Evaluate Your Diet, Boost Mental Health, And Cook Healthier Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Chef Emily Berner

Well hello there again. This one is a really special treat. Okay. One of my absolute favorite people in the entire brain food world, chef and coach Emily Berner.

I am so excited to have you here in the summit, everybody. The reason I'm so if you serve is I've been working one on one with Emily. In the brain food clinic for years.

The mental fitness kitchen that is really spearheaded by Emily and all of her excitement. She's such a great cook, such a great chef. And she's a wonderful coach.

She and I share many patients. I love it when my patients are seeing me and they and they need more food, work in a certain way. Then, I'm able to deliver more in terms of things like, you know, knife skills or organizing or just flavor profiles for all the things that she knows.

Chef Emily Berner, welcome to the anxiety and depression Solutions Summit. It's such a treat to have you. Thank you. Thank you for the introduction and really wonderful to be here with you.

Appreciate it. You and I, really conceived of this idea of the Mental Fitness Kitchen several years ago. After a research study, the healthy med trial came out that looked at people with really severe depression who every two weeks went to a mediterranean style cooking class.

And they got better. They their depression scores dropped significantly from severe depression to really mild depression. And those those changes were sustained.

And we thought, well, can we do that during Covid? Can we do this digitally? And that's what we did. It's been so incredible, is so much fun. And I just I want to start with assessment because everybody's watching is looking for some solutions.

And as we know, you know, healing your modern brain. This is about self-awareness. And so can we just start when you meet with somebody you're talking to them about what they eat.

How do you kind of assess someone's diet? I see that, what are the things that we well, the best way to assess someone's diet really has to be in a way that works for them, for their brains, for their emotional well-being.

Assessing Diet and Energy Patterns

One of the things that I suggest for people who are perhaps more visually oriented is they perhaps can take a picture of each meal and then send me the picture.

And then over the course of a week, we can assess that visually. Others who kind of nerd out on the science, might be more interested in getting some bloodwork done and crunching the numbers.

And, and then we can assess through bloodwork. Some people prefer writing, like keeping a food journal can be really, really illuminating for some folks.

Some people will do both kind of take a picture and write notes. But, in our very first session, I kind of I asked people to walk me through, you know, a day in the life of food with them.

And also I match that with their energy scape throughout the day. So, instead of focusing on a landscape or an energy scape, this is my word for sort of how your energy waxes and wanes throughout the day.

And, and we, we kind of look at those two things together first. Energy and food aren't necessarily always linked. It's it can be at sleep or just a busy work day.

But that's, that's really the the place that I start is just asking about a day in the life of a food with you. And then we kind of go from there. Yeah, I love that.

I think about, like, walk me through it as an eater, you know. What are you hungry for? What are, you know, the types of breakfast you eat? There are a few where we kind of get into our dietary pattern.

And I love the idea of also different people think about their food and diet in different ways. And whether, you know, it's visual and taking pictures, I love that technique.

That's really kind of fun when you see it all up there and they're like, wow, a lot of that. Or like, wow, so many colors. Like, you're such an amazing plant eater for you can, celebrate things.

And it's a really fun way that modern technology, I think is helped us as clinicians think about, you know, really what's going on. And. It's easy to just share.

You create like a Google Photos album and you can share that, and then they're putting stuff in it and you can easily, as a coach, just monitor that throughout the day.

Yeah, I love that. In terms of a food journal, I've had a few patients just like on their iPhone, get Apple Note or like a note and share it with me, and they just write down stuff as they're eating it.

And it's also easy for me to drop in comments. It's a kind of fun, collaborative way that didn't, you know, didn't exist, that not that many years ago.

And really kind of exciting new avenues. So speaking of new resources, I realize I introduced you as a health coach, and a lot of people maybe don't know exactly what that is.

Could you tell us what is allergy? So coaching is sort of it's a process where one person supports another in achieving specific goals and aspirations.

And we do that by asking powerful questions, by reflecting back what we see, reflecting back to you, and also really providing a balance of, of challenge and encouragement.

I think that's the fine line there. Primarily, I believe that every person really is the true expert on themselves. It just takes a little bit of clearing stuff away to get to that, that gem of wisdom.

That's that's within, each and every one of us.

What Health Coaching Does

So my role is to draw out the information with questions and reflections, and so we can sort of get to the bottom of what's most important to them, pinpoint what their values are, what they're struggling with, and then develop an action plan to get them to where they want to be.

