.807450063333334

01:02:43.870 --> 01:02:45.735 And actually sometimes if you  
NOTE Confidence: 0.807450063333334

01:02:45.735 --> 01:02:47.600 have like that gurgly stomach  
NOTE Confidence: 0.807450063333334

01:02:47.600 --> 01:02:49.686 and you per meeting and you sip  
NOTE Confidence: 0.807450063333334

01:02:49.686 --> 01:02:51.808 a little bit of this kombucha,

NOTE Confidence: 0.807450063333334  
01:02:51.810 --> 01:02:55.040 it can really settle that.  
NOTE Confidence: 0.807450063333334  
01:02:55.040 --> 01:02:55.250 You  
NOTE Confidence: 0.946937089090909  
01:02:55.260 --> 01:02:56.436 must have seen our next question  
NOTE Confidence: 0.946937089090909  
01:02:56.436 --> 01:02:57.400 because that's what it was.  
NOTE Confidence: 0.946937089090909  
01:02:57.400 --> 01:02:59.038 Joey, right? You're way ahead of us.  
NOTE Confidence: 0.946937089090909  
01:02:59.040 --> 01:03:01.120 The sugar question about whether  
NOTE Confidence: 0.946937089090909  
01:03:01.120 --> 01:03:02.170 or not there's any residual  
NOTE Confidence: 0.946937089090909  
01:03:02.170 --> 01:03:04.744 sugar left in kombucha and beer,  
NOTE Confidence: 0.946937089090909  
01:03:04.744 --> 01:03:06.178 but you just answered that it  
NOTE Confidence: 0.946937089090909  
01:03:06.178 --> 01:03:07.900 eats the scobie in the process of  
NOTE Confidence: 0.946937089090909  
01:03:07.954 --> 01:03:09.676 fermenting eats most of that sugar,  
NOTE Confidence: 0.946937089090909  
01:03:09.680 --> 01:03:11.528 so the end product has very little right,  
NOTE Confidence: 0.967241423333333  
01:03:11.680 --> 01:03:13.420 right? But it does have some.  
NOTE Confidence: 0.967241423333333  
01:03:13.420 --> 01:03:14.897 It does have some you can taste,  
NOTE Confidence: 0.967241423333333  
01:03:14.900 --> 01:03:17.532 because when it doesn't,  
NOTE Confidence: 0.967241423333333

01:03:17.532 --> 01:03:19.506 it becomes vinegar.  
NOTE Confidence: 0.9672414233333333

01:03:19.510 --> 01:03:22.170 And you end up having something very  
NOTE Confidence: 0.9672414233333333

01:03:22.170 --> 01:03:26.290 very tart and almost not palatable.  
NOTE Confidence: 0.9672414233333333

01:03:26.290 --> 01:03:28.580 OK, so I think we've got let me see.  
NOTE Confidence: 0.9672414233333333

01:03:28.580 --> 01:03:29.168 There are a few  
NOTE Confidence: 0.929085461578947

01:03:29.180 --> 01:03:31.034 others, but I want to make sure to give  
NOTE Confidence: 0.929085461578947

01:03:31.034 --> 01:03:33.112 you time to show us some of what you have.  
NOTE Confidence: 0.929085461578947

01:03:33.120 --> 01:03:34.905 You know on your counter there some  
NOTE Confidence: 0.929085461578947

01:03:34.905 --> 01:03:36.488 of the beautiful things that we  
NOTE Confidence: 0.929085461578947

01:03:36.488 --> 01:03:38.454 haven't seen yet and to talk about  
NOTE Confidence: 0.929085461578947

01:03:38.454 --> 01:03:40.740 any of the other food recipe type  
NOTE Confidence: 0.929085461578947

01:03:40.740 --> 01:03:43.410 things before we end at 5:15. So  
NOTE Confidence: 0.929637024285714

01:03:43.450 --> 01:03:47.265 OK. Well, one of the things that.  
NOTE Confidence: 0.929637024285714

01:03:47.270 --> 01:03:49.004 Hi really like first of all  
NOTE Confidence: 0.929637024285714

01:03:49.004 --> 01:03:50.934 I'm going to tell you we  
NOTE Confidence: 0.929637024285714

01:03:50.934 --> 01:03:52.346 have some local companies.

