# The French Art of Living | The Longevity Protocol | Season 3 | E2 | 45 Transcript

(Transcripts are generated by AI and may contain errors)

## Science and Art of Longevity

We [music] spent our careers studying We [music] spent our careers studying the science of a long life. But what the science of a long life.

## Energy, Pain, and Movement

But what [music] we were simultaneously learning [music] we were simultaneously learning was the importance of the art of that was the importance of the art of that long [music] life.

long [music] life. >> If you don't feel you don't you don't >> If you don't feel you don't you don't have energy, you don't want to do have energy, you don't want to do anything, let alone sex. [music] So it anything, let alone sex. [music] So it just can help to increase metabolic just can help to increase metabolic rate.

rate. rate. >> Therefore, vaginal cream is not going to >> Therefore, vaginal cream is not going to be the answer that is [music] going to be the answer that is [music] going to truly address why you have the pain in truly address why you have the pain in the labia in the first place. I always the labia in the first place. I always walk my patients up. I do that one walk my patients up. I do that one because that's the polite thing to do, because that's the polite thing to do, but also just, you know, I'm sitting but also just, you know, I'm sitting [music] a lot of times, so I just I [music] a lot of times, so I just I stand up. I'm moving around.

stand up. I'm moving around.

## Podcast Intro and French Art of Living

>> Do you corggasm? >> Do you corggasm? >> You know, when we first met >> You know, when we first met Oh, >> part of the podcast. I'm sorry. I'm >> part of the podcast. I'm sorry. I'm sorry.

sorry. sorry.

## Living Well Beyond Biomarkers

because you were inspiring me with your because you were inspiring me with your look and right now. look and right now. >> Oh, really? >> Oh, really? >> Yeah.

>> Yeah. >> Yeah. >> Oh, cuz I'm wearing glasses. >> Oh, cuz I'm wearing glasses. >> Your glasses? Yeah. So, when we first >> Your glasses? Yeah. So, when we first met uh and you would wear those glasses, met uh and you would wear those glasses, I just thought it was I just thought it was >> I mean it wasn't this pair.

>> I mean it wasn't this pair. >> No, but it was like it just shape and >> No, but it was like it just shape and that sort of cat eye. Whatever the What that sort of cat eye. Whatever the What is is that what you call? What's the is is that what you call? What's the shape?

shape? shape? >> I don't know. >> I don't know. >> Then what do you call that shape? >> Then what do you call that shape? >> I don't know. These are kind of only but >> I don't know. These are kind of only but I do wear cat eye.

I do wear cat eye. >> Yeah. Well, that look anyway. It was all >> Yeah. Well, that look anyway. It was all very sort of quirky and art artsy and very sort of quirky and art artsy and that kind of thing. And it was very sort that kind of thing.

## Experience, Habits, and Recovery

And it was very sort of I'm I'm an intellect from New York of I'm I'm an intellect from New York kind of feel, you know, like you're kind of feel, you know, like you're you're educated and you're educated and >> um you're you're sort of worldly. I >> um you're you're sort of worldly. I mean, it had that whole feel to it. And mean, it had that whole feel to it. And of course, you would always rock it and of course, you would always rock it and because I thought it was a little bit because I thought it was a little bit quirky, but you never worried about any quirky, but you never worried about any of those things.

of those things. >> No. But when you say quirky, what you >> No. But when you say quirky, what you really mean is that you thought it was really mean is that you thought it was dorky.

dorky. dorky. >> That that's that's a I guess a gentler >> That that's that's a I guess a gentler way of saying a little bit dorky, but way of saying a little bit dorky, but that was also I'll admit my you know, that was also I'll admit my you know, limited view of the world. And uh but limited view of the world. And uh but you know, I always I guess I would you know, I always I guess I would always would have thought that type of always would have thought that type of look was look was Yeah, it's a it's an artsy feel no Yeah, it's a it's an artsy feel no matter what.

matter what. >> It's always been cool, babe. >> It's always been cool, babe. >> Yeah. >> Yeah. >> Yeah. >> Always been cool. Uh, >> Always been cool. Uh, >> well, I think that's just a good segue >> well, I think that's just a good segue into what it is that we're talking about into what it is that we're talking about today, today, today, >> which it is.

>> which it is.

## French Lifestyle and Slow Eating

>> So, this is >> So, this is >> you be you do you bay? >> you be you do you bay? >> No. >> No. >> No. >> Is that what it was? >> Is that what it was?

>> You be you. >> You be you. >> I agree. >> I agree. >> This is >> This is season 3, episode two. season 3, episode two. >> You be me. >> You be me. >> Okay. Go. Well, >> Okay. Go. Well, >> not even right.

>> not even right. >> Season 3, episode 2. the French art of >> Season 3, episode 2. the French art of living. So I think we'll talk today living. So I think we'll talk today about this idea of I guess some level of about this idea of I guess some level of art that kind of goes along with it or art that kind of goes along with it or the idea of the way the French want to the idea of the way the French want to portray their art living is is an art.

portray their art living is is an art. It's their way of living as an art. It's their way of living as an art. >> Yes. >> Yes. >> Yes. >> And I think we kind of tasted pun >> And I think we kind of tasted pun intended that for sure here recently.

intended that for sure here recently. And I mean, just to be clear, obviously And I mean, just to be clear, obviously we had just gone to Italy or we had just we had just gone to Italy or we had just gone to Spain or we had just gone to gone to Spain or we had just gone to Japan or Scandinavia, whatever. The Japan or Scandinavia, whatever. The point is it's out there. It's just I point is it's out there. It's just I think the French are particularly think the French are particularly known for this idea of the slow down known for this idea of the slow down like the slow down diet or or lingering, like the slow down diet or or lingering, which which which I need to take in doses as well. like I need to take in doses as well.

## Food Quality, Bread, and Cultural Traditions

like the you know the Cuban in me doesn't the you know the Cuban in me doesn't doesn't go that slow all the time. I doesn't go that slow all the time. I need a little bit more like need a little bit more like >> right or like you know like

my my best >> right or like you know like my my best friend who's Israeli would say yala like friend who's Israeli would say yala like let's go put some gasoline on it. So let's go put some gasoline on it. So everything in moderation so the French everything in moderation so the French joy of living the point is to find yours joy of living the point is to find yours >> the art devivve.

>> the art devivve. >> Yes. Um and that's what we're talking >> Yes. Um and that's what we're talking about today. French art of living. What about today. French art of living. What can the art of teach us about longevity?

can the art of teach us about longevity? We'll talk about that today. So, I think We'll talk about that today. So, I think as people are tuning in and as people are tuning in and understanding really the purpose behind understanding really the purpose behind season 3, uh last episode we talked season 3, uh last episode we talked about the science, the art, excuse me, about the science, the art, excuse me, the art and science of living the the art and science of living the well-lived life. um that is the overall well-lived life.