So when it comes to mental health and nutrition journeys, we really provide that unique environment, for long term behavioral health changes and identify the points of friction and how to remove those points of friction between yourself and your goal so you can, you know, achieve that, that goal or aspiration.

I wonder if you could share a little bit about, your work helping some of our patients with nutrition in their mental health journey? Yeah. I think, I think for, for specific patients, it depends so much on the patient.

But I, I've had patients who, you know, experience are experiencing a fair amount of anxiety. And then we noticed

through some kind of a food journaling or some kind of communication that, they're actually experiencing more anxiety after their caffeine or sugar intake.

And so that's one of the things once we identify that, okay, how do we manage the caffeine intake? Oh, but I really love coffee. Well, could you do decaf?

Like would that be okay? And, you know, every day at 4:00 is when I'm really tired, so that's what I look for. Something sweet. And I get super anxious in the evening, and, and so kind of correlating.

And that's why we look at the food as well as the energy scape throughout the day, because, creating those links and in both you identify what the patterns are.

And then from there you can kind of explore, what the triggers might be that could be activating, depression, anxiety or any, any other kind of mental health issues that people are struggling with.

Yeah, I love how you help people spot pattern, but also you. It feels like when my patients work with you, they do such a good job really thinking specifically about food in a way that I don't feel a lot of us like are intentional enough about, you know, like my my goals are a little bit right in the moment of the choice as opposed to being intentional with you maybe once a week, once every two weeks, and then getting accountability there.

Using Food Journals and Accountability

Yeah. And it feels like that's such a big part. Can you talk some specifics of, like, some of the foods and maybe even some of the recipes that you see kind of popping or working for people or ones you go back to in terms of your clinical work?

Yeah, definitely. I think, well, I have a bit of a sweet tooth. So that's something that I've learned to manage and develop a relationship with that's healthy and, healthy for me.

So I really love coming up with sweet treat options for people that I think sugar is one of the biggest things that I see people struggling with. So coming up with treats that are tasty and have some health benefits to them, it's a very satisfying, you know, have your cake and eat it too situation.

So that's about it's everybody I mean, I think so many people because this is about depression and anxiety solutions. And people wonder what does that mean when we talk about therapy, going to talk about meds.

We talked about we wanted to talk about solutions that are so good. Yeah. Like really within people's reach in their everyday life. Like things that help.

And so I think this is such an important one. Everyone, because everybody experiences carb cravings. And when I experience it, for me it signals a few things.

One signals to me, I didn't have enough protein early in the day to it signals to me I didn't go to bed on time. Almost always right. If I go to bed at my nine 930 boy, I'm great.

Now if it's not, start wanting a little sweet treat. So tell us, so how do we solve this? How are some of the ways to solve this in ways that still support our mental health?

Well preparation helps, having things that are on hand because when those cravings hit, we tend to just go for what's closest and easiest and the least amount of friction.

So knowing that, okay, at 4:00, that's when my energy tends to slump. So I'm going to prepare a treat ahead of time. And I'll walk you through one of my favorites.

I'll prepare something ahead of time, pop that in the freezer. And then any time I like, I know this is going to

happen. Right. So how do I. How do I give myself the best option, in that moment and not just reach for something that's there and available?

Because that's that's what we tend to do otherwise? But my favorite one is to take some dates and sort of smash them up, and then put that, put down a layer of, an almond butter on that and then sprinkle coconut.

So you get like this crunch as well and then melts 72% or higher, melt some dark chocolate, pour it over the whole thing. Do flaky. This is one that I do at home for myself.

Do flaky. Maldon salt on top. So you get like salty crunchy chewy chocolaty caramelly kind of treats and you know that you're eating dates, you're eating almond butter, you're eating dark chocolate.

Sweet Treats and Managing Cravings

And you kind of are hitting some of those headaches, some of those brain foods, with the nuts and the cocoa, like the, and the dates as well, since the nut butter also is really useful for helping to stabilize the sugar load of the dates, because even though we love our dates, they're still really high in sugar, so even you can dry fruit.

We have to, it's suggested to be mindful of, because I can go through a bag of dates and just like that's that's not that's not the solution. That's the thing.

But I like what you're doing, which is you're taking that sugar from the dates you're getting, you know, you're getting more calories, but you're getting more calories from from protein, from, you're hitting a lot of satiating centers.

You're getting some saltiness, some yumminess. And, as you're saying this and I bit of a lot of people are wondering, you know, you're a chef. So we always feel like, you know, some secrets because somehow you get it done.

