



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Serman, Part 2 of 2

Dr. Setareh Moafi: [00:00:00] Welcome back for part two of our two part episode with Andrew Serman on how you can use food to heal yourself and the planet to make better food choices. It requires a lot of awareness, and in this episode, we're going to get a little bit deeper into food energetics, as well as how you can use food as a way to manage your emotions and your lifestyle. But I think the biggest thing that you're going to learn in this episode is how to better use your intuition to make these choices a part of your daily life. Let's dive right in and get back to our conversation with Andrew. Enjoy. 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.

Dr. Setareh Moafi: [00:01:11] We are your hosts, Dr. Setareh Moafi

Dr. Salvador Cefalu: [00:01:13] and Salvador Cefalu.

Dr. Setareh Moafi: [00:01:17] 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.

Dr. Salvador Cefalu: [00:01:26] We're here to make the ancient wisdom of healing practical and accessible for your modern lifestyle.

Dr. Setareh Moafi: [00:01:39] I'd love to kind of segway that topic to develop that a little bit more around emotional wellness, because we talked earlier about how we often use food as a way to, you know, soothe ourselves or not deal with certain emotions that we eat. And one thing you said earlier about people eating a lot of spicy foods and that becoming more popular is we're already so overstimulated with everything, you know, in the digital age and all of that. And it seems rather ironic that this is what we tend to do is that we're stressed and then we eat foods that create further stress on the body.



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

Dr. Salvador Cefalu: [00:02:11] Well fire is attracted to fire? You know, so a more the more fire personality you are, the more you want stimulants and that that stimulation in your life. And junk food is a quick way to do that, too.

Dr. Setareh Moafi: [00:02:27] Right and so what can we do? Yeah, so what can we do? So I guess what I'm trying to ask or where I'm trying to lead this discussion, is to understand that, yes, we know that we can have these habits. Let's say that we all have this awareness that we use food to soothe or to counteract, as you called, create conflicts or to, you know.

Andrew Sterman: [00:02:48] We use food to sustain where we are. Yes. And that can often mean to sustain our conflicts because we identify here's my hypothetical. I'm a person who identifies as I grew up angry with my parents. My mother drove me nuts. She was, you know, and there's all kinds of insults going on or whatever. It's not the case in my case, but let's say it is. And I identify with that. Or I'm a business person with a killer instinct. And if I calm down, where's my success? Right? So we identify with our conflicts because at first people, people listening might think no one wants conflict. But that's actually not true, interestingly. And so -

Dr. Setareh Moafi: [00:03:27] I even have patients that say if I relax too much, I can't get anything done. So I don't want to do meditation, I don't want to do too much yoga because it strips me of the ability to be productive, which over time I think people realize is untrue.

Dr. Salvador Cefalu: [00:03:43] But then you also have a situation where when people have sustained that fire for so long in their life that the fire is burning out. And so I want to just give our audience a tip. If you look at your tongue and you see your tongue is very red or like maybe even like scarlet red, you know, there's too much fire in your body, your mind is going to definitely be hyperactive. But if you see your tongue is pale and perhaps swollen, now, actually your fire has is cooling down too much. So that's when you're going to start feeling fatigued and maybe a lack of motivation in your life. That's when the spicier food is going to be more useful. You know, it's not really you



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

know, I don't want to present to our audience, you know, everybody's everybody's intense. I mean, even though we live in this intense world, some people are just burned out. So they need some of that more warming quality in their life.

Andrew Sterman: [00:04:34] That's such an important point. And it's not just either you're burned out or you're not. It's a continuum of degree.

Dr. Salvador Cefalu: [00:04:41] Sure.

Andrew Sterman: [00:04:42] And so as we leave these hyper stimulated lives and you could even say that in modern culture, all of us are overstimulated and deficient.

Dr. Setareh Moafi: [00:04:53] Yeah, very true.

Dr. Salvador Cefalu: [00:04:55] Absolutely.

Andrew Sterman: [00:04:56] Unless you're you're living in a in a monastery or retreat.

Dr. Setareh Moafi: [00:05:00] Yeah, that's a very good point.

Andrew Sterman: [00:05:02] You we are all deficient and. So the point you're making, Salvador, is so important and such a subtle point, and it's a thinking that doesn't exist in the common culture, which is that if you look at your tongue and it's looking kind of pale, puffy and maybe even swollen, or there could be some funny cracks and things that you're seeing showing deficiency or that you simply feel tired after you eat and things like this that it doesn't mean we want to ramp up more. It means that we're actually suffering from having ramped up too much. We are now deficient from overstimulation and more stimulation, of course, will make the condition ultimately worse. It's taking years off our life so dietarily we don't want to re-stimulate, which is a lot of what Western therapy is doing. Here comes the supplements that we're not even assimilating well, and then we need something to stimulate that. And then we're saying the coffee is good for you. And in the press and all that kind of a thing, and red wine is good for you,