## Beauty, Table Setting, and Daily Rituals

um that is the overall theme of season 3 and it's it's very theme of season 3 and it's it's very much this much this central concept for us for the longevity central concept for us for the longevity protocol just in general whether we're protocol just in general whether we're talking about the podcast or we're talking about the podcast or we're talking about what we're doing medically talking about what we're doing medically um with patients we want to make sure um with patients we want to make sure we're including those concepts uh with we're including those concepts uh with patients it's not just simply about the patients it's not just simply about the the biomarkers and those things that the biomarkers and those things that it's going far beyond it's deeper it's going far beyond it's deeper >> right and this is the thing about >> right and this is the thing about longevity which we've mentioned before longevity which we've mentioned before if we're so focused on the if we're so focused on the reductionistic approach of living a long reductionistic approach of living a long life and how do we cheat the system life and how do we cheat the system which is crazy to me anyways we're which is crazy to me anyways we're forgetting about the purpose which is forgetting about the purpose which is living a long life when you are so living a long life when you are so consumed with the biohacking when you consumed with the biohacking when you are so consumed with the what's the are so consumed with the what's the formula that you spend your entire day formula that you spend your entire day following this regimen of I I wake up following this regimen of I I wake up and you know at 5:00 I I put on my red and you know at 5:00 I I put on my red mask and then I look at the sun and then mask and then I look at the sun and then I drink my coffee and then I take my 20 I drink my coffee and then I take my 20 pills and blah blah blah and everything pills and blah blah blah and everything is so regimented that the joy of it all is so regimented that the joy of it all gets lost. [snorts] gets lost. [snorts] >> It becomes I think boring as well for >> It becomes I think boring as well for patients uh when they try to to mimic patients uh when they try to to mimic that that sort of pattern and they give that that sort of pattern and they give up on it.

up on it. it just winds up being something that's it just winds up being something that's temporary because they weren't able to temporary because they weren't able to actually root it down into something actually root it down into something real that becomes a more permanent real that becomes a more permanent lifestyle habit for them.

lifestyle habit for them. >> Yeah, I would I would definitely say >> Yeah, I would I would definitely say that one of our biggest uh strengths as that one of our biggest uh strengths as physicians is that we really want people physicians is that we really want people to change the way they live their life.

to change the way they live their life. Like even the idea of a diet or an Like even the idea of a diet or an exercise regimen, we always say like I exercise regimen, we always say like I definitely say this, I think you modify, definitely say this, I think you modify, but the concept is the same. Let's start but the concept is the same.

## Closing Thoughts and Resources

Let's start with a goal that you can achieve with a goal that you can achieve successfully that you can you can successfully that you can you can maintain it and then you maintain that maintain it and then you maintain that goal successfully for so long that it goal successfully for so long that it just becomes how you live your life and just

becomes how you live your life and you layer on lifestyle habits and you layer on lifestyle habits and changes into the way you function that changes into the way you function that before you know it you just are a person before you know it you just are a person who lives a well-lit life.

who lives a well-lit life. >> Yeah, that's again >> Yeah, that's again a pattern that we have to kind of create a pattern that we have to kind of create that's real for us. it's something that's real for us. it's something you're really going to be able to do.

you're really going to be able to do. Um, I think that's about experience and Um, I think that's about experience and that's a big central theme here too when that's a big central theme here too when we're saying what does it mean for the we're saying what does it mean for the art science of living well with life.

art science of living well with life. It's about are you actually It's about are you actually experiencing? I I think that's what you experiencing? I I think that's what you were also saying there, right?

were also saying there, right? >> Yeah. I mean, when you say experience, >> Yeah. I mean, when you say experience, you mean are you experiencing it or do you mean are you experiencing it or do you mean like do you have have you you mean like do you have have you clocked the time to prove that these clocked the time to prove that these things work? I think it's both, but I I things work? I think it's both, but I I think a lot of it is just uh knowing think a lot of it is just uh knowing that you are having a level of um deep that you are having a level of um deep understanding about what it is that understanding about what it is that you're doing and why you're doing it. Um you're doing and why you're doing it. Um if we're talking about some kind of if we're talking about some kind of lifestyle habit, if it's if it's and lifestyle habit, if it's if it's and it's experiential, you're looking at it it's experiential, you're looking at it that way. That's one thing. Then it's that way. That's one thing. Then it's just the idea of we want to experience just the idea of we want to experience life. We just don't want to have more life. We just don't want to have more years. We want to have more life in our years. We want to have more life in our years.

years. years. >> Yeah. Yeah. Well, here's a good example. >> Yeah. Yeah. Well, here's a good example. I had a patient who uh was a runner, I had a patient who uh was a runner, like a long-distance runner, an like a long-distance runner, an endurance runner. Um she wasn't endurance runner. Um she wasn't professionally competitive.

professionally competitive. >> We do have a lot of patients like that. >> We do have a lot of patients like that. This woman in particular, I remember she This woman in particular, I remember she stood out because she came in with stood out because she came in with completely tanked adrenals, which is completely tanked adrenals, which is very common in endurance exercises. Very very common in endurance exercises. Very like, you know how you can see a person like, you know how you can see a person walking and you can tell they're a walking and you can tell they're a runner? They're wiry, they're lean, the runner? They're wiry, they're lean, the veins are there. A lot of times with a veins are there. A lot of times with a female, the jaw is very pronounced. They female, the jaw is very pronounced. They have this kind of like kinetic energy in have this kind of like kinetic energy in the way they talk. Um, the way they talk. Um, >> and when they're sitting back, >> and when they're sitting back, >> or or just in even when they're sitting, >> or or just in even when they're sitting, you can see this. It's almost like you can see this. It's almost like pressure coming through the skin. Um, pressure coming through the skin. Um, and there is a whole mental emotional and there is a whole mental emotional picture that goes with that. Well, in picture that goes with that. Well, in this woman's case, um, after really this woman's case, um, after really questioning her habits for the purposes questioning her habits for the purposes of finding a pattern, she seemed of finding a pattern, she seemed completely disconnected as to why her completely disconnected as to why her adrenals were so exhausted. Um, she had adrenals were so exhausted. Um, she had a career she loved. She had a husband a career she loved. She had a husband she loved. She had kids that she loved, she loved. She had kids that she loved, etc. She ran and I I can't remember the etc. She ran and I I can't remember the number, but let's say it was 5 miles a number, but let's say it was 5 miles a day. Okay. She comes to tell me she day. Okay. She comes to tell me she hates it. And I was like, "Wait a hates it. And I was like, "Wait a second." I'm sorry. What? You hate second." I'm sorry. What? You hate running?

running? running? >> Her life to this and she hates it. >> Her life to this and she hates it. >> And she hadn't. She

had been running >> And she hadn't. She had been running since high school. She was in her early since high school. She was in her early 40s. And I was like, "Why do you do it?" 40s. And I was like, "Why do you do it?" And she literally stopped and she's And she literally stopped and she's like, like, like, I don't know. And I thought, how is it I don't know. And I thought, how is it that she's gone these 30 years without that she's gone these 30 years without anybody asking her why do you do it or anybody asking her why do you do it or without her asking herself, why do you without her asking herself, why do you >> smoke was the reason she'd come up?

>> smoke was the reason she'd come up? >> She didn't know. >> She didn't know. >> She literally didn't know. She >> She literally didn't know. She >> said she had to think about it. Well, >> said she had to think about it. Well, not at that moment, of course. No, we not at that moment, of course. No, we were still like um but she did chuckle were still like um but she did chuckle at the realization that she had never at the realization that she had never questioned it. Well, she didn't stop questioned it. Well, she didn't stop becoming a runner. What we did was we becoming a runner. What we did was we started introducing things that she can started introducing things that she can do. Maybe instead of running the five do. Maybe instead of running the five miles, you're running the four miles, miles, you're running the four miles, but now you're doing some stretching or but now you're doing some stretching or some yin yoga or what she really liked some yin yoga or what she really liked doing was swimming. So, I mean, look, doing was swimming. So, I mean, look, it's still endurance, but it's it's still endurance, but it's different, right? So, little by little different, right? So, little by little over the years, we got to a space where over the years, we got to a space where she still ran, but she would do like she still ran, but she would do like quick jog with her kids. Now, the kids quick jog with her kids. Now, the kids were older. Um, it wasn't this endurance were older. Um, it wasn't this endurance running. Yeah. [snorts] running. Yeah. [snorts] >> And what really changed in her life is >> And what really changed in her life is that after the I don't know, I'm going that after the I don't know, I'm going off a memory. Let's say by the third off a memory. Let's say by the third year, she really was just living a year, she really was just living a different life and a life that was that different life and a life that was that much more joyful. Whereas in the much more joyful. Whereas in the beginning, she would count everything.

beginning, she would count everything. How many miles did she run? How fast did How many miles did she run? How fast did she run? What were her calories? What I she run? What were her calories? What I mean, she was so micromanaged that I mean, she was so micromanaged that I think she burnt all the joy out of think she burnt all the joy out of herself. Sure.

herself. Sure. >> So little by little, she redid it. >> So little by little, she redid it. >> That's great. So you're saying along >> That's great. So you're saying along that relationship you were able to kind that relationship you were able to kind of get her to kind of see those kinds of of get her to kind of see those kinds of things and then she slowly over time things and then she slowly over time >> Yeah. And >> Yeah. And >> joy.