Like we always, yeah, we're going to batch cook. I'm going to make like a yummy, yummy, but I'm just going to go by a candy bar maybe. And so are there some secrets?

In terms of, I guess I'm just learning structurally due to, like, set aside time, like a Sunday morning to batch cook. Or do you look at your schedule once a week and, you know, like when we do it or like, I guess my question is, do we all overthink it because we're not chefs that like, this is just like 30 minutes, like you got to teach us a mental fitness kitchen.

It's just like, you know, I can whip up a whole dinner for you all, like. Yeah, I think that cooking is one of those things that the more you practice it, the faster you get it.

So there's like, there's no substitute for time on the board with your knife working, working at things. Because just like anything else, right? Biking, swimming, you had to learn it.

And, you know, you you probably crawled before you walked and then you ran. So there will come a time when eventually you will run. But it does take a little bit of, of patients in getting their.

This cooking requires that, I think I think having a good set of tools is important. And, you know, we can get into that a little bit later as well. But setting aside time, you have to want, you have to want to do it.

And, and, you know, in coaching we often use a scale of 1 to 10 to try and assess how motivated are you to make that change? Ten being absolutely motivated one being not really going to do this, and be honest with yourself if you are.

Like, hey, you're thinking about this, but you don't have any motivation to actually change it. So we're going to focus on your motivation. What would motivate you as opposed to let's take a day to stop sugar.

You know, we're we're someone doesn't actually have the motivation set up. Think it's such a big part of clinical work where we don't spend enough time these days, or oftentimes people haven't had enough time spent with them forming alliance.

And then, you know, sitting and have reasonable goals before we get into those goals, thinking about motivation level. And I think that motivation comes from values.

What do you care about? Right. It's what's important to you. Oh, I want to be able to to, you know, some strong body so that I can hike and so that I can spend with that can live the life that I want to live.

So, you know, we we brush our teeth every day so that we can some of very motivating. Right. You don't you're going to have tooth decay and you're not going to be able to eat.

You're not going to be able to live. So there are things that we, we do, but we have to be it's it's important to connect them to what we value and what's really essential for us.

Yeah. One of the things I think when to break down, like why I like your recipes and why I love working with you so much, Emily. It's a it feels like I do get that quick response from your food.

There's something really joyful and delicious about it. Or unexpected. Great parsley. Hi. That, I was bringing that I was, like, hot again. The these savvy?

Yeah. Yeah, I think I learned that one from Southern Nostrum. That's another thing is just expose yourself to the world of cooking. It doesn't just start and end in your kitchen.

You can read, but there's so much information. YouTube out there. Yeah. Well, I really appreciate your guidance. I hope everybody hears this, that, you know, it's not that you don't know how to cook or if you're a cook, it's not that you're, you know, inefficient or it's always a big mess.

It's really about building skills. If you want to get more efficient, if you want to learn some more, you know, types of cooking, it's easy to do that.

Emily, you're at the Institute of Culinary Education, your culinary instructor.

Cooking Skills, Tools, and Organization

You're teaching our next generation of chefs. I'm wondering, as you see people kind of up leveling their skills, are there a few that, you know, you really see?

Hey, everybody just needs to do these 3 or 4 things that would make everything a lot easier for you in terms of home cooking, cooking pumpkin knife. Yeah.

I mean. It makes a world of difference, I think, yeah, that you'd be surprised how many people are missing a proper knife and they're doing all their slicing and dicing with a tiny little paring knife, and it's taking forever.

It slows them down tremendously. So no wonder people don't want to cook. I wouldn't want to cook either if I had to use a knife that was that. Like it just it would take me so long to do what I do without a proper knife.

It can be somewhat intimidating if you've never worked with a chef's knife before. But they sell some that are about eight inch blades instead of the 1011.

Like, you can get the work done with an eight inch blade really effectively. I think that's that's one of the main things that really slows people down in the kitchen, is not having, great knife skills and take a knife skills class.

That's something that you can you, you know, have at, at, ice in New York and other places like serve that will do

knife skills. Having good knife skills is really the foundation for pretty much everything.

And that's what we start with here in culinary school. We start with knife skills, and then we get into our and we spend maybe 3 or 4 days just on life skills.

So people are literally at the cutting board, chopping for four hours a day for 3 to 4 days. So it's a very. It's so good. I mean, it sounds like so much fun.

