



The Natural Healing Podcast
with Dr. Setareh Moafi & Salvador Cefalu
Episode 79: Foods for Brain Health and Longevity

Dr. Setareh Moafi: [00:00:02] AD// I'm sure you've tried a variety of natural deodorants as part of your basic self-care, and recently we've tried a natural deodorant that actually works for both of us. It has a fully sustainable design, with an aluminum case that comes with biodegradable and recyclable refills that you just switch out, so it's super convenient. You can get the flexible subscription option or just purchase them as one offs. The orders are customizable. You can choose your case, color the scent combinations, and you can get a variety of beautiful fragrances of essential oils.

Salvador Cefalu: [00:00:36] It's also eco friendly, with all natural ingredients, aluminum and paraben free, as well as vegan and cruelty free. And I really appreciate that this product doesn't stain my clothing, and it seems to last all day long with one application.

Dr. Setareh Moafi: [00:00:50] Yeah, it's pretty amazing. You just put it on in the morning and you're done for the day, so go wild today if you want to try this product with a special discount of 25% off your first order when you use the promo code naturalhealing at checkout, go to wearewild.com with promo code: naturalhealing at checkout. Enjoy!
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Salvador Cefalu: [00:01:13] Hello everyone and thank you for joining us for another episode of the Natural Healing Podcast. Today we're going to discuss an interesting topic because in the Northern hemisphere here where we live, we are entering the mid-season of winter with the the coming of the winter solstice on December 21st. Many of our listeners are in the Southern hemisphere, so you are going to be hitting right in the heart of of summer. But since the topic today is concerning the domain of the kidneys, because the kidneys relate to the winter and the kidneys relate to the element of water. You could think about this any season, of course, because your essence, which is stored in the kidneys, which we call jing, is what needs to be preserved every single day of our lives as much as we can to maintain our wellness and of course, to sustain our sense of longevity.

Dr. Setareh Moafi: [00:02:33] Welcome to the Natural Healing Podcast, the show designed to guide, inspire and empower you to elevate your health so you can achieve your goals and dreams. We are your hosts. Dr. Setareh Moafi.



Salvador Cefalu: [00:02:47] I'm Salvador Cefalu.

Dr. Setareh Moafi: [00:02:49] A husband and wife team of acupuncturists and owners of A Center for Natural Healing an integrative wellness clinic based in the heart of Silicon Valley.

Salvador Cefalu: [00:02:59] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

Dr. Setareh Moafi: [00:03:12] When you keep the kidney strong. That's one of the key ways to slow down the aging process. So when you kind of burn out the kidneys, when you're always running on adrenaline, when you're working really hard, when you're pushing yourself, when you're not taking enough time for rest and nourishment, this is a really great way to accelerate the aging process. So a lot of what we're going to be talking about today are ways to kind of preserve your aging or your essence. And this particularly fits in during the winter time, because this is really a time that's conducive to us nourishing ourselves. But even if you're not living through the winter months at the time that you listen to this episode, you still want to pay attention to these keys. Because, as Salvador mentioned, the kidneys are really important to preserve and to nourish at any time of the year.

Salvador Cefalu: [00:04:01] Which means protecting your life because your essence is your life. So if you live in the southern hemisphere and you're very active and it's very hot, just make sure you get plenty of rest to help your kidneys recover and plenty of hydration to keep your water. You know, intact and and to protect your life. So in Chinese medicine we often talk about the fire and water paths. So if you're in the southern hemisphere, that fire path is very active. So that could exhaust the water. And if you're in the northern Hemisphere, this is the time to consolidate your water. So this is a time when you want to work with the water path. And we could talk about that later in this episode. But basically it means you want to consolidate your energy. And just like the sun sets early, you want to do the same in body and mind to conserve your essence.



Dr. Setareh Moafi: [00:04:55] You have more darkness in the winter time. So you kind of, as we talk about like living more seasonally, you want to look at what's happening in your environment and kind of replay that or play that out in your life. Now, if it's summertime for you, obviously you can afford to get less rest, but that's also rooted in the fact that you did get adequate rest during the winter months. And so when you're in this season of consolidation, it's really important to take that time, because we say that when you really consolidate, when you really slow down, when you really kind of home in your energy during the winter months, when you preserve your yin, when you nourish the yin, that's what gives you the substance to live a better life in the more yang seasons. So you're less prone to get allergies, you're less prone to get sick. You're less prone to feel fatigued when you've taken the time. I mean, you can think about it this way, and I see this very often because I have a tendency to drive myself very hard.