NOTE Confidence: 0.929637024285714  
01:03:52.350 --> 01:03:54.570 I make my own sour crop.  
NOTE Confidence: 0.929637024285714  
01:03:54.570 --> 01:03:57.330 This is actually red cabbage,  
NOTE Confidence: 0.929637024285714  
01:03:57.330 --> 01:03:59.460 carrot, cilantro.  
NOTE Confidence: 0.874961002083333  
01:04:01.500 --> 01:04:04.200 Coriander seed and cumin seed in  
NOTE Confidence: 0.874961002083333  
01:04:04.200 --> 01:04:07.508 there and I make that and that's  
NOTE Confidence: 0.874961002083333  
01:04:07.508 --> 01:04:10.791 Mike Sauerkraut and I make that for  
NOTE Confidence: 0.874961002083333  
01:04:10.886 --> 01:04:13.830 eating with southwestern dishes.  
NOTE Confidence: 0.874961002083333  
01:04:13.830 --> 01:04:17.330 It's really good on.  
NOTE Confidence: 0.874961002083333  
01:04:17.330 --> 01:04:22.566 Tacos and fish tacos and regular tacos.  
NOTE Confidence: 0.874961002083333  
01:04:22.570 --> 01:04:25.104 But yeah, we have a few companies.  
NOTE Confidence: 0.874961002083333  
01:04:25.110 --> 01:04:27.450 This one is a local company.  
NOTE Confidence: 0.874961002083333  
01:04:27.450 --> 01:04:29.930 This is pretty expensive if you go look  
NOTE Confidence: 0.874961002083333  
01:04:29.930 --> 01:04:32.666 at this is another one out of New York.  
NOTE Confidence: 0.874961002083333  
01:04:32.670 --> 01:04:35.310 They're both cut considered local.  
NOTE Confidence: 0.874961002083333  
01:04:35.310 --> 01:04:37.291 This is a kimchi which is very  
NOTE Confidence: 0.874961002083333

01:04:37.291 --> 01:04:39.209 spicy and this is a sauerkraut.  
NOTE Confidence: 0.874961002083333

01:04:39.210 --> 01:04:41.214 So this one is Hawthorne Valley  
NOTE Confidence: 0.874961002083333

01:04:41.214 --> 01:04:43.549 and this one is real Pickles.  
NOTE Confidence: 0.874961002083333

01:04:43.550 --> 01:04:46.224 They are expensive if you look at  
NOTE Confidence: 0.874961002083333

01:04:46.224 --> 01:04:49.284 the price for a jar like this is  
NOTE Confidence: 0.874961002083333

01:04:49.284 --> 01:04:53.060 probably \$8 that you're using very.  
NOTE Confidence: 0.874961002083333

01:04:53.060 --> 01:04:55.780 Little and so these last a long time  
NOTE Confidence: 0.874961002083333

01:04:55.780 --> 01:04:58.498 and then once you learn to make it,  
NOTE Confidence: 0.874961002083333

01:04:58.500 --> 01:05:03.788 it's so inexpensive to make your  
NOTE Confidence: 0.874961002083333

01:05:03.788 --> 01:05:08.870 own sauerkraut fast easy fun.  
NOTE Confidence: 0.874961002083333

01:05:08.870 --> 01:05:10.796 One year for Christmas we gave  
NOTE Confidence: 0.874961002083333

01:05:10.796 --> 01:05:12.989 all our friends and family Crocs,  
NOTE Confidence: 0.874961002083333

01:05:12.990 --> 01:05:15.706 small Crocs and then for New Years  
NOTE Confidence: 0.874961002083333

01:05:15.706 --> 01:05:18.531 we had a fermentation party and  
NOTE Confidence: 0.874961002083333

01:05:18.531 --> 01:05:20.436 we all thought we taught them  
NOTE Confidence: 0.874961002083333

01:05:20.436 --> 01:05:21.506 all how to make sauerkraut.

NOTE Confidence: 0.874961002083333  
01:05:21.510 --> 01:05:25.010 It was really fun and.  
NOTE Confidence: 0.874961002083333  
01:05:25.010 --> 01:05:26.505 So ferment those ferments if  
NOTE Confidence: 0.874961002083333  
01:05:26.505 --> 01:05:28.590 you don't want to make your own,  
NOTE Confidence: 0.874961002083333  
01:05:28.590 --> 01:05:31.650 you go get some and just have a little bit.  
NOTE Confidence: 0.874961002083333  
01:05:31.650 --> 01:05:33.258 I have to share a story.  
NOTE Confidence: 0.874961002083333  
01:05:33.260 --> 01:05:34.720 I have a friend.  
NOTE Confidence: 0.874961002083333  
01:05:34.720 --> 01:05:37.713 He is a scientist and he is a  
NOTE Confidence: 0.874961002083333  
01:05:37.713 --> 01:05:40.002 skeptic and came to my house one  
NOTE Confidence: 0.874961002083333  
01:05:40.002 --> 01:05:42.860 day when we were about to eat lunch.  
NOTE Confidence: 0.874961002083333  
01:05:42.860 --> 01:05:45.080 We had beautiful sourdough bread,  
NOTE Confidence: 0.874961002083333  
01:05:45.080 --> 01:05:49.520 true 24 hour fermentation and  
NOTE Confidence: 0.874961002083333  
01:05:49.520 --> 01:05:52.451 yay fermentation parties.  
NOTE Confidence: 0.874961002083333  
01:05:52.451 --> 01:05:54.576 Thanks so and.  
NOTE Confidence: 0.874961002083333  
01:05:54.576 --> 01:05:57.441 With some really local beautiful  
NOTE Confidence: 0.874961002083333  
01:05:57.441 --> 01:06:00.480 cheddar cheese which is fermented,  
NOTE Confidence: 0.874961002083333