One of the interviews in the summer is with chef. Robert Graham is also a doctor, and he talks about his, I think it's a salad of the seven cuts. And that it was seven different vegetable cuts and all about the different mouth feels.

And it was just so interesting. I love speaking with you chefs about how how you conceive of and think of a dish and this kind of stuff of just like, hey, most of us, we're not, you know, we need a sharper knife, we need a better knife.

And that allows us really to do, do the work, get the tool, do the work. Yeah. All right. So a good chef's knife. That's one of the skills you need. Well what do you see a lot of other people missing.

Are we missing organizational stuff. Are the other tools we're missing. I think, multitasking is is important in the kitchen. Right. You have to think about.

Okay, if I'm if my dish is, Mediterranean pasta salad, and I'm making grilled vegetables and I'm cooking pasta and I'm making a pesto, and I'm putting that all together, thinking about your timing, reading through your recipes first, thinking about your timing of.

All right, well, what needs to cook first? I have to have the grilled vegetables ready before I make the pasta and the pasta, because then I can toss that all together. Or, there's another thing that I like to put in that is, like toasted pine nuts on top for some crunch or, or making addressing that kind of pulls it all together.

So thinking about, okay, while things are on the grill, can I also make this salad dressing? Can I also boil the water? Boiling water actually takes a long time.

So you don't want it's it's really important to think about, you know what is going to take how long and then and then go for that. Well, I think also that sequencing for the people who are new at it, cooking for themselves.

And, you know, that's not everybody's solution. But there's a lot of data looking at home cooking and that we just eat healthier stuff. We save money when you really do it right and you're cooking for someone friends, family or partner or, you know, doing something for your community and food.

I mean, these are all, you know, win, win win. So, yeah. It's it's, you know, it's one of these interventions that really, pays off. And I think some of what you're talking about is where, you serve, maybe not enough frustration tolerance, you know, in the sense that it's really easy to order.

And I find myself falling into this. It's really easy, especially because, you know, you can get a lot of healthy orders, you know, like a yummy salmon bowl or, amazing salads.

But, you know, really cooking at home. And when it comes to budget, when it comes to simplicity, it's hard to beat. So good knife getting better at multitasking, organizing.

I think not getting overwhelmed is the one that I hear, and it just comes with a little. I like your encouragement, you know, say spend some hours with the knife skills that really pays off.

You know, cook a lot of meals at home for the next couple of weeks. You'll see your skills and yeah. Yeah, consistency with that. It's it's sort of, you know, to practice something that you can and really practice and get better at.

And and I think, you know, there are so many healthy options that people can order and, and, and all of that. And I, I certainly do from time to time myself. But, but when you're there with your board and your knife and you're cutting things, you can't really be anywhere else.

So there's a mindful component that comes into it as well, like whatever kind of problems you thought you had or were going, like, it's, it's you're working with a knife.

So you sort of realize like what real problems are really fast, because that's you could, you know. Yeah. Well, don't I think it's one of those things that suddenly there's a, you know, it's, it's a type of focus, intention and then accomplishment, which is really great for a mental fitness.

And I think it's one of the reasons I've spent so much time in nutritional psychiatry.

Brain Foods: Nuts, Seeds, and Seasonings

And it gets so excited as a psychiatrist about food is there's all the great nutrients and the delicious meals and connection and all that stuff, but also these little common like daily rituals that so many of us are missing, where you drop something in the morning and again, you have this moment where you can't be anywhere else or you have to make a decision, you're going to do a little, you know, crosscut, you're going to make them long.

You, you know, and and you have to be aware of it because, yeah, you have something that potentially is very dangerous. Getting cut is, you know, no fun, Happens.

It happens. But I think it generally happens when we're distracted or not being present when we're rushing, you know, which is one of those great life lessons from the kitchen.

I keep the knife sharp and be very focused when you're using it. So yeah. That can can we talk about some of like your favorite nutritional psychiatry foods?

Just when you think about like if you're going to walk into my kitchen, right. And, and and, whatever notions you have about me are true. I've got, like, all of your favorite brain foods is like, wow.

Like what? Amazing. Like what? What would you see there? What would you be excited about? Oh, gosh. You know, I that's sort of how I feel when I go to a farmer's market.

Like I went to a farmer's market, last weekend, and they had red walnuts and I was like, whoa, like, that's so cool. I've never had a red wallet before.