Dr. Setareh Moafi: [00:05:54] And I notice that when I take a day when I just fully rest and do almost nothing the next day, I feel the surge of energy. It's almost like this yang qi starts to come back because I've taken time to kind of nourish the ying. And this happens whenever you're going through recovery from like an injury or from surgery. That time to rest and build back your energy is what's going to allow your energy to come back anew. So that's kind of the way that you want to play out this time. And the thing that we're going to focus on to help you, because the kidneys are really delicate organs that are hard to nourish, they're hard to like, build back that energy that qi and that ying. But you can really do a great deal of service to yourself when you eat the right foods. So we're going to talk a lot about nutrition and diet, and we can talk a little bit about the fire and water paths as ways to support you to consolidate the kidney energy and restore your jing.

Salvador Cefalu: [00:06:51] So in terms of foods, I think we should start with talking about seeds, because seeds are the germinating factors of life. And so of course, we see that doctrine of signature in terms of the doctrine of signatures, that they are going to nourish our essence and our ability to recreate life and reproduce. And so that's why seeds such as sesame seeds and flax seeds and chia seeds and sunflower and pumpkin seeds are all very important. And I wanted Setareh to talk about her experience because she's been actually using an idea called seed cycling in terms of helping support her menstrual cycle.



Dr. Setareh Moafi: [00:07:35] So this idea of seed cycling is actually a very ancient technique, nutritional technique that you can use to balance the hormones. And this can be used for men and women. It's a little bit easier to track for women, and I've been recommending it a lot to my patients as well. So seed cycling you use four different seeds, and the seeds that you use for that are pumpkin seeds, flax seeds, sunflower seeds, and sesame seeds. So pumpkin and flax are the combination that you would use at the beginning of your cycle, starting on day one of your menstrual cycle. Now, if you're not menstruating or if you're male or identify as a male, you would want to use more of the moon cycle to do this. So if you're not going through your flow, if you've gotten past that in your life, or you haven't even begun it at a younger age, you can start doing the seed cycling based on the cycles of the moon. So starting on day one, that would be considered the day of the full moon for that period for about 14 days. If you consider a 28 day cycle, you would eat a combination of pumpkin and flax seeds. And what I recommend is that you actually create the butter from these seeds because it's really hard to chew them. And second of all, it gets a little bit cumbersome to try to consume that much quantity of seeds. So if you either just put them in your Vitamix or your blender and blend them up, or what's wonderful is you can actually buy beautiful organic sprouted pumpkin seed butter, and you can just mix that up with some flax, some powdered flax seed, and you can eat about a tablespoon or two of that every single day during those first 14 days.

Dr. Setareh Moafi: [00:09:17] And then once you go into the ovulatory phase, or if you're not menstruating, you go into the second cycle of the moon. As we move more toward that period, you would want to use the combination of sunflower and sesame seeds. So the interesting thing about this is that it actually correlates quite well with Chinese medicine, because in Chinese medicine, pumpkin seeds are most closely affiliated with the spleen and stomach, and flax seeds are also affiliated with the liver. Then you have sesame and sunflower seeds and sunflower is good for the heart. And sesame is really good for the kidneys. So as you get closer to your menstrual cycle, you really want to nourish the kidneys and strengthen that kidney water and the heart fire so that you can have more regular cycles, you're going to notice a change in your mood, your energy. You're going to notice that your days flow more easily. For women who are menstruating, you're going to notice a huge decrease in your premenstrual symptoms. You may notice that if you tend to have cystic breasts or any kind of unusual symptoms



like that, that will start to regulate as well, because what you're doing is you're regulating your entire hormonal system.

Salvador Cefalu: [00:10:31] I wanted to just clarify the second part of the cycle, when she's recommending the sunflower and sesame would be considered the ovulation phase when you need to spark the kidney yang so you need to add some fire. And so the sunflower seeds are going to bring that element.