01:06:00.480 --> 01:06:02.680 we had toasted that till it melted and  
NOTE Confidence: 0.874961002083333

01:06:02.680 --> 01:06:04.409 then topped it with sauerkraut and  
NOTE Confidence: 0.874961002083333

01:06:04.409 --> 01:06:06.552 when he walked in, he thought, Oh no,  
NOTE Confidence: 0.874961002083333

01:06:06.552 --> 01:06:09.078 I'm going to have to eat lunch with them.  
NOTE Confidence: 0.874961002083333

01:06:09.080 --> 01:06:12.860 And so we made him some.  
NOTE Confidence: 0.874961002083333

01:06:12.860 --> 01:06:16.472 He ate it, asked for seconds and.  
NOTE Confidence: 0.874961002083333

01:06:16.472 --> 01:06:18.668 Told me later.  
NOTE Confidence: 0.874961002083333

01:06:18.668 --> 01:06:24.928 That he was not clear what was different.  
NOTE Confidence: 0.874961002083333

01:06:24.930 --> 01:06:30.966 But he felt different and he.  
NOTE Confidence: 0.874961002083333

01:06:30.970 --> 01:06:32.362 He said there's no no way  
NOTE Confidence: 0.874961002083333

01:06:32.362 --> 01:06:33.570 to put my finger out.  
NOTE Confidence: 0.874961002083333

01:06:33.570 --> 01:06:36.846 This is not his personality to get  
NOTE Confidence: 0.874961002083333

01:06:36.846 --> 01:06:39.389 excited about something like that and  
NOTE Confidence: 0.874961002083333

01:06:39.390 --> 01:06:41.028 he has been fermenting ever since.  
NOTE Confidence: 0.874961002083333

01:06:41.030 --> 01:06:43.070 That was maybe eight years ago,  
NOTE Confidence: 0.874961002083333

01:06:43.070 --> 01:06:47.366 and he has fermented constantly since then,



NOTE Confidence: 0.874961002083333  
01:06:47.366 --> 01:06:51.427 so it can make I've seen with with  
NOTE Confidence: 0.874961002083333  
01:06:51.427 --> 01:06:53.810 clients I've seen some emotional  
NOTE Confidence: 0.874961002083333  
01:06:53.810 --> 01:06:56.270 things that seem to be helped  
NOTE Confidence: 0.874961002083333  
01:06:56.270 --> 01:06:58.389 by adding fermented foods,  
NOTE Confidence: 0.874961002083333  
01:06:58.390 --> 01:07:00.998 so it I've seen a lot of it.  
NOTE Confidence: 0.874961002083333  
01:07:01.000 --> 01:07:02.524 Uhm, I you cannot,  
NOTE Confidence: 0.874961002083333  
01:07:02.524 --> 01:07:04.810 though I don't think stay really  
NOTE Confidence: 0.874961002083333  
01:07:04.891 --> 01:07:07.803 healthy if you just don't want to cook.  
NOTE Confidence: 0.874961002083333  
01:07:07.810 --> 01:07:10.434 I think it's just so hard these days.  
NOTE Confidence: 0.874961002083333  
01:07:10.440 --> 01:07:13.674 It's something we have to figure out  
NOTE Confidence: 0.874961002083333  
01:07:13.674 --> 01:07:17.519 how to fit back in and use it as a.  
NOTE Confidence: 0.874961002083333  
01:07:17.520 --> 01:07:19.620 A sense of of, well,  
NOTE Confidence: 0.874961002083333  
01:07:19.620 --> 01:07:20.604 first of all,  
NOTE Confidence: 0.874961002083333  
01:07:20.604 --> 01:07:22.900 privilege to be able to spend time  
NOTE Confidence: 0.874961002083333  
01:07:22.975 --> 01:07:25.315 cooking our food and really realize  
NOTE Confidence: 0.874961002083333

01:07:25.315 --> 01:07:27.850 that we are fortunate and it tastes  
NOTE Confidence: 0.874961002083333