Like, I think those are the kinds of things that I get really excited about is something that, well, I love. I love fruits and vegetables in general, but something that's in season, something that's fresh, something that's a little bit novel is always fun for me.

I've, I've been very fortunate to experience a lot of foods and, and tastes and, so I, I enjoy some novelty, I think, I mean, nuts and seeds are like my, my bread and butter.

I just some favorites in there that you that you like that we'd find in your kitchen. Manila walnuts, probably walnuts and cashews. I love almonds too.

Oh gosh, I don't know. That's a really hard question. I mean, I think those three are really big, and everyone who's listening, you know, when I think, I mean, I've probably spent about as much time together as a chef and a doctor thinking about nutritional psychiatry.

Just about any other pair out there. And the and those three really what I doctor patients about start out with, you know, walnuts, almonds, cashews I recommend unsalted raw.

You know some people you know, they need it to be a little roasted. You can always do that yourself. But, you know, the idea being this is a really great sources of monounsaturated fats.

In fact, that's an olive oil. So a little package of olive oil you can carry around, great minerality. And most nuts you end up getting some nutrients of magnesium and walnuts or manganese or selenium and Brazil nuts.

And then you get this trifecta. What keeps us full fat, protein and fiber? What does it not have? That protein and fiber. And so, you know, it's I'm a big fan.

Nuts and seeds. Yeah, especially I especially do like them roasted. Raw is great as well, but I will I tend to enjoy the roasted flavor a little bit more.

And za'atar on walnuts, and you roast walnuts and add some star mix and some salt. It's just like the all of the crevices in the walnuts kind of pulling on to the za'atar.

You get this beautiful flavor and. To a degree rustles with like a little olive oil. We just kind of get a pan and heat him up and put some zaatar in there, or what.

It's for for the larger nuts. I always I always do them in the oven. If you're doing nuts, larger nuts in a pan, you're going to get sort of burned outside, still raw inside.

So, it's really best to cook your the larger ones in the oven and stuff. That's the way that I do it. But a little olive oil, a little za'atar, it's just like, that's heaven.

Yeah, that sounds wonderful. You know, I roast so many vegetables in my oven since meeting you, but I wouldn't really like a roast. A lot of nuts. I don't think I've ever put that ha on walnuts and roasted them in the oven with a little olive oil. Yeah, I mean, that's a very.

That's your challenge. Everybody listening from this talk right here. If you like walnuts, you like tar. And if you don't know that it's a, it's a wonderful, middle of cracker for, the middle Eastern traditional spice.

Yeah. And sumac is in there is one of them that's like, interesting and so great flavor profile. Put that in there. Some oven roasted vegetables that go along with that little piece of wild salmon. Boy. Perfect yummy meal.

But I love adding in that fat, that, flavor profile.

Seafood, Fish, and Nutrient-Dense Proteins

And and that's your challenge, everybody. I want you to do that one to tag me and Emily. Most fun social tag doctor talks. And then we know it's happening.

We know the brain food is happening. Dessert. Her walnuts are happening. Walk us through a few more foods. What about, you know, kind of the proteins, the meats.

What do you think about those? What do you see really helping people when they have depression and anxiety? Yeah. Well, I think seafood is tricky for folks.

Especially the fattier fish. It has the fatty, the fish, sort of. The stronger the flavor seems to be. So are sardines or anchovies are, even salmon can be strong for some folks as well.

So, mackerel is it's wonderful. I think, you know, for, for fish, if you're a little fish averse, or it's so new for you, start with things that for small things that you like and then kind of build your way towards it, but also how you prepare the fish can have a really big impact on the fishy ness of the flavor.

So sushi, for example, raw salmon tastes totally different than cooked salmon. It's far less, has far less of a fishy

flavor if it's if it's raw. So I like I like to talk to folks about ceviche, which we made in Mental Fitness Kitchen, a few weeks ago or, you know, start with preparations that are a little bit less fishy.

And then also the whole house doesn't smell like fish, which is also, I think, an off switch for some people. And I think the way a lot of us I didn't grow up with fish is, you know, and, and, I've written a lot about that.

The kind of like, I read all the data about omega three reasons, like, oh, I gotta figure out how to eat fish. And I wanted to seem like such a healthy, interesting thing, but I need to just start, like you're saying, with a little, little sushi, you know, and a lot of soy sauce.

And then I kind of got used to that fishy flavor a little bit more and developed my palate and, and things like the salmon or the fish, you know, lots of lemon zest and, or lots of garlic, but it's, yeah, it's a wonderful food category.