>> joy. >> joy. >> Exactly. And most importantly she was >> Exactly. And most importantly she was able to recognize like once once you say able to recognize like once once you say am I enjoying this? If the answer is no am I enjoying this? If the answer is no then you need to understand the why. Is then you need to understand the why. Is there a purpose? Because if you just say there a purpose? Because if you just say I don't like it I'm not going to do it.

I don't like it I'm not going to do it. That's not very realistic either. Why That's not very realistic either. Why are you doing it? Is it just habit? Is are you doing it? Is it just habit? Is it addiction? Is there a purpose? If it addiction? Is there a purpose? If there's a purpose, you can't ignore there's a purpose, you can't ignore that. You need to understand what is that. You need to understand what is this serving? Because you still need to this serving? Because you still need to address that need. Is the need address that need. Is the need inappropriate or is it necessary? How do inappropriate or is it necessary? How do you still feed that need in a way that's you still feed that need in a way that's going to be more enjoyable and and going to be more enjoyable and and sustainable in a way that feeds your sustainable in a way that feeds your soul as well? Let's bring it back to the soul as well? Let's bring it back to the Frenchies um and tie it into what you Frenchies um and tie it into what you were saying there because it makes me were saying there because it makes me think about something with any endurance think about something with any endurance athlete, any adrenalesque uh uh athlete, any adrenalesque uh uh endurance athlete, it's usually they're endurance athlete, it's usually they're just not eating well. They don't have a just not eating well. They don't have a good relationship with food. So, they're good relationship with food. So, they're

therefore not recovering from the therefore not recovering from the running or whatever they're doing, running or whatever they're doing, certainly from an endurance standpoint.

certainly from an endurance standpoint. They just they're not they're They just they're not they're underreovered and that's because they're underreovered and that's because they're usually under nutrition.

usually under nutrition. >> Um because they don't look at it that >> Um because they don't look at it that way. Wait, sorry to interrupt you. I way. Wait, sorry to interrupt you. I just want to say I quote you all the just want to say I quote you all the time when I say there's there's not time when I say there's there's not there's no such thing really as there's no such thing really as overtraining. There's just under overtraining. There's just under recovery.

recovery. recovery. >> And I I think that's such an I hope >> And I I think that's such an I hope that's such an aha moment for people the that's such an aha moment for people the way it was for me. And it's really true.

way it was for me. And it's really true. You can push your body a lot and it will You can push your body a lot and it will respond, but you've got to sustain it.

respond, but you've got to sustain it. >> Yeah. and it and then will respond if >> Yeah. and it and then will respond if you it'll continue to respond if you you it'll continue to respond if you properly you know recover and and refuel properly you know recover and and refuel and all that. Yeah, people unfortunately and all that. Yeah, people unfortunately they put that down very much at the they put that down very much at the bottom of the list. Um so one of the bottom of the list. Um so one of the things that the French things that the French >> and the serious thing >> and the serious thing >> right so people have to slow down and >> right so people have to slow down and recover and so part of this sort of art recover and so part of this sort of art niv for uh the French for sure is this niv for uh the French for sure is this idea of slowing down and um eating that idea of slowing down and um eating that way that's think that's so unbelievably way that's think that's so unbelievably uh profound but like understated and uh profound but like understated and people don't recognize that people don't recognize that >> the speed in which somebody's eating is >> the speed in which somebody's eating is totally correlated with obesity.

totally correlated with obesity. and over being overweight. I mean, it's and over being overweight. I mean, it's massively correlated to that. massively correlated to that.

>> Obese people tend to eat quicker. >> Obese people tend to eat quicker. >> They eat quicker. Just do. >> They eat quicker. Just do. >> Um, so >> Um, so >> I hate that.

>> I hate that. >> I have a real problem with that. I It >> I have a real problem with that. I It actually makes me ang like like actually makes me ang like like sometimes when I'm with someone who's sometimes when I'm with someone who's eating really fast, like sometimes you eating really fast, like sometimes you do this or Alisandre will do this, my my do this or Alisandre will do this, my my 11-year-old, and I'm just like I I 11-year-old, and I'm just like I I realize I put my fork down. I'm like, I realize I put my fork down. I'm like, I can't eat like this. It's so stressful.

can't eat like this. It's so stressful. But sometimes even with the family, But sometimes even with the family, we're all sitting down. I mean, your we're all sitting down. I mean, your parents, everybody, and everyone's parents, everybody, and everyone's enthusiastically eating, and I think enthusiastically eating, and I think that will sometimes make you super like, that will sometimes make you super like, "Oh my god, what's the "Oh my god, what's the >> chill?" Um, but I have no problem >> chill?" Um, but I have no problem drinking coffee standing up. Like, I drinking coffee standing up. Like, I love the idea like in Italy, you know, love the idea like in Italy, you know, where you stop it and you get a perfect where you stop it and you get a perfect espresso and you drink it at the bar.

espresso and you drink it at the bar. Like, that makes sense to me. So, yeah, Like, that makes sense to me. So, yeah, fast eating is it's not good. And I feel fast eating is it's not good. And I feel like you can't possibly chew the food like you can't possibly chew the food well enough. You can't possibly taste well enough. You can't possibly taste the food well enough. You can't possibly the food well enough. You can't possibly allow your brain to realize its level of allow your brain to realize its level of fullness if you are shoving shoving fullness if you are shoving shoving shoving. It's very bad.

shoving. It's very bad. >> By the way, here's that uh that article. >> By the way, here's that uh that article. There was a meta analysis uh with 23 There was a meta analysis uh with 23 observational studies. So, this is a observational studies. So, this is a pretty decent meta analysis. Um and this pretty decent meta analysis. Um and this found that faster eaters had an average found that faster eaters had an average BMI. We don't love the uh BMI as a BMI. We don't love the uh BMI as a metric, but nonetheless, that's what metric, but nonetheless, that's what they looked at. They had an average BMI they looked at. They had an average BMI approximately uh 1.78 kg per square approximately uh 1.78 kg per square meter higher and more than twice the meter higher and more than twice the more than twice the odds of obesity more than twice the odds of obesity compared to compared to >> this is really important when you're >> this is really important when you're talking about children you know talking about children you know especially in today's world where we're especially in today's world where we're like sh you know shuffling shuttling like sh you know shuffling shuttling shuttling is the word I'm looking for I shuttling is the word I'm looking for I think you're shuttling kids from thing think you're shuttling kids from thing to thing so it's like here eat this in to thing so it's like here eat this in the back of the car hurry up chew you're the back of the car hurry up chew you're almost there almost there You know this is walk away from this You know this is walk away from this with one thing which is I changed the with one thing which is I changed the speed with which I eat one meal. Pick speed with which I eat one meal. Pick one meal do it differently and then see one meal do it differently and then see how does it make you feel? How how does how does it make you feel? How how does it make you feel mentally and it make you feel mentally and emotionally how does it make your gut emotionally how does it make your gut feel?

feel? feel? >> Yes. >> Yes. >> Yes. >> How much better are your poops as well? >> How much better are your poops as well? >> Gastric distension, gut signals, all of >> Gastric distension, gut signals, all of these things u are are improved when we these things u are are improved when we slow down. Yeah. So when people want to, slow down. Yeah. So when people want to, you know, when I have ingestion, some of you know, when I have ingestion, some of it is just slow down, right?

it is just slow down, right? >> Remember we had that I had that patient, >> Remember we had that I had that patient, >> this guy, and I I remember he was a big >> this guy, and I I remember he was a big old boy and this guy had sliced his uh old boy and this guy had sliced his uh esophagus. This is years ago. He sliced esophagus. This is years ago. He sliced his esophagus eating bacon, his esophagus eating bacon, >> extra crispy, >> extra crispy, >> extra crispy bacon. But I mean, in order >> extra crispy bacon. But I mean, in order to do that, that that that's that's a to do that, that that that's that's a hardcore swallow that you're going quick hardcore swallow that you're going quick and you're like, you know, screw it. I'm and you're like, you know, screw it. I'm getting it now to slice the esophagus.