01:07:27.850 --> 01:07:30.362 so good when you get better at it.  
NOTE Confidence: 0.874961002083333

01:07:30.362 --> 01:07:33.980 And it's a great thing to do with your  
NOTE Confidence: 0.874961002083333

01:07:34.076 --> 01:07:37.807 friends that to fix meals together and.  
NOTE Confidence: 0.874961002083333

01:07:37.810 --> 01:07:38.454 You know,  
NOTE Confidence: 0.874961002083333

01:07:38.454 --> 01:07:41.030 just sharing that it it feeds you on  
NOTE Confidence: 0.898298446086957

01:07:41.108 --> 01:07:43.754 that anti stress level and it feeds  
NOTE Confidence: 0.898298446086957

01:07:43.754 --> 01:07:46.089 your microbiome on the happy level.  
NOTE Confidence: 0.898298446086957

01:07:46.090 --> 01:07:48.314 It it just is far reaching but I  
NOTE Confidence: 0.898298446086957

01:07:48.314 --> 01:07:51.030 just want to show you a few things so  
NOTE Confidence: 0.898298446086957

01:07:51.030 --> 01:07:52.918 this is something I grew this year.  
NOTE Confidence: 0.898298446086957

01:07:52.918 --> 01:07:55.248 Can you see what is you have a guest?  
NOTE Confidence: 0.898298446086957

01:07:55.250 --> 01:07:56.937 Nicole can you guess what that is?  
NOTE Confidence: 0.880440632857143

01:07:57.120 --> 01:07:58.597 Oh let me see if anybody else  
NOTE Confidence: 0.880440632857143

01:07:58.597 --> 01:08:00.198 wants to guess before I shout out.  
NOTE Confidence: 0.8569188475

01:08:03.080 --> 01:08:04.724 It's hard to tell in this

NOTE Confidence: 0.8569188475  
01:08:04.724 --> 01:08:06.339 in assume I would have to  
NOTE Confidence: 0.935771595  
01:08:06.350 --> 01:08:07.463 guess. Maybe currents  
NOTE Confidence: 0.935771595  
01:08:07.463 --> 01:08:09.318 would be my first guest.  
NOTE Confidence: 0.929979396666667  
01:08:09.370 --> 01:08:10.750 Oh, that's a really good guess.  
NOTE Confidence: 0.929979396666667  
01:08:10.750 --> 01:08:14.530 These are actually cranberry beans,  
NOTE Confidence: 0.929979396666667  
01:08:14.530 --> 01:08:15.425 cranberry beans.  
NOTE Confidence: 0.929979396666667  
01:08:15.425 --> 01:08:17.394 OK, we got some raspberries.  
NOTE Confidence: 0.929979396666667  
01:08:17.394 --> 01:08:19.470 Yeah, there's stunning.  
NOTE Confidence: 0.929979396666667  
01:08:19.470 --> 01:08:21.270 They're just absolutely beautiful.  
NOTE Confidence: 0.929979396666667  
01:08:21.270 --> 01:08:23.970 They they're delicious in a soup.  
NOTE Confidence: 0.929979396666667  
01:08:23.970 --> 01:08:25.430 They're really easy to grow.  
NOTE Confidence: 0.929979396666667  
01:08:25.430 --> 01:08:26.405 They were pulled.  
NOTE Confidence: 0.929979396666667  
01:08:26.405 --> 01:08:28.030 They grow as whole beings,  
NOTE Confidence: 0.929979396666667  
01:08:28.030 --> 01:08:32.094 and legumes are one of our big hitters.  
NOTE Confidence: 0.929979396666667  
01:08:32.100 --> 01:08:34.530 For fiber, they really are.  
NOTE Confidence: 0.929979396666667

01:08:34.530 --> 01:08:35.652 They're inexpensive,  
NOTE Confidence: 0.929979396666667

01:08:35.652 --> 01:08:40.790 they add body and and meat to a dish,  
NOTE Confidence: 0.929979396666667

01:08:40.790 --> 01:08:42.520 so making a soup and  
NOTE Confidence: 0.929979396666667

01:08:42.520 --> 01:08:44.250 finding ways to add beads.  
NOTE Confidence: 0.929979396666667

01:08:44.250 --> 01:08:46.750 These are cranberry beads.  
NOTE Confidence: 0.929979396666667

01:08:46.750 --> 01:08:48.000 These are.  
NOTE Confidence: 0.929979396666667

01:08:48.000 --> 01:08:51.087 My black beans I grew this year  
NOTE Confidence: 0.929979396666667

01:08:51.087 --> 01:08:54.698 and and they too are so much  
NOTE Confidence: 0.929979396666667