Dr. Setareh Moafi: [00:10:47] Exactly. And if you're wanting to like get pregnant or, you know, anything that involves the need for hormonal balance, this is a really good thing to do. And in Chinese medicine we say that all seeds nourish the kidneys. So I want to be clear about that. It's all of the seeds that you're eating are actually going to target the kidneys. But each of the different types of seeds also have an association with the different organ systems. So as I mentioned, sesame seeds are the ones that are most closely associated with the kidneys. Then you have sunflower for the heart, flax for the liver and pumpkin for the spleen and stomach.

Salvador Cefalu: [00:11:23] And if you don't want to make your own sesame seed butter, it's easy to find tahini, which is the same.

Dr. Setareh Moafi: [00:11:28] Exactly.

Salvador Cefalu: [00:11:30] Next, food that's really important in terms of the water element are foods that come from the sea or from the water element. And specifically it's the mollusk, the crustaceans, which are lobster and shrimp and crab. They're more warming, which is fine if you could handle that. That's why people are tend to be more allergic to those because. It could really be inflammatory for them. But of course, in the winter when people tend to be cold, that will help. And that's why you have to be careful. Too much fish can make you too damp and feel too cold. The molluscs are are known to be the ones, the sources of food that are going to nourish your kidney. Yin. So that's what we're talking about. And corresponding to the seeds. So these are going to be mussels. These are going to be clams and oysters and scallops are the yin nourishing molluscs.



Dr. Setareh Moafi: [00:12:25] And also fatty fish are generally high in omega three oils. And studies have shown these to be beneficial for neurological function and brain function. So there are studies that have concluded that higher intakes of omega three significantly, significantly reduce the incidence of Alzheimer's disease as well as vascular dementia. So getting good fatty fish in your diet is also going to be very beneficial for your brain, which in Chinese medicine is an extension of the kidneys.

Salvador Cefalu: [00:12:55] Right? The brain is considered the seat of jing. So when. When people are aging and their Jing is declining. That's why we see people develop degeneration of the brain. And so maintaining that is done through foods high in these omega three oils. Other foods that are very important specifically for the brain are eggs. And it's really the egg yolk that is really key here because it contains lecithin, which provides phosphatidylcholine. And heck, I recently read where one of the alternative medical professional says he eats six egg yolks a day, and how the choline has a strong anti-inflammatory property. So rethink eggs. Some people like to remove the egg yolk and just eat the whites. Now whites can turn into. If you're just eating the whites, then that could actually just increase the glucose in your blood, which is really not what you're after. You want the fat, you want something that's going to nourish your jing and your essence. And what we're talking about here is maintaining the the integrity of the cellular membrane, every cell of your body, actually, it's not just in the brain. So rethink eating eggs if you could tolerate them well.

Dr. Setareh Moafi: [00:14:22] And also I think people have this fear of like, if I eat too many eggs, I'll get high cholesterol. And that's really not the situation. Most of the time when your cholesterol becomes elevated, there are many factors involved. One is actually that your spleen is too damp. So when you eat too many carbohydrates and you have a weak spleen, or you eat too much sugar, then the spleen can't transform. Those carbohydrates can't transform that intake. And so then it converts into dampness, which becomes cholesterol. Also, high stress levels will increase your LDL cholesterol, the bad cholesterol. So it's really important that you actually eat high cholesterol foods like eggs. Because what does your brain thrive on? Cholesterol. And this is one of the reasons why the use of statin drugs that have become very popular in the United States, they're the number one selling drug in the United States, can actually lead to dementia, because when you're leaching cholesterol out of every part of the body, including the brain, that's when you're going to have memory loss. That's when you're



going to have symptoms that the brain won't function well. So it's really important to instead of worrying so much about the cholesterol and fat and foods like eggs, that you start introducing more of these foods into your diet. The other thing that's really important, we talked about hormonal balance. Well, one of the key ways to keep your hormones in balance is to regulate your blood glucose. So having eggs for breakfast, for example, is a really good way to get a great source of protein and fat to stabilize your blood sugar from the very start of the day, because how you start your day is going to set the rhythm for the entire day. So when you start with your blood sugar regulated first thing in the morning, you're less likely to have cravings. You're less likely to have those fluctuations as the day goes on.

Salvador Cefalu: [00:16:07] I also remember hearing, as your sources of phosphatidylcholine go down, you're going to accumulate more cholesterol to compensate for that.