getting it now to slice the esophagus. >> There's a medical emergency. >> There's a medical emergency. >> Oh, it almost killed it. He was in the >> Oh, it almost killed it. He was in the hospital for for weeks.

hospital for for weeks. >> Right. But your your point is a good >> Right. But your your point is a good one. Like, stop for a second and think a one. Like, stop for a second and think a piece of bacon and you didn't chew it piece of bacon and you didn't chew it enough and it was extra crispy. You just enough and it was extra crispy. You just sw I mean, you swallowed it like like sw I mean, you swallowed it like like the way the dog does sometimes when you the way the dog does sometimes when you throw something he doesn't want to throw something he doesn't want to share. I don't know which dog you're share. I don't know which dog you're talking about. You're talking about the talking about. You're talking about the female dog.

female dog. a dog, a German Shepherd eats. a dog, a German Shepherd eats. Maybe he's taking something from the Maybe he's taking something from the French.

French. French. why does bread seem so different in why does bread seem so different in France? And it's because it is. And France? And it's because it is. And there's some things I want to make sure there's some things I want to make sure people really understand. I think we people really understand. I think we talked about a little bit about this.

talked about a little bit about this. Um, the 1993 decree Paul, this is the Um, the 1993 decree Paul, this is the decree of bread. Did I said you think I decree of bread. Did I said you think I said it plus?

said it plus? >> I My French accent is non-existent, but >> I My French accent is non-existent, but it's still cute when you say it. it's still cute when you say it.

>> Anyway, it's like a legal decree of how >> Anyway, it's like a legal decree of how they say yes. they say yes. >> Red has to be particularly badass has to >> Red has to be particularly badass has to be. It's four ingredients is water, be. It's four ingredients is water, salt, uh, yeast, and uh, and the wheat salt, uh, yeast, and uh, and the wheat and that's it. Yeah. The flour, wheat.

and that's it. Yeah. The flour, wheat. That's it. um without all the the extras That's it. um without all the the extras in there. No, certainly no addings and in there. No, certainly no addings and preservatives, these kind of things.

preservatives, these kind of things. It's just you know unheard of. So they It's just you know unheard of. So they take it very seriously. Um their whole take it very seriously. Um their whole concept of food uh they take very very concept of food uh they take very very serious. It's a cultural thing for them.

serious. It's a cultural thing for them. >> Right. This is really important. Um and >> Right. This is really important. Um and perhaps this is what makes our perhaps this is what makes our conversations challenging for me because conversations challenging for me because I'm such a tangent thinker. I can't I'm such a tangent thinker. I can't start with one subject like the start with one subject like the ingredients of bread and not think about ingredients of bread and not think about this leads to that leads to that leads this leads to that leads to that leads to that. But to that. But >> thank you. Thank you. Um the the point >> thank you. Thank you. Um the the point here is about that cultural pride and here is about that cultural pride and the intellectual property of the recipe the intellectual property of the recipe and the techniques of your French bread, and the techniques of your French bread, right? But you can apply that to so many right? But you can apply that to so many different things. Like I was just going different things. Like I was just going down this deep rabbit hole about down this deep rabbit hole about learning about gene like the material learning about gene like the material genes. and Levis and and Japan and it genes. and Levis and and Japan and it was really quite fascinating. But the was really quite fascinating. But the point is that these are cultural point is that these are cultural heirlooms. These are things that we heirlooms. These are things that we should be passing down generation to should be passing down generation to generation to generation. And we are generation to generation. And we are bastardizing those heirlooms for the bastardizing those heirlooms for the purposes of convenience and the bottom purposes of convenience and the bottom line. Now, who's to blame? The industry line. Now, who's to blame? The industry that changed or the consumer that no that changed or the consumer that no longer wants to pay the price for it.

longer wants to pay the price for it. So, this is part of what this podcast So, this is part of what this podcast gives people an opportunity to do. It it gives people an opportunity to do. It it allows them to become educated consumers allows them to become educated consumers so that they can say, "I'd rather pay so that they can say, "I'd rather pay the $5 or $6 a loaf of good bread from the $5 or $6 a loaf of good bread from the local baker than the crappy the local baker than the crappy mass-produced bread from the mass-produced bread from the supermarket." Because when you're buying supermarket." Because when you're buying that good bread, you're preserving that good bread, you're preserving cultural identity. You're supporting a cultural identity. You're supporting a small business. You're providing your small business. You're providing your family with really healthy ingredients.

family with really healthy ingredients. And you're reconnecting with the joy of And you're reconnecting with the joy of eating. And this is what has happened to eating. And this is what has happened to us. This is part of the importance of us. This is part of the importance of that slowed down concept. We have become that slowed down concept. We have become so obsessed with rushing through things so obsessed with rushing through things that we forget that every decision we that we forget that every decision we make actually has an entire snowball make actually has an entire snowball effect on many industries. And every effect on many industries. And every time we spend our dollar on something time we spend our dollar on something that's wellmade, we're actually that's wellmade, we're actually affecting so many aspects of the life we affecting so many aspects of the life we want to live.

want to live. >> Beautifully said. It's def that is very >> Beautifully said. It's def that is very much the art of living life. It's also much the art of living life. It's also what's important with u what you're what's important with u what you're

saying in back to France it's UNESCO um saying in back to France it's UNESCO um UNESCO has recognized the French UNESCO has recognized the French gastronomic meal in 2010 so gastronomic meal in 2010 so >> recognized it as what >> recognized it as what >> and here's what it is the description >> and here's what it is the description emphasizes togetherness pleasure of emphasizes togetherness pleasure of taste carefully selected and preferably taste carefully selected and preferably local products which we can talk about local products which we can talk about blind pairing a beautiful table smelling blind pairing a beautiful table smelling and tasting of food which is a huge part and tasting of food which is a huge part of digestion is to make sure you're of digestion is to make sure you're smelling smelling smelling multiple courses. That's also the multiple courses. That's also the smaller multiple courses slows things smaller multiple courses slows things down. And of course, strengthening down. And of course, strengthening social relationships. That is a that is social relationships. That is a that is UNESCO definition of this cultural thing UNESCO definition of this cultural thing that France is known for. Um, that France is known for. Um, of course, countries of course, countries >> in in Europe would be similar to that.

>> in in Europe would be similar to that. And I'd like to think that even American And I'd like to think that even American culture could say that as well. I don't culture could say that as well. I don't think there's anything it shouldn't be think there's anything it shouldn't be so unique. Maybe it is now, but there so unique. Maybe it is now, but there was a time where all of those things uh was a time where all of those things uh in the American culture would have been in the American culture would have been important uh to sit down and slow down important uh to sit down and slow down and and have a meal and understand all and and have a meal and understand all of that and appreciate it.

of that and appreciate it. >> Absolutely. This is part of our culture >> Absolutely. This is part of our culture as well. I mean, one of the things that, as well. I mean, one of the things that, as you know, my girlfriends and I have as you know, my girlfriends and I have been talking about is this idea that been talking about is this idea that instead of scheduling like, let's go to instead of scheduling like, let's go to a restaurant without the kids and a restaurant without the kids and schedule that and let everybody look at schedule that and let everybody look at their busy schedule and okay, in 5 weeks their busy schedule and okay, in 5 weeks we can go out, the couples, and have we can go out, the couples, and have dinner together. Instead of doing that, dinner together. Instead of doing that, this idea of like, we're making pasta on this idea of like, we're making pasta on Tuesday night. Why don't you guys come Tuesday night. Why don't you guys come over after soccer practice? You know, over after soccer practice? You know, this idea that the purpose of getting this idea that the purpose of getting together for the meal is predominantly together for the meal is predominantly nourishment of community bonding and nourishment of community bonding and then nourishment of your actual bodies.