The bivalves were on the added and later, you know, clams, mussels, oysters. I still have trouble with those ones myself. Although those, those are, fun ones.

Those are at the top of the anti-depressant food scale, everybody. Because the bivalves have so much B12, so much zinc. So, you know, for, boosters and mussels quite actually a lot of omega three fats.

And they're very low calorie, a real definition of nutrient density and really, antidepressant, nutrient, nutrient density. And so but they can be a little challenging.

I think mussels are the entry mussels or pasta. Vongole I think a great entry. Yeah. For the bivalves, but just about the other one you mentioned with CVT, that one really helped me.

When I was traveling in South America, I wasn't much of a fish eater. I started eating shrimp ceviche and I was like, wow, this was like really good. And so, everybody just hope you hear our encouragement.

To be exploring the seafood and to think about some of these things like sushi and seafood, which maybe weren't exactly in your wheelhouse, or maybe they're not from your culture.

I mean, they weren't from mine, but boy, wow, so much interesting, delicious food and flavor in there and such a great way to make, seafood so accessible.

And then using anchovies. I really do not like anchovies. But I'll use them in a salad dressing if I'm making a Caesar dressing or, a kind of I can blend them into a chimichurri or kind of use them as like a a salt substitute, kind of get away with stuff there.

If there is, you know, enough acid with it. Fish really loves acid and herbs, like any kind of acid, any kind of herbs. That really helps with fish. Yeah.

Oh that's really that's great. That's great to know. I feel like this is like confessions of a nutritional psychiatry health coach. I don't really like it here.

Based here. You, chef Emily, we're here for you. But that's exactly how I start. I started with, a real Caesar dressing like it just. And I put it on really thin lasagna so that I had put some lemon juice and salt in and kind of like, massage, mash up a little bit.

And while I was making the dressing of that, that kind of sit in marinating itself for a little while and, and it really, you know, I'd start with kind of one anchovy and I start adding two anchovies or a start actually, just like a paste, like you're saying.

And you know, it just kind of again, it my palate really delicious filling salad. And I think it's like 87mg of lunch and omega three fats per inch. So just, you know, a wonderful thing.

If you can begin to develop your palate and enjoy, well, boy, I could just keep talking, forever to you.

Closing Food Assignment and Farewell

Everybody, if you're enjoying this conversation, I really encourage you to sign up for the Mental Fitness Kitchen so you can cook with Chef Emily. She's really fun to cook with.

We put on a great cooking class. You end up with three, sometimes four different dishes sitting in front of you. You can scroll through either one of our Instagrams and check that out.

Chef, I'm wondering if you can send us off into into our days, wherever you are. Everybody, thank you so much for staying with us. But, you know, we have so many, like, foodie solutions.

We've talked about a few of the ones that really touched my heart over our time together and the ways that you've really shaped my cooking and really shaped the nutritional psychiatry movement in terms of how accessible you've made these foods to so many people.

But can you send us out into the great wilderness with, with a food assignment from the great chef Emily Berner? That's a tall order there. I mean, I think that's that's her wellness.

That's your food assignment? Yes. Okay. All right. That's a good point. We had it, all right. I was trying to squeeze another one out for everybody, but we we already have one.

So everybody. Well you heard it here first. You've not ever maybe thought about roasting walnuts and zaatar in your oven. But tonight I hope that's exactly what you're doing.

I hope you put it on an amazing, colorful salad. We'd be really blown away. You put a little wonderful, delicious, high omega three fatty fish like a wild salmon or, maybe something fun, like an angel or some sardines.

Or if you're more of a grass fed steak person, you can go that way. Or if you're veggie, you just enjoy those veggies. All to say, Thank you. Thanks, chef. It's great to see you again.

It's great to be with you. It's great to get your inspiration everybody. Of all the toasted on the summit, I hope you put this one on repeat in the sense that, this is the kind of conversation that always leaves me hungry.

It leaves me inspired, but it also always refuel my convictions. And that's why it's such a great coach. I leave you kind of motivated, like, man seasoning.

Bring together for one. And so you really represent the absolute best of wellness, of nutritional psychiatry, of of coaching and of of really making food so wonderful and accessible.

Thank you everybody. Thanks so much for your time and attention. This is the Depression and Anxiety Solutions Summit. I'm Doctor Drew Ramsey. This is chef and coach Emily Berner.

I can't wait to see you in the next episode everybody. Thank you so much. Thank you.