Dr. Setareh Moafi: [00:16:16] Yeah. And the other thing that's important, one thing I often tell patients is if you have an egg allergy or if you've seen it show up in your food allergy test, is something that you should avoid. It's always best to just try to eat the egg yolk and avoid the white, because that's the area that tends to create the most allergic reaction.

Salvador Cefalu: [00:16:37] Another important source of oils are olive oil and avocado oil to support brain function, and therefore these are also going to be important to help support your kidneys. And actually we would say they're really more if you want to be very specific, more in terms of nourishing your liver yin and it's your liver yin, which helps protect your kidney yin if you to be real specific about that. So remember, you don't want to really cook too much with olive oil, has a low smoke point about 200 degrees and avocado is a high smoke point, so it's actually a good oil to use in your frying pan. Furthermore, monounsaturated fats help reduce the bad LDL cholesterol and help support good HDL cholesterol. So important to use these oils in your diet, whether you're cooking with them or just I put olive oil on everything because I'm Italian, but that's pretty common in most cultures. Is the use of olive oil.

Dr. Setareh Moafi: [00:17:43] Yes. And it's considered one of the longevity foods in terms of like the Mediterranean diet and the blue zones diet and things like that as well



that are really popular right now. Now, if you're not vegetarian or vegan, which you know that we are in the field of Chinese medicine, so we are in support of eating more meat if that's necessary for your body type. And the meat that would be supportive for the kidneys is going to be pork. Now, pork is considered to be the scavenger meat. So it kind of cleans out the toxins from your body. And it's really good because it's very fatty. Right. We talked about fat being very supportive for the kidney essence. Pork can also help strengthen your sinews and bones. It can decrease wind spasm. So we've talked about the factor of wind in past episodes. And wind can often manifest as spasms, as moving pain, as aches and.

Salvador Cefalu: [00:18:38] Neurological.

Dr. Setareh Moafi: [00:18:39] Conditions. Exactly. More neurological conditions, especially as it becomes more severe. So this helps to alleviate or can help to alleviate those symptoms. It can also help treat muscle weakness and conditions like fibromyalgia.

Salvador Cefalu: [00:18:53] And remember, eating pig's feet after giving birth is one way to build back a mother's gene after she has had her baby.

Dr. Setareh Moafi: [00:19:03] Yeah, that's very common. And created a baby. Yep. Is to create, like, pig feet soup, right? Yeah. And eat that. So the final thing that we've talked about many times on this podcast is the use of spices. We've talked about spices to spice up your life. And spices are really important because they're all very warming. And actually that's the kind of the caution that comes with them, too. If you eat too much spice, then you can actually create too much heat in the body. But when you're in the colder months of the year, this is a time that's more conducive for you to be able to eat these spices without those side effects. Now, we always talk about eating seasonally when it's, you know, colder weather than you want to eat more warming foods. When it's warmer weather, you want to eat more cooling foods. So examples of that would be in the summertime. You'd eat more watermelon and cucumbers, and in the winter time you'd eat more, you know, red meats and spices, more of the heavy foods, more of the nourishing foods to make sure that you're nourishing back and warming the kidney yang.



Salvador Cefalu: [00:20:04] Yeah. I mean, you have to imagine the more exposed you are to cold, the more you have to protect your kidney yang. So that's what that's all about. And that's why people who live in these really cold climates, I mean, heck, the Eskimos are eating pure fat because it helps insulate their body, essentially.

Dr. Setareh Moafi: [00:20:22] Yeah. So if you tend to be very cold, if you tend to have really cold hands, especially cold feet, because that's an indication of weak kidneys, you want to make sure that you eat a little bit more spice in your diet you eat. And the spices that we're talking about, we're not talking about like hot peppers. It's more spices like cinnamon and cardamom and pepper, um, coriander, anise, cloves, things like that. Kind of like think about your pumpkin spice kind of spices. Those would be good ones to have in the wintertime. Yeah.

Salvador Cefalu: [00:20:54] Make a little bit of, um, apple cider with the spices for the holidays is nice. And speaking of cold feet, it's imperative. Also, don't let your feet get too cold. Don't walk around the house, especially if you have like, tile floors or something, because that cold will go in through your feet and freeze out your kidney Qi and your liver Qi will get cold too, and then you'll be more prone to cramping and pain in the lower pelvis. So. So if you do have cramping and pain in the lower pelvis, you might want to start warming up your feet more. And that could be a big factor to why. You know, you get pain like that because that's something that people don't think about.