then nourishment of your actual bodies. That's that's the primary goal. And then That's that's the primary goal. And then I imagine things like the southern I imagine things like the southern picnic after church or you know things picnic after church or you know things like that, like that, >> right? Right. That's >> right? Right. That's >> engineer festival. I mean that's totally >> engineer festival. I mean that's totally >> it's been right. So we need we can get >> it's been right. So we need we can get back to that and we can honor those back to that and we can honor those traditional cultural things. Um again I traditional cultural things. Um again I think people should look at that as part think people should look at that as part of the art science of living the of the art science of living the well-lived life.

well-lived life. >> Um >> Um >> Um >> but I do just want to back up to say how >> but I do just want to back up to say how cool is it that the French baguette is cool is it that the French baguette is monitored? I mean, I guess that's true monitored? I mean, I guess that's true about a lot of things, right? Like about a lot of things, right? Like champagne or pizza in Sicy, but the champagne or pizza in Sicy, but the bread, the bread of life that they've bread, the bread of life that they've that's how important it is. I I think that's how important it is. I I think that's really cool.

that's really cool. >> And, you know, that makes me think too, >> And, you know, that makes me think too, you know, with all these different types you know, with all these different types of uh of uh diets and and it literally becomes diets and and it literally becomes tribal in and of itself. How people are tribal in and of itself. How people are saying, "Oh, no, it has to be keto. It saying, "Oh, no, it has to be keto. It has to be carnivore. It has to be these has to be carnivore. It has to be these things." Let's say it's cardio. And things." Let's say it's cardio. And frankly, I kind of really love a lot of frankly, I kind of really love a lot of the concepts of carnivore. And certainly the concepts of carnivore. And certainly from a medical standpoint to help from a medical standpoint to help somebody at a

certain moment in somebody at a certain moment in carnivore can be really, really helpful.

carnivore can be really, really helpful. But to say, well, carnivore is the only But to say, well, carnivore is the only way. I mean, there's real staunch people way. I mean, there's real staunch people that have carnivore that have kind of that have carnivore that have kind of circled back and they're not carnivore circled back and they're not carnivore anymore, even though they were for many anymore, even though they were for many years. The point is that back to bread.

years. The point is that back to bread. We would have said, "Well, bread is We would have said, "Well, bread is evil." I mean, how is that how is it evil." I mean, how is that how is it possible that u bread the bread of life possible that u bread the bread of life and it's been around for millennia uh and it's been around for millennia uh and what has been sort of created out of and what has been sort of created out of that culturally and literally that we that culturally and literally that we could say it's just we should just could say it's just we should just literally throw uh you know throw bread literally throw uh you know throw bread out the door. it just that part as much out the door. it just that part as much as I've studied all these different as I've studied all these different things and I've played the game um things and I've played the game um certainly in saying no you know carbs certainly in saying no you know carbs are evil and all of these uh grains are are evil and all of these uh grains are evil and all of that um you know dipped evil and all of that um you know dipped my toe into that and trying to figure it my toe into that and trying to figure it out in part it's just it isn't out in part it's just it isn't >> it's confused us what's become confusing >> it's confused us what's become confusing is that garbage bread is a problem is that garbage bread is a problem wasn't the bread's problem it was how it wasn't the bread's problem it was how it was produced was produced >> right that's what I was going to say I >> right that's what I was going to say I said that's cuz it's all a bunch of said that's cuz it's all a bunch of it's not really about what the it's not really about what the diet is that you follow. We've seen diet is that you follow. We've seen people on carnivore diets where they're people on carnivore diets where they're just eating, you know, fast food burgers just eating, you know, fast food burgers and I'm like, that's not good for you. I and I'm like, that's not good for you. I rather you eat homemade bread. Or we've rather you eat homemade bread. Or we've seen vegetarians that eat um toki and seen vegetarians that eat um toki and you know, it's it's never really about you know, it's it's never really about the food you're the the category of the the food you're the the category of the food. It's about the quality of the food. It's about the quality of the food. And and to your point, sometimes food. And and to your point, sometimes those diets are going to be used for a those diets are going to be used for a specific time period for a therapeutic specific time period for a therapeutic purpose.

purpose. purpose. >> But as far as like the way we eat life, >> But as far as like the way we eat life, the way we eat for life in general, I the way we eat for life in general, I think you and I agree that it should be think you and I agree that it should be like a higher protein focused diet with like a higher protein focused diet with a lot of variety. I mean, you're not a lot of variety. I mean, you're not huge into vegetables, and I think huge into vegetables, and I think there's a lot of wellness experts out there's a lot of wellness experts out there that agree with you. I happen to there that agree with you. I happen to love vegetables. um maybe plenty of love vegetables. um maybe plenty of fruit and good quality grains, plenty of fruit and good quality grains, plenty of good fats. So that formula doesn't good fats. So that formula doesn't really change. Like even after 20 years really change. Like even after 20 years of doing this, I think we always come of doing this, I think we always come back to the principles of eat well, eat back to the principles of eat well, eat varied, and then also listen to what you varied, and then also listen to what you like, you know, like, you know, >> and eat whole and and whole and these >> and eat whole and and whole and these kind of things too.

kind of things too. >> Minimal ingredients. >> Minimal ingredients. >> What about wine? We're back to the >> What about wine? We're back to the >> talked about this. Yeah, I think it's >> talked about this. Yeah, I think it's time to talk about it again because time to talk about it again because there we're in France and some very very there we're in France and some very very good good good >> stingy with all of that.

>> stingy with all of that. >> No, but we're also not big drinkers. I >> No, but we're also not big drinkers. I mean, it's like everything else. It's mean, it's like everything else. It's we're not a quantity consumer.

we're not a quantity consumer. >> Big part, right? >> Big part, right? >> That's a big part of it. >> That's a big part of it. >> A big part of making sure that it >> A big part of making sure that it remains healthy is based on volume.

For remains healthy is based on volume. For sure.

sure. sure. >> Yeah. even though you have successfully >> Yeah. even though you have successfully quoted so many papers that say any quoted so many papers that say any amount of alcohol isn't good for you. We amount of alcohol isn't good for you. We have a whole podcast on that and I have a whole podcast on that and I always say I don't agree. I don't agree.

always say I don't agree. I don't agree. But here's why I don't agree. I'm not But here's why I don't agree. I'm not saying that it's not inflammatory even saying that it's not inflammatory even in micro doses. That's not what I'm in micro doses. That's not what I'm saying. What I'm saying is that when you saying. What I'm saying is that when you are drinking good quality alcohol and are drinking good quality alcohol and you're doing it in that community way, you're doing it in that community way, >> there is nutrition in that. There is >> there is nutrition in that. There is energetic nutrition in that and also it energetic nutrition in that and also it depends on the alcohol. Like we depends on the alcohol. Like we mentioned the other day that vermouth mentioned the other day that vermouth very low percentage of alcohol very low percentage of alcohol >> super low I don't remember what it was >> super low I don't remember what it was but what's prep but what's prep >> and it's um you know a pettit and it's >> and it's um you know a pettit and it's delicious and yeah it's like 6% or delicious and yeah it's like 6% or something really don't quote me on that something really don't quote me on that but it's very very low.

but it's very very low. >> I was impressed with that. It wasn't too >> I was impressed with that. It wasn't too sweet it wasn't too dry. It just really sweet it wasn't too dry. It just really had a nice balance to it. And yeah, it had a nice balance to it. And yeah, it wasn't overly alcohol forward. Small wasn't overly alcohol forward. Small amount was good.

amount was good. >> And there's cultural roots in that like >> And there's cultural roots in that like fortified wine. We would give a fortified wine. We would give a fortified wine. My parents always talk fortified wine. My parents always talk about I think it was like um kind of about I think it was like um kind of like a borto kind of a thing and they like a borto kind of a thing and they would mix an egg yolk into it and they would mix an egg yolk into it and they would give that to kids that seemed would give that to kids that seemed weak, you know. It was like those are weak, you know. It was like those are like those old wife remedies that really like those old wife remedies that really are quite um smart.