01:08:54.698 --> 01:08:57.428 sweeter and delicious in Mexican,  
NOTE Confidence: 0.929979396666667

01:08:57.430 --> 01:09:02.388 you know southwestern dishes and just really,  
NOTE Confidence: 0.929979396666667

01:09:02.388 --> 01:09:04.758 really add a lot here.  
NOTE Confidence: 0.929979396666667

01:09:04.760 --> 01:09:08.750 We have the red lentilles that  
NOTE Confidence: 0.929979396666667

01:09:08.750 --> 01:09:11.780 add beauty to a lentil soup.  
NOTE Confidence: 0.929979396666667

01:09:11.780 --> 01:09:14.129 Here are the.  
NOTE Confidence: 0.929979396666667

01:09:14.130 --> 01:09:14.940 These are actually  
NOTE Confidence: 0.834341225

01:09:14.950 --> 01:09:16.978 the little French lentilles

NOTE Confidence: 0.8923208375

01:09:17.680 --> 01:09:22.670 in here. Let me just hold him up there.

NOTE Confidence: 0.8923208375

01:09:22.670 --> 01:09:24.930 Yeah, I'm not going to be able to show you.

NOTE Confidence: 0.8923208375

01:09:24.930 --> 01:09:25.890 Can you see those?

NOTE Confidence: 0.8923208375

01:09:25.890 --> 01:09:28.528 Yes yeah, so the lentils.

NOTE Confidence: 0.8923208375

01:09:28.528 --> 01:09:31.324 So lentil soup and and bazillions

NOTE Confidence: 0.8923208375

01:09:31.324 --> 01:09:33.230 of recipes online.

NOTE Confidence: 0.8923208375

01:09:33.230 --> 01:09:36.587 All you have to do is type in lentils

NOTE Confidence: 0.8923208375

01:09:36.587 --> 01:09:40.148 and soup and you get a 10,000 recipes.

NOTE Confidence: 0.8923208375

01:09:40.150 --> 01:09:42.706 So anything that adds these beans.

NOTE Confidence: 0.8923208375

01:09:42.710 --> 01:09:44.864 Here are chickpeas.

NOTE Confidence: 0.8923208375

01:09:44.864 --> 01:09:49.513 If you like hummus, adding these into

NOTE Confidence: 0.8923208375

01:09:49.513 --> 01:09:54.118 a Mediterranean type dish, you know soup.

NOTE Confidence: 0.8923208375

01:09:54.118 --> 01:09:57.848 It's fabulous all these vegetables.

NOTE Confidence: 0.8923208375

01:09:57.850 --> 01:09:58.756 You can add.

NOTE Confidence: 0.8923208375

01:09:58.756 --> 01:10:00.266 You know you've got your

NOTE Confidence: 0.8923208375

01:10:00.266 --> 01:10:01.709 squashes this time of year,  
NOTE Confidence: 0.8923208375

01:10:01.710 --> 01:10:03.760 making this squash soup and  
NOTE Confidence: 0.8923208375

01:10:03.760 --> 01:10:05.810 adding some being to it.  
NOTE Confidence: 0.8923208375

01:10:05.810 --> 01:10:08.426 So now you've got the fibers  
NOTE Confidence: 0.8923208375

01:10:08.430 --> 01:10:09.714 for different sources.  
NOTE Confidence: 0.8923208375

01:10:09.714 --> 01:10:12.710 All of the tomatoes that are out  
NOTE Confidence: 0.8923208375

01:10:12.796 --> 01:10:15.680 there right now from the farm stands.  
NOTE Confidence: 0.7579514

01:10:19.380 --> 01:10:25.692 Shallot onions. Garlic that is just  
NOTE Confidence: 0.7579514

01:10:25.692 --> 01:10:30.637 prolific right now and so beneficial for  
NOTE Confidence: 0.7579514

01:10:30.637 --> 01:10:33.416 our my our microbial health and our.  
NOTE Confidence: 0.897066275

01:10:36.730 --> 01:10:38.005 Our health overall,  
NOTE Confidence: 0.897066275

01:10:38.005 --> 01:10:40.980 so it's interesting with garlic is that  
NOTE Confidence: 0.897066275

01:10:41.061 --> 01:10:46.568 garlic has been found to be as effective, uh?  
NOTE Confidence: 0.897066275

01:10:46.570 --> 01:10:50.240 Antibiotic as tetracycline and penicillin.  
NOTE Confidence: 0.897066275

01:10:50.240 --> 01:10:53.509 It actually in clinical studies has shown  
NOTE Confidence: 0.897066275

01:10:53.509 --> 01:10:56.749 to lower blood pressure cholesterol.

NOTE Confidence: 0.897066275

01:10:56.750 --> 01:10:58.424 High blood pressure.