Dr. Setareh Moafi: [00:21:37] It's a really good point because I often hear people say that they get like lower back pain randomly. And it's important to ask, like, are you walking around your house with bare feet, low back.

Salvador Cefalu: [00:21:46] Pain as well.

Dr. Setareh Moafi: [00:21:47] Yes. So are you walking around the house with bare feet or, you know, do you wear socks in the colder times? Because sometimes people don't like to wear socks. So it's important to take care of these things. Or they'll just like wear flip flops all year round and then have lower back pain. So be mindful of these things, because all of these factors, how you treat your body, your body is going to respond with certain symptoms and certain patterns that you want to pay attention to.



Dr. Setareh Moafi: [00:22:15] AD// Fatigue, bloating. Gas. Acid reflux. Poor or excessive appetite. Diarrhea or constipation these are all symptoms related to poor gut health, which provides the foundation for your entire well-being. And while making the dietary and nutritional changes necessary to improve your gut health might seem overwhelming, there is an easy way to begin your transformation. Visit setarehmoafi.com/guthealth To download my free audio guide on how to improve your gut health. In just one week, you'll learn three incredibly simple yet powerful strategies to improve the health of your gut to boost your immune system, improve your mood, deepen your sleep, and even strengthen your mental clarity and ability to manage stress. Go to setarehmoafi.com/guthealth to start feeling better in just one week. That's setarehmoafi.com/guthealth.

Salvador Cefalu: [00:23:21] Now in terms of movement, I mentioned the fire and water path. And so for those who aren't familiar with it, I'll briefly go over that. So we have an energetic channel called the Ren, the Sea of Yin that runs up the front of the body, just right through the center, right over the navel center of your nipples. And then that runs right into underneath your chin. That's the water path. The fire path, on the other hand, imagine from the crown of your head as you're pulling from the most yong part, the sky. You're pulling this energy down your your head, the back of your head, down your spine, all the way into the base of your tailbone. That's the fire path. And when that fire path is moving, that path is moving up. And as it moves up, it's propelling you to move. So the more that you're moving, just imagine that fire path is activated. So simply getting out of the chair is a movement that activates your fire path so you can extend your body out into the world. And as you go and sit in the chair, you are now consolidating your energy. And you're now drawing the the water path down, and you're drawing it down below your navel into your perineum. Where it starts. You say the domain between the genitals and the anus. And this water path is supported by a fire path that is not active.

Salvador Cefalu: [00:25:05] So what that means is in order to move the water path, you have to. Consolidate your fire path. And so you do that by doing kidney breathing. So just imagine as you take your breath. Don't imagine it. Just do it. Practice it now. But you imagine that you're breathing into your lumbar area. So as you do that, you're drawing that energy down your back. And you could even clench the anus a little bit to draw the energy all the way down your spine. So that's consolidating your fire path. And



then as you release with your exhale, you imagine that energy being liberated and now moving up through the front of your body all the way through your face, to nourish your face with yin, with the essence of water. So this is going to help move stagnant yin. But it's also going to help consolidate your fire. So your water could be more nourished. So you could do this practice sitting on a chair where you are breathing into your navel. You could contract the anus gently overdo that. And then as you breathe out, you imagine that energy coming up the front of your body all the way into your face to awaken your brain and moisten your skin. So this is a practice that when you do it with focused attention, put the tip of your tongue on the roof of your mouth because that helps connect the fire and water path internally.

Salvador Cefalu: [00:26:57] And as you do this, you will notice you will collect saliva in your mouth. And so that saliva is a cherished thing. It's called the nectar of life. So as you're doing this breathing practice and this circulation with your breath, you feel this fluid collect inside your mouth and let it just build up until you really can't anymore. And then you take a big swallow, and you imagine that nectar of life going all the way down into your domain of your kidneys, into the domain of water, of your life. This is a practice that you need to do at least five minutes. If you want something to start to move, and longer you do it, the better. So you just want 1 or 2 times isn't going to do much. You have to give it some time and really settle yourself. This is going to help settle your brain. So this is a good practice to do before bed, especially for people who can't settle, who have those hyper cortisol rushes and they're just hyped up at night. This is the practice. So how long do you do it? You might have to do this for 45 minutes to get yourself to settle down. Okay. So practice. And as our teacher always says, be the mystic and explore for yourself these mysteries of life.