are quite um smart. >> Sure. >> Sure. >> Sure. Well, um, yes, I think there is a Well, um, yes, I think there is a balance here with all of this regarding balance here with all of this regarding alcohol.

alcohol. alcohol. There there has to be. I'm still trying There there has to be. I'm still trying to trying to get my brain around it uh to trying to get my brain around it uh scientifically um to see where that is scientifically um to see where that is uh where the call the middle road of it uh where the call the middle road of it is scientifically. Um I want to is scientifically. Um I want to understand that. But I can say this, understand that. But I can say this, we're back to this idea of we know that we're back to this idea of we know that in the blue zones these people are in the blue zones these people are living to 100. these people are not living to 100. these people are not across the board abstaining from across the board abstaining from alcohol. They're just not. Yeah.

alcohol. They're just not. Yeah. >> So, there's something that's there. And >> So, there's something that's there. And and I think part of it is and I think part of it is >> if you're having this whole food meal >> if you're having this whole food meal and it's slow and it's content and it's and it's slow and it's content and it's complex and what you're doing with the complex and what you're doing with the meal that therefore is filled with all meal that therefore is filled with all kinds of antioxidants and all kinds of kinds of antioxidants and all kinds of things that are supporting you things that are supporting you nutritionally and metabolically and nutritionally and metabolically and physiologically, then you're physiologically, then you're incorporating the alcohol. There's this incorporating the alcohol. There's this physiological balance that's occurring physiological balance that's occurring during the meal and with the overall during the meal and with the overall lifestyle lifestyle lifestyle >> and the meal is the activity and the >> and the meal is the activity and the alcohol has a role has a role in the alcohol has a role has a role in the meal. For example, adjust you're having meal. For example, adjust you're having that small amount of alcohol to open up that small amount of alcohol to open up the digestive juices in the system.

the digestive juices in the system. That's that there's science there. And That's that there's science there. And we have to remember that a lot of these we have to remember that a lot of these therapies that would have been kept therapies that would have been kept perhaps in grimoars or old uh texts, a perhaps in grimoars or old uh texts, a lot of that was destroyed um in part we lot of that was destroyed um in part we know and this isn't just conspiracy know and this isn't just conspiracy theory but in part because as the theory but in part because as the pharmaceutical industries rose in power pharmaceutical industries rose in power they really made a point of having very they really made a point of having very successful campaigns against anything successful campaigns against anything that was considered traditional that was considered traditional medicine. Anything medicine. Anything >> literal book burning.

>> literal book burning. >> There was literal book burning. Yeah. >> There was literal book burning. Yeah. And um what was the girls telling us And um what was the girls telling us about how their horse instructor was about how their horse instructor was explaining to them that one of the explaining to them that one of the horses has Hashimoto's and that one of horses has Hashimoto's and that one of the old the old >> Hashimoto? No, excuse me. Cushings and >> Hashimoto? No, excuse me. Cushings and that one of the old therapies for that one of the old therapies for Cushings is that you give them vodka.

Cushings is that you give them vodka. >> I think you were saying that >> I think you were saying that >> it was something like Oh, you didn't >> it was something like Oh, you didn't hear that?

hear that? >> I don't remember. I think it was >> I don't remember. I think it was something like vodka and they say that something like vodka and they say that this is like in the horse world this is like in the horse world >> um or they give them Guinness mixed with >> um or they give them Guinness mixed with the hoppy cereal or the hoppy oats and the hoppy cereal or the hoppy oats and um because you're trying to fortify the um because you're trying to fortify the animal. We you know my parents would do animal. We you know my parents would do um um um >> Guinness stout with sweet condensed milk >> Guinness stout with sweet condensed milk when I was breastfeeding because that is when I was breastfeeding because that is that's the thing that makes her breast that's the thing that makes her breast for a good amount of stout around that for a good amount of stout around that time.

time. time. mom was happy, baby was happy, and I had mom was happy, baby was happy, and I had very chunky babies. [laughter] very chunky babies. [laughter] >> Just talking about that. Um, another >> Just talking about that. Um, another thing with uh the French and and this thing with uh the French and and this whole idea, I think, of uh the art of whole idea, I think, of uh the art of living the well-lived life is to have an living the well-lived life is to have an aesthetic. Um, I think that's part of aesthetic. Um, I think that's part of >> the experience as well, but just just >> the experience as well, but just just beauty, being around beauty is so beauty, being around beauty is so important. um and having that sort of important. um and having that sort of bathing you as much as possible whether bathing you as much as possible whether through nature or through what it is through nature or through what it is that man has the ability to create um that man has the ability to create um and we saw a lot of that was well and we saw a lot of that was well preserved yes preserved yes >> uh in in France so a lot of architecture >> uh in in France so a lot of architecture the gardens oh my god the churches and the gardens oh my god the churches and there's just so much of that um and there's just so much of that um and that's a that's a big big part of that's a that's a big big part of European and French culture European and French culture >> you know they had did I say this all >> you know they had did I say this all right wonder if I did They had these right wonder if I did They had these little spoons that it was a spoon with little spoons that it was a spoon with an angled handle and so that it could an angled handle and so that it could hang on the edge of the kitu jar.

hang on the edge of the kitu jar. >> Oh yeah. >> Oh yeah. >> So when you were having breakfast, they >> So when you were having breakfast, they had all these delicious preserves that had all these delicious preserves that were clean ingredients. Yes, they were were clean ingredients. Yes, they were preserves. They had plenty of sugar in preserves. They had plenty of sugar in them. They were amazing. But they were them. They were amazing. But they were fruit that was reripened.

fruit that was reripened. >> What is that brand that we actually use? >> What is that brand that we actually use? Because that is a French brand. B. Because that is a French brand. B.

I mean, they sell nothing in it, but I mean, they sell nothing in it, but just the fruit, just the fruit, >> the fruit and the sugar, >> the fruit and the sugar, >> the barely any sugar, just the most the >> the barely any sugar, just the most the fruit.

fruit. fruit. >> It's very, very clean. Anyway, >> It's very, very clean. Anyway, >> but they would have those little spoons >> but they would have those little spoons and it's like what you're saying about a and it's like what you're saying about a detail. I thought, what a wonderful detail. I thought, what a wonderful detail because then the handle doesn't detail because then the handle doesn't get dirty, which I really appreciated.

get dirty, which I really appreciated. Um, and the metal isn't sitting in the Um, and the metal isn't sitting in the acidity of the jam, which I also really acidity of the jam, which I also really hate. Um, but it was a measured amount.

hate. Um, but it was a measured amount. It wasn't like a tablespoon. It was like It wasn't like a tablespoon. It was like a a delicate appropriate amount sized of a a delicate appropriate amount sized of of comour. That's a detail that matters.

of comour. That's a detail that matters. And I talked about this a lot. I cannot And I talked about this a lot. I cannot emphasize the importance of having a mug emphasize the importance of having a mug that you love to use. I have my most that you love to use. I have my most favorite mug for tea if I'm drinking tea favorite mug for tea if I'm drinking tea and I have my most favorite mug for and I have my most favorite mug for coffee. And for me, waking up in the coffee. And for me, waking up in the morning, I look forward to that first morning, I look forward to that first cup of coffee that I or the first cup of coffee that I or the first usually I only drink what to my first usually I only drink what to my first cup of coffee in the morning. The cup of coffee in the morning. The process of making it, the sound of process of making it, the sound of making it and drinking it out of my making it and drinking it out of my favorite mug. And I really encourage all favorite mug. And I really encourage all of our listeners to find that find it, of our listeners to find that find it, you know, like in a pottery store, at a you know, like in a pottery store, at a farmers market or pick a special mug.

farmers market or pick a special mug. What? Why is that funny? because I don't What? Why is that funny? because I don't do it that way. Uh, but I do have a do it that way. Uh, but I do have a favorite mug. It just happens to be that favorite mug. It just happens to be that we have, I don't know, six or eight of we have, I don't know, six or eight of those exact mugs because I want it to be those exact mugs because I want it to be exactly the same. And I've measured exactly the same. And I've measured everything correctly and I want that mug everything correctly and I want that mug because I know the measurements.

because I know the measurements. >> Okay. [laughter] But the concept is >> Okay. [laughter] But the concept is still the same. That's the mug you enjoy still the same. That's the mug you enjoy drinking your drink out of.

drinking your drink out of. >> Now, I think I would prefer it to be >> Now, I think I would prefer it to be perhaps an artistal mug that you bought perhaps an artistal mug that you bought from one place and it has a memory from one place and it has a memory attached.

attached. attached. >> All right. Whatever. That's Sean's >> All right. Whatever. That's Sean's version. My version is prettier. I'm version. My version is prettier. I'm sure sure sure >> now I'm going to accidentally break all >> now I'm going to accidentally break all of them.

of them. >> No, don't do that. >> No, don't do that. >> That's really hard. >> That's really hard. >> Or replace it with like something pink. >> Or replace it with like something pink.