NOTE Confidence: 0.897066275

01:10:58.424 --> 01:11:00.656 It's it's really powerful,

NOTE Confidence: 0.897066275

01:11:00.660 --> 01:11:03.761 but the the medicine that actually does

NOTE Confidence: 0.897066275

01:11:03.761 --> 01:11:06.688 that doesn't exist in here right now.

NOTE Confidence: 0.897066275

01:11:06.690 --> 01:11:10.386 This that medicine that has that

NOTE Confidence: 0.897066275

01:11:10.386 --> 01:11:13.420 medicinal property doesn't exist until

NOTE Confidence: 0.897066275

01:11:13.420 --> 01:11:16.600 we break this garlic clove open.

NOTE Confidence: 0.897066275

01:11:16.600 --> 01:11:19.113 When you take a clove of garlic

NOTE Confidence: 0.897066275

01:11:19.113 --> 01:11:21.948 and you you smash it or chop it,

NOTE Confidence: 0.897066275

01:11:21.950 --> 01:11:25.142 or do whatever you're going to do the

NOTE Confidence: 0.897066275

01:11:25.142 --> 01:11:28.059 exposure to oxygen actually causes a.

NOTE Confidence: 0.897066275

01:11:28.060 --> 01:11:30.970 A chemical reaction and oxidative

NOTE Confidence: 0.897066275

01:11:30.970 --> 01:11:33.791 chemical reaction that does 11:50

NOTE Confidence: 0.897066275

01:11:33.791 --> 01:11:36.246 different enzymatic changes and it's

NOTE Confidence: 0.897066275

01:11:36.246 --> 01:11:40.198 so it starts as Alan in and develops

NOTE Confidence: 0.897066275

01:11:40.198 --> 01:11:43.042 into Allison which is the medicinal  
NOTE Confidence: 0.897066275

01:11:43.134 --> 01:11:46.606 part of that and The thing is is  
NOTE Confidence: 0.897066275

01:11:46.606 --> 01:11:49.780 we find it doesn't really come.  
NOTE Confidence: 0.897066275

01:11:49.780 --> 01:11:51.748 It it you know it's so we call  
NOTE Confidence: 0.897066275

01:11:51.748 --> 01:11:53.340 it anti microbial right?  
NOTE Confidence: 0.897066275

01:11:53.340 --> 01:11:56.581 Because it's anti it's it's effective as  
NOTE Confidence: 0.897066275

01:11:56.581 --> 01:11:59.293 effective an antibiotic but it doesn't  
NOTE Confidence: 0.897066275

01:11:59.293 --> 01:12:01.920 seem to affect negatively our microbiome.  
NOTE Confidence: 0.897066275

01:12:01.920 --> 01:12:04.345 So quite remarkable because we've  
NOTE Confidence: 0.897066275

01:12:04.345 --> 01:12:06.897 evolved with that and the microbes  
NOTE Confidence: 0.897066275

01:12:06.897 --> 01:12:09.668 in our body and the foods they we  
NOTE Confidence: 0.897066275

01:12:09.668 --> 01:12:12.180 we it it knows how to work together.  
NOTE Confidence: 0.897066275

01:12:12.180 --> 01:12:15.036 It's just it we've evolved together.  
NOTE Confidence: 0.897066275

01:12:15.040 --> 01:12:17.132 So it's quite remarkable,  
NOTE Confidence: 0.897066275

01:12:17.132 --> 01:12:19.224 quite fascinating and exciting.  
NOTE Confidence: 0.897066275

01:12:19.230 --> 01:12:19.740 Also



NOTE Confidence: 0.947141148181818  
01:12:19.750 --> 01:12:21.346 interesting, and it all looks so  
NOTE Confidence: 0.947141148181818  
01:12:21.346 --> 01:12:22.810 good behind you that I'm sure  
NOTE Confidence: 0.947141148181818  
01:12:22.810 --> 01:12:24.128 that we all wish we were coming  
NOTE Confidence: 0.947141148181818  
01:12:24.128 --> 01:12:25.244 to your house for dinner tonight.  
NOTE Confidence: 0.801350978  
01:12:25.260 --> 01:12:27.430 Gel we have no, I don't know if you do.  
NOTE Confidence: 0.801350978  
01:12:27.430 --> 01:12:29.950 There are nights where you I'm not sure  
NOTE Confidence: 0.801350978  
01:12:29.950 --> 01:12:32.250 mushrooms or the other one I wanted to  
NOTE Confidence: 0.801350978  
01:12:32.250 --> 01:12:35.385 mention this was a this is a mitaki or  
NOTE Confidence: 0.801350978  
01:12:35.385 --> 01:12:38.530 head of the woods that we have forged  
NOTE Confidence: 0.801350978  
01:12:38.530 --> 01:12:40.690 for mushrooms or prolific this year.  
NOTE Confidence: 0.801350978  
01:12:40.690 --> 01:12:42.706 I don't recommend doing that unless  
NOTE Confidence: 0.801350978  
01:12:42.706 --> 01:12:45.128 you're experienced and or go with people  
NOTE Confidence: 0.801350978  
01:12:45.128 --> 01:12:46.818 who are experienced but mushrooms.  
NOTE Confidence: 0.801350978  
01:12:46.820 --> 01:12:52.596 Actually I had something here I wanted to.  
NOTE Confidence: 0.801350978  
01:12:52.600 --> 01:12:56.720 Say that they actually come.  
NOTE Confidence: 0.801350978