Dr. Setareh Moafi: [00:28:26] Beautiful. So the thing to also remember is these visualization practices, even if you're not doing a lot of movement with them, have a powerful effect on moving the qi of the body. So if you're in a position where you're injured or you're recovering from an injury or you have mobility issues, these are beautiful practices to do through visualization that will actually move a lot of that stagnant qi and help nourish back the kidney energy.



Salvador Cefalu: [00:28:52] And you can do it in bed lying flat. So that was just one suggestion. Sitting in a chair. Yeah. This is good to do. When you're in bed, you can't sleep.

Dr. Setareh Moafi: [00:28:59] Yeah, exactly. Or first thing in the morning when you wake up to kind of wake up that energy. Right. So the other thing that's essential, of course, during the winter months and when you're building back your kidney energy. And by the way, I mentioned, you know, post surgery or post injury, that's also a really important time to recover your kidney energy, because it taxes the body so severely that you really do want to pay attention to the kidneys more. Those would also be really good times to pay attention to those suggestions that we gave today. Also, during the winter months, if you're recovering from injury, if you just want to get stronger, you want to make sure that you're getting plenty of rest, plenty of sleep, that you're really slowing down. Slowing down is what's going to help consolidate the kidney energy. So you're not running on that cortisol and that adrenaline so much. If you feel wired, then just do it a little bit at a time and you'll see by bit, as you do more of these cultivation practices, you're going to find it more easy to slow down more regularly.

Salvador Cefalu: [00:29:57] Yeah. And when you mentioned in the morning, you know, typically you think in the morning you want to wake up. So you don't want to really anchor your your energy like this. However, it's not uncommon when some people wake up they have like a rush of adrenaline and they get anxious. That's when you want to start to anchor that wind, anchor the excessive yong chi by cultivating the water path. So and then some people wake up and they have back pain. So whenever somebody says, well, I always try to be specific, what time do you have back pain? Of course sometimes it's all the time. Sometimes it's very specific, however, and a very common time that people have their back pain is when they get out of bed. So when they when they have that pattern, we know that's a kidney yong deficiency. And it's a time I mean that's a so a good practice is to anchor the young and to try to warm up the kidneys. So using heat packs is a good idea. Below the belly, below the navel and also in the lumbar to warm the kidneys when you have a pattern like that.

Dr. Setareh Moafi: [00:31:04] Yeah. So just doing those basic self-care techniques and practices, they'll go a long way, even if you just do a little bit every day, like a minute or two every morning, a minute or two before you go to bed and then paying attention to



the foods we talked about, you know, eating eggs, eating pork if you're not vegetarian, adding a little spice to your meals, eating more seafood, remembering also to make sure to eat more fats and to, you know, have a more nourishing diet. Don't be afraid of fat. It's actually very, very good. It's one of the ways that you can hydrate your body. It's one of the ways that you can get, you know, younger looking skin and nails and, you know, joints and bones and everything is through eating good fat.

Salvador Cefalu: [00:31:47] That's why bone broth is so important.

Dr. Setareh Moafi: [00:31:48] Yes, that's very true.

Salvador Cefalu: [00:31:50] I mean, bones, bones is the outward expression of Jing. It's the most dense form of jing. Are the bones, the structure. So that's why bone broth is such an important food. And we are going to go into that even more deeply when we talk about the triple heater energetics in an episode coming soon.

Dr. Setareh Moafi: [00:32:10] So that's it for today. If you would like to learn more about what we talked about today, if you want to get the transcript, if you want to look at the notes, but also most importantly, we want to hear from you. We want to know what your ideas are, what your response to this information is, how this helped you. And the way to do that is to go to acenterfornaturalhealing.com/winterhealth and leave us a comment there and let us know your insights.

Salvador Cefalu: [00:32:41] So thank you for joining us for another episode of the Natural Healing Podcast.

Dr. Setareh Moafi: [00:32:47] We look forward to seeing you next time.

Salvador Cefalu: [00:32:49] Bye!

Dr. Setareh Moafi: [00:32:50] Hey, if you haven't already done so, be sure to rate and review us on Apple Podcasts. This ensures that we can share this invaluable information with more listeners just like you.