>> I won't do that >> I won't do that >> cuz I [clears throat] have some of those >> cuz I [clears throat] have some of those other mugs that people have got me for other mugs that people have got me for like Christmas or whatever.

like Christmas or whatever. >> Yeah, but that's >> Yeah, but that's >> I don't know. I don't use >> I don't know. I don't use >> that's fun words. I mean like where you >> that's fun words. I mean like where you could feel the

material in your hands.

could feel the material in your hands. >> Okay. >> Okay. >> Okay. >> The glasses work. >> The glasses work. Uh it's poor. Uh it's poor. >> No. >> No. >> No.

>> Uh but it's exact >> Uh but it's exact >> and it's consistent. >> and it's consistent. >> Yes. >> Yes. >> Yes. >> And consistent is reliable. >> And consistent is reliable. >> Yes.

>> Yes. >> Yes. >> Sorry for some of that. Anyway, um you >> Sorry for some of that. Anyway, um you know, back to beauty. We went to um know, back to beauty. We went to um there. Yes, I went here. It was a brush there. Yes, I went here. It was a brush store. What was it? What was it? It was store. What was it? What was it? It was making where they make brushes like very making where they make brushes like very special brushes.

special brushes. >> A couple. Yeah. But I think um what was >> A couple. Yeah. But I think um what was it called? uh university boule or it called? uh university boule or something. I can't remember now. I something. I can't remember now. I should remember should remember >> means brush is not so >> means brush is not so >> anyway.

>> anyway. >> anyway. We waited in lines. It was safe. We waited in lines. It was safe. >> I mean, we did that for the girls. I >> I mean, we did that for the girls. I would have waited in line for that.

would have waited in line for that. >> But anyway, we went in. But >> But anyway, we went in. But >> but it's also a brush making house from >> but it's also a brush making house from the 1800s. I mean, come the 1800s. I mean, come >> I have to admit that's >> I have to admit that's >> and they're real board brushes.

>> and they're real board brushes. >> Didn't understand it. >> Didn't understand it. >> Makes a difference. So, >> Makes a difference. So, >> it's very very important for your scalp.

>> it's very very important for your scalp. It's it's really helping to evenly It's it's really helping to evenly spread the oils on your hair. So, a lot spread the oils on your hair. So, a lot of the re, you know, talk I've always of the re, you know, talk I've always said I came out of medical school never said I came out of medical school never thinking I'd understand as much as I do thinking I'd understand as much as I do about hair because I work with so many about hair because I work with so many women who are constantly worried about women who are constantly worried about their hair. And in part, aside from many their hair. And in part, aside from many other sort of chemicals and things that other sort of chemicals and things that are going into the hair, soaps and all are going into the hair, soaps and all of that that we can talk about, but um of that that we can talk about, but um the the quality of someone's brush um the the quality of someone's brush um actually is affecting hair loss.

actually is affecting hair loss. >> Oh yes, absolutely. I mean, the bore >> Oh yes, absolutely. I mean, the bore bristles themselves really stimulate the bristles themselves really stimulate the keratin and and the health of the scalp keratin and and the health of the scalp and it literally massages the scalp. And and it literally massages the scalp. And when you're massaging the scalp, you're when you're massaging the scalp, you're increasing blood flow to the scalp, increasing blood flow to the scalp, >> distributing the oil >> distributing the oil hair strand. I mean, I didn't even think hair strand. I mean, I didn't even think about that kind of stuff that much. So, about that kind of stuff that much. So, I just thought that part was pretty I just thought that part was pretty impressive. That certainly would help to impressive. That certainly would help to nourish the hair from a natural nourish the hair from a natural standpoint just because it happens to be standpoint just because it happens to be more bristles. And also, more bristles. And also, they're more expensive, but they're not they're more expensive, but they're not breaking. Those bristles aren't falling breaking. Those bristles aren't falling out. I mean, I can't tell you how many out. I mean, I can't tell you how many uh cheap plastic bristle brushes we've uh cheap plastic bristle brushes we've broken in our hair.

broken in our hair. >> Um, and they're little girls, but it's >> Um, and they're little girls, but it's junk. You pay, you end up paying over junk. You pay, you end up paying over and over and over and over again to and over and over and over again to replace the crap. Whereas, if you are replace the crap. Whereas, if you are investing one time in something of investing one time in something of quality, then you don't have to buy it quality, then you don't have to

buy it again. This is so pretty to look at.

again. This is so pretty to look at. >> It's so pretty. And that's really sort >> It's so pretty. And that's really sort of a point to bring that up too. The of a point to bring that up too. The sort of beauty of everything that's sort of beauty of everything that's around you as much as around you as much as >> setting the table >> setting the table >> and bringing that home. I mean, we want >> and bringing that home. I mean, we want to bring the Arctiv home. And that's to bring the Arctiv home. And that's hopefully what we're talking about that hopefully what we're talking about that people are getting some practical things people are getting some practical things that might be able to do at home right that might be able to do at home right away certainly with food and maybe with away certainly with food and maybe with a brush.

a brush. >> I think just talking about that idea of >> I think just talking about that idea of beauty at the table. Um, it opens your beauty at the table. Um, it opens your appetite. It opens your appetite. And appetite. It opens your appetite. And you know, if you're let let's say you're you know, if you're let let's say you're the mom and you're the one even if the mom and you're the one even if you're a working mom or especially if you're a working mom or especially if you're a working mom and you know the you're a working mom and you know the kids come home after school and it's kids come home after school and it's time for dinner and maybe you feed them time for dinner and maybe you feed them at the kitchen counter like I often do.

at the kitchen counter like I often do. I'm feeding them at the kitchen counter I'm feeding them at the kitchen counter before we move on to the next thing. But before we move on to the next thing. But even if I'm feeding them at the kitchen even if I'm feeding them at the kitchen counter, if I put down a placemat that's counter, if I put down a placemat that's pretty at each station and I give them a pretty at each station and I give them a cloth napkin instead of paper napkins or cloth napkin instead of paper napkins or instead of a paper towel, that is such a instead of a paper towel, that is such a wonderful message to them. first of all, wonderful message to them. first of all, that they matter and that the food that they matter and that the food matters and that I care about what I'm matters and that I care about what I'm doing. So, I'm not really disrupting my doing. So, I'm not really disrupting my schedule. I'm not really adding more schedule. I'm not really adding more work to myself. All I'm doing is taking work to myself. All I'm doing is taking a moment to add a little bit more beauty a moment to add a little bit more beauty and a little bit more slowdown to the and a little bit more slowdown to the meal, which will carry them through life meal, which will carry them through life where they can have a healthier where they can have a healthier relationship with dinner time.