01:12:56.720 --> 01:12:59.764 Change cell proliferation have  
NOTE Confidence: 0.801350978

01:12:59.764 --> 01:13:03.569 anti inflammatory and anti tumor  
NOTE Confidence: 0.801350978

01:13:03.569 --> 01:13:06.115 tumorigenic effects on mushrooms.  
NOTE Confidence: 0.801350978

01:13:06.115 --> 01:13:07.900 That's in research.  
NOTE Confidence: 0.801350978

01:13:07.900 --> 01:13:11.300 These mushrooms are being studied.  
NOTE Confidence: 0.801350978

01:13:11.300 --> 01:13:14.720 Extensively on for the microbiome,  
NOTE Confidence: 0.801350978

01:13:14.720 --> 01:13:17.540 the immune system.  
NOTE Confidence: 0.801350978

01:13:17.540 --> 01:13:21.439 For for Cancer Research and it is  
NOTE Confidence: 0.801350978

01:13:21.440 --> 01:13:26.690 just incredibly prolific right now,  
NOTE Confidence: 0.801350978

01:13:26.690 --> 01:13:30.464 and so you can get those local  
NOTE Confidence: 0.801350978

01:13:30.464 --> 01:13:32.948 mushrooms you can in the stores  
NOTE Confidence: 0.801350978

01:13:32.948 --> 01:13:35.941 now even the shataiki shikaki are  
NOTE Confidence: 0.801350978

01:13:35.941 --> 01:13:39.259 incredibly great for the immune system,  
NOTE Confidence: 0.801350978

01:13:39.260 --> 01:13:41.157 so adding some of those to your  
NOTE Confidence: 0.801350978

01:13:41.157 --> 01:13:42.770 soup is a great idea.  
NOTE Confidence: 0.820331194

01:13:44.180 --> 01:13:46.270 It will certainly. Yeah, yeah,

NOTE Confidence: 0.820331194

01:13:46.270 --> 01:13:48.550 it'll be interesting to see how you know.

NOTE Confidence: 0.820331194

01:13:48.550 --> 01:13:50.438 Overtime the research is

NOTE Confidence: 0.820331194

01:13:50.438 --> 01:13:52.326 presented on these compounds,

NOTE Confidence: 0.820331194

01:13:52.330 --> 01:13:53.656 certainly not to be a replacement

NOTE Confidence: 0.820331194

01:13:53.656 --> 01:13:55.349 for any of our current medications

NOTE Confidence: 0.820331194

01:13:55.349 --> 01:13:56.390 or therapies, right?

NOTE Confidence: 0.820331194

01:13:56.390 --> 01:13:58.990 But as an addition to you know in

NOTE Confidence: 0.820331194

01:13:58.990 --> 01:14:00.390 in conjunction with those things

NOTE Confidence: 0.820331194

01:14:00.390 --> 01:14:02.071 that we can do things for

NOTE Confidence: 0.820331194

01:14:02.071 --> 01:14:03.416 ourselves in our own kitchen,

NOTE Confidence: 0.920542473333334

01:14:03.720 --> 01:14:05.470 right? And they're not meant to take

NOTE Confidence: 0.920542473333334

01:14:05.470 --> 01:14:08.255 the place, and none of these foods

NOTE Confidence: 0.920542473333334

01:14:08.255 --> 01:14:11.320 are foods are really important in our

NOTE Confidence: 0.920542473333334

01:14:11.320 --> 01:14:14.096 lives and in how to live a healthy

NOTE Confidence: 0.920542473333334

01:14:14.182 --> 01:14:17.059 life or how to regain some health.

NOTE Confidence: 0.920542473333334

01:14:17.060 --> 01:14:18.824 But they are never meant they  
NOTE Confidence: 0.920542473333334

01:14:18.824 --> 01:14:20.860 had met what we like to say.  
NOTE Confidence: 0.920542473333334

01:14:20.860 --> 01:14:21.584 Medicine in the food.  
NOTE Confidence: 0.920542473333334

01:14:21.584 --> 01:14:22.955 That's where a lot of our medicines  
NOTE Confidence: 0.920542473333334

01:14:22.955 --> 01:14:25.648 have come from. Our from our foods.  
NOTE Confidence: 0.920542473333334

01:14:25.648 --> 01:14:27.616 It doesn't mean replace.  
NOTE Confidence: 0.920542473333334

01:14:27.620 --> 01:14:30.104 It means in conjunction  
NOTE Confidence: 0.920542473333334

01:14:30.104 --> 01:14:31.967 it means preventative.  
NOTE Confidence: 0.920542473333334

01:14:31.970 --> 01:14:35.498 Maybe that if eating really well can  
NOTE Confidence: 0.920542473333334

01:14:35.498 --> 01:14:38.386 help prevent certain issues, it it.  
NOTE Confidence: 0.920542473333334

01:14:38.386 --> 01:14:40.717 I would never suggest that someone say  
NOTE Confidence: 0.920542473333334

01:14:40.717 --> 01:14:43.498 I'm throwing that medicine out and I'm  
NOTE Confidence: 0.920542473333334

01:14:43.498 --> 01:14:45.499 gonna start being garlic every day.  
NOTE Confidence: 0.920542473333334

01:14:45.499 --> 01:14:47.314 I would say eat garlic.  
NOTE Confidence: 0.920542473333334

01:14:47.320 --> 01:14:50.584 Along with it, and make your soup said,  
NOTE Confidence: 0.920542473333334

01:14:50.590 --> 01:14:52.480 yeah, for sure with point.

NOTE Confidence: 0.920542473333334  
01:14:52.480 --> 01:14:52.930 Yeah.  
NOTE Confidence: 0.903016375  
01:14:52.940 --> 01:14:54.578 Well thank you so much Joan.  
NOTE Confidence: 0.903016375  
01:14:54.580 --> 01:14:56.822 This has been amazing and there's  
NOTE Confidence: 0.903016375  
01:14:56.822 --> 01:14:58.439 so much great feedback in the chat.  
NOTE Confidence: 0.903016375  
01:14:58.440 --> 01:14:59.872 We are at times so I want to  
NOTE Confidence: 0.903016375  
01:14:59.872 --> 01:15:01.278 make sure to respect your time.  
NOTE Confidence: 0.903016375  
01:15:01.280 --> 01:15:02.240 Joan and everyone else  
NOTE Confidence: 0.903016375  
01:15:02.240 --> 01:15:03.440 who's been with us today.  
NOTE Confidence: 0.903016375  
01:15:03.440 --> 01:15:05.419 Thank you so much for this  
NOTE Confidence: 0.903016375  
01:15:05.419 --> 01:15:08.064 enlightening presentation and all your  
NOTE Confidence: 0.903016375  
01:15:08.064 --> 01:15:10.859 information that you shared with us.  
NOTE Confidence: 0.903016375  
01:15:10.860 --> 01:15:12.180 I know we all look forward to going  
NOTE Confidence: 0.903016375  
01:15:12.180 --> 01:15:13.460 home and putting it into practice  
NOTE Confidence: 0.949081118666667  
01:15:13.470 --> 01:15:15.654 in our kitchens. Yeah, thank you for  
NOTE Confidence: 0.949081118666667  
01:15:15.654 --> 01:15:18.350 taking the time today to to join me. Thank  
NOTE Confidence: 0.930177217333333

01:15:18.360 --> 01:15:20.340 you and thank you all for joining us and

NOTE Confidence: 0.930177217333333

01:15:20.340 --> 01:15:22.520 for your wonderful questions and comments.

NOTE Confidence: 0.930177217333333

01:15:22.520 --> 01:15:24.942 Please do complete the evaluation for the

NOTE Confidence: 0.930177217333333

01:15:24.942 --> 01:15:26.760 program that you'll get automatically

NOTE Confidence: 0.930177217333333

01:15:26.760 --> 01:15:29.266 after and send us any feedback or

NOTE Confidence: 0.930177217333333

01:15:29.266 --> 01:15:30.837 information for future topics and

NOTE Confidence: 0.930177217333333

01:15:30.837 --> 01:15:33.454 we look forward to seeing you all on

NOTE Confidence: 0.930177217333333

01:15:33.454 --> 01:15:35.639 a future Smilow Wellness workshop.

NOTE Confidence: 0.930177217333333

01:15:35.640 --> 01:15:37.242 Have a great evening everyone and

NOTE Confidence: 0.930177217333333

01:15:37.242 --> 01:15:39.000 thank you all for being apart.