relationship with dinner time. when we got back um I think there was a when we got back um I think there was a well I think while we were there there well I think while we were there there was a recognized shift in what we were was a recognized shift in what we were saying sort of came together from a goal saying sort of came together from a goal standpoint and said let's slow down um standpoint and said let's slow down um let's kind of drink in life more when we let's kind of drink in life more when we get back there we were it was easy to do get back there we were it was easy to do it there our schedule was such that we it there our schedule was such that we were hitting our 10,000 plus steps in were hitting our 10,000 plus steps in walking all over these in these walking all over these in these beautiful areas and the food's amazing beautiful areas and the food's amazing and you know it's different when you're and you know it's different when you're on uh vacation but we were quite on uh vacation but we were quite committed I think and and and have uh committed I think and and and have uh continued this so much so that here we continued this so much so that here we are talking about it um and made it you are talking about it um and made it you know a season yes for a podcast and know a season yes for a podcast and understood that it was so important for understood that it was so important for just the concept of the longevity just the concept of the longevity protocol so it's really been a big protocol so it's really been a big impact impact impact >> uh for us we we really said let's stop >> uh for us we we really said let's stop postponing life work on postponing life work on >> uh >> uh >> uh >> let's experience I think work let's >> let's experience I think work let's experience what it is that we want and experience what it is that we want and cherish the most which is each other cherish the most which is each other family and and and all of these con our family and and and all of these con our patients I mean that's that's really patients I mean that's that's really important for me I realized too um even important for me I realized too um even in coming back and how uh my patients in coming back and how uh my patients are just such an important part of my are just such an important part of my life life life >> um when I stopped and really thought >> um when I stopped and really thought about it the relationships that I have about it the relationships that I have with

them I have so many good with them I have so many good relationship with so many good people.

relationship with so many good people. So that's really important to me. It's a So that's really important to me. It's a major sort of part of that. I consider major sort of part of that. I consider that on some level that on some level family. So I I appreciate that that much family. So I I appreciate that that much more certainly. So that's life. I think more certainly. So that's life. I think that's that's that's >> this idea that when when people are >> this idea that when when people are talking about optimizing their health, talking about optimizing their health, what we're trying to bring to the what we're trying to bring to the forefront, not trying what we are forefront, not trying what we are succeeding at bringing to the forefront succeeding at bringing to the forefront is the idea that as we are measuring is the idea that as we are measuring labs, which values a lot to us. We want labs, which values a lot to us. We want to know what is your physiology doing.

to know what is your physiology doing. >> But as we are doing that, we are also >> But as we are doing that, we are also helping the patients think about how are helping the patients think about how are they optimizing the way they feel about they optimizing the way they feel about their life. That's our goal as as their life. That's our goal as as physicians in longevity.

physicians in longevity. >> Yeah. >> Yeah. >> Yeah. Well, um, let's close this out and kind Well, um, let's close this out and kind of summarize what we talking about here.

of summarize what we talking about here. Um, eat real food, know where it's Um, eat real food, know where it's coming from. Ah, we didn't really kind coming from. Ah, we didn't really kind of talk too much about that, but we can of talk too much about that, but we can at least say local. Um, eat local where at least say local. Um, eat local where you can. And farmers markets, ranchers.

you can. And farmers markets, ranchers. I think we're going to be doing even I think we're going to be doing even more of that. Look for more clips and more of that. Look for more clips and experiences for understanding our local experiences for understanding our local ranchers. That'll be coming.

ranchers. That'll be coming. >> Wait, excuse me. I just want to >> Wait, excuse me. I just want to emphasize that idea of eat real food. I emphasize that idea of eat real food. I mean, I think the easiest way to do that mean, I think the easiest way to do that is to think what does this food look is to think what does this food look like when it's in nature and how close like when it's in nature and how close to that form is it when you're consuming to that form is it when you're consuming it.

it. it. >> Oh, interesting. Yeah, that's how >> Oh, interesting. Yeah, that's how processing kind of comes. You know, the processing kind of comes. You know, the less processed cutting the vegetable you less processed cutting the vegetable you technically just these are minimally technically just these are minimally processed foods.

processed foods. >> Sit down, slow down, taste it, really >> Sit down, slow down, taste it, really embibe uh food. Walk after dinner. embibe uh food. Walk after dinner. >> Yeah.

>> Yeah. >> Yeah. No one's doing enough of that. And I No one's doing enough of that. And I sure do love that. sure do love that. >> Hopefully as it continues to cool down.

>> Hopefully as it continues to cool down. But you know, we've even been as hot as But you know, we've even been as hot as hell going out there for 10 minutes. We hell going out there for 10 minutes. We one time around the block is 10 minutes one time around the block is 10 minutes and that is is good.

and that is is good. >> Now when the weather gets nice, we will >> Now when the weather gets nice, we will definitely do that. We always do. definitely do that. We always do.

>> Surround yourself with beauty. Spend >> Surround yourself with beauty. Spend time outside. time outside. Leave room for pleasure. Leave room for pleasure.

Leave room for enjoy. you remind me of Leave room for enjoy. you remind me of that often and I uh I appreciate that I that often and I uh I appreciate that I I need to be consistently reminded of I need to be consistently reminded of stopping and u celebrating what it is stopping and u celebrating what it is that uh life is offering me right at that uh life is offering me right at that moment.

that moment. I can hopefully learn from that too. I can hopefully learn from that too. Stop rushing through everything. That's Stop rushing through everything. That's a that's a a that's a real lesson for me. Maybe you don't want real lesson for me. Maybe you don't want to rush through everything. There's to rush through everything. There's moments uh that you have to rush. I'm moments uh that you have to rush. I'm not going to completely slow down, but I not going to completely slow down, but I have to have moments where I can choose have to have moments where I can choose certain things that I'm certain things that I'm >> well and recognizing that none of this >> well and recognizing that none of this is anti-productivity.

is anti-productivity. I mean, productivity is still part of I mean, productivity is still part of purpose, right? So, you continue to purpose, right? So, you continue to produce, make time for pleasure, and produce, make time for pleasure, and eventually pleasure is part of your eventually pleasure is part of your everyday thing. So, you're enjoying the everyday thing. So, you're enjoying the basics like your meals, etc. So, yep, basics like your meals, etc. So, yep, that's it. That's it.

that's it. That's it. >> I mean, you summarized, >> I mean, you summarized, >> did I? >> did I? >> I usually summarize. >> I usually summarize. >> Okay. Um, my summary about this concept >> Okay. Um, my summary about this concept is that I want people to succeed at is that I want people to succeed at attaining this idea of the joy for attaining this idea of the joy for living, the art of life. And I think the living, the art of life. And I think the best way to do that is to identify one best way to do that is to identify one or two places where you can easily or two places where you can easily make a change. I.e. I bought myself a make a change. I.e. I bought myself a beautiful mug. I use that in the morning beautiful mug. I use that in the morning and I go for a walk after dinner.

and I go for a walk after dinner. Perfect. Whatever it is that appeals to Perfect. Whatever it is that appeals to you. Pick one to two things. Succeed at you. Pick one to two things. Succeed at doing that. I would say if you've got doing that. I would say if you've got that under your belt for a month, you're that under your belt for a month, you're ready to add a few more things. People ready to add a few more things. People are going to be able to implement these are going to be able to implement these changes in their life differently.

changes in their life differently. You've outlined a list of priorities for You've outlined a list of priorities for what the art of life should look like.

what the art of life should look like. So, I invite our listeners to say, I'm So, I invite our listeners to say, I'm going to pick a couple of these going to pick a couple of these categories and little by little, I'm categories and little by little, I'm going to layer them in so that my life going to layer them in so that my life is much more beautiful.

is much more beautiful. >> Well said. >> Well said. >> Thank you. >> Thank you. >> Are you liking what you're hearing? Do >> Are you liking what you're hearing? Do you want to hear more?

you want to hear more? >> Are you loving this great content? And >> Are you loving this great content? And do you want to ask us a question? do you want to ask us a question?

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notes for today's episode. >> And finally, if you're ready to make a >> And finally, if you're ready to make a change, a real change in your own life, change, a real change in your own life, feel free to check us out at our private feel free to check us out at our private