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Serman, Part 2 of 2

which, you know, I'm not against either of those things, but I'm against overuse of them. And I mean, I'm not morally against them is what I'm trying to say. So I don't advocate or its opposite from a moral perspective. But in any case, what do you do when you find you say, "Well, I am burnt out. That describes me. If I have. Sometimes I don't even want to eat lunch because I get so tired I don't have-" this again, hypothetical. I do eat lunch, I don't advocate not eating lunch. But but some people might say, "I have a really intense job and they get tired and I can't function well. I can't lead the team," or, you know, in my music performance side. I know people that cannot eat before a performance because they lose their edge. I, personally, have no problem with that. Go ahead, bring it on. But it's personal preference. But if our spleen, pancreas, digestive strength is strong, we should be able to do either thing to eat and concentrate or to skip a meal and also still concentrate. In other words, we have that resilience of good health. So what do we do? Because just increasing caffeine, sugar and spicy food we now know will just lead us further down the path rather than helping. So what is the strategy? So the strategy would be to simplify the meals so the digestion needs to recover. And we do that not by stimulating it more, in other words, not not by whipping it more, because we have been whipping our digestion, our whole our hearts, our blood circulation, our hormones, we've been whipping them, basically. I know that's a sort of a harsh image, but it's what we've been doing. And then someone will say, Oh, you know, they turn up and they say, "I have low thyroid. I need to take some, you know, the thyroid replacement hormone." It's extremely common in our culture. It can't possibly be the natural way. It just doesn't make sense that more people than not need hormone replacement. So it's the reason the hormones are low is that we've been whipping the system, we've been whipping the horse. So and which leads at first to overactivity and then to underactivity. That's one of the insights that Chinese medicine can really offer all of us, including, if I dare say, western Western medical community. So the the way forward is to simplify our meals so that we're no longer overburdening digestion, give your digestion a break. So that still means eating. It doesn't mean intermittent fasting, which is stressful. Right. So it has its possible potential use.

Dr. Salvador Cefalu: [00:08:48] Oh, excuse me. I was just going to say that's going to be really best for a person who has the excess. They can manage that. But, you know,



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

these these weak people, they can't manage skipping meals. They get hypoglycemic more easily.

Andrew Sterman: [00:09:00] Right. Even people with excess may also be deficient. So this is something that we're seeing. We usually call it dampness, where people have a lot of extra weight and we can say, well, you could actually live for a month or two without eating that if we had the willpower and maybe that would even be okay, kind of. But it is stressful. Chinese medicine doesn't like this. We we like to go with the natural ways, the natural ups and downs. And so eating less volume and like as we were saying before, actually, Sal, I think it was you who was saying that we're eating too much food and too fast, which is a really interesting point that we could expand on the fast thing that doesn't give the body time to register that we've eaten enough because we're eating so fast. So we overdo it. We over, we over fill the stomach through pacing. But in any case, simplify the meal, reasonable portions. If, one of the things I like to offer patients is the concept of the gap. So the timing gap. So we just call it the gap. So this is very important to feel that we're obese and we want to lose weight for health or aesthetic purposes, or just to feel better. But it's also good for recovering weak digestion to be strong. It's really, really useful. Is this idea that you eat a reasonable portion, well designed meal, no dessert. And so you're having some grain because grains help you feel satisfied, satiation, and you're having some protein. Grains also help you feel, protein rather, also helps you feel satisfied. That you're having beans, you're having steak, you're having chicken or fish or scallops or whatever it is, and you're having a lot of green vegetables and maybe some root vegetables like cooked carrots or something like that. Or are you having sweet potatoes in place of grain or some mushrooms and things like this. So you're eating really, really well and every meal is different and it's a beautiful way to live and you're spicing it and adding herbs; it's gorgeous. But not too much and no dessert. And you wait half an hour and if you need to, you set the timer on your phone, and you just say to yourself, I'm not doing this. This is what I call, in healing practices, a small challenge that we can fulfill with the success. Because one of the problems with losing weight is that we fail and then we get very upset with ourselves and we're disempowered, "I'm awful, I'm bad, I'm hopeless, I'm weak". And every time you have a failure, we are further disempowered. So what we want are small challenges



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Serman, Part 2 of 2

that you can succeed in, and you just begin to build those up. So you say, okay, half an hour is too long. I can't do it. I can't do it. So you set your your your phone timer for seven minutes. I mean, that's not enough, Right? But if that's what it takes to say, "I did this, I'm a hero. I feel good. I did it right". We need many of those every day, in particular if we're weak with diet. So let's say how do I actually recommend it is like this: You eat a modest sized, satisfying meal that's well planned for you that you can digest. You set your phone timer for for half an hour during which time you converse with other people and you or if you're eating, living alone, you get back to things you like to do. You finish working on your symphony, you finish writing letters, you check your email again or so, something like this. Oh, you pursue a hobby or you read and your alarm goes off in half an hour and then you say, "Are you still hungry?" Because when you finish eating your portion, you could definitely eat more because your body has not registered satiation. In the satiated hormones, the last time I checked, there were about 11 different hormones involved with feeling satisfied, they take a certain amount of time to be secreted and to be registered. So it's not just like, well, I ate, my stomach should feel stretched. That's how we think of it, the stomach stretched. We are capable of eating past that, right? So satiety is in the blood, it's in the blood levels, blood sugar, and 11 hormones, so of which insulin is one of them. So. We need time for that to kick in. That's where this gap is so helpful. So you say I will absolutely not have dessert or a second portion for 30 minutes. After 30 minutes, you say, "Honestly, do I want it?" At that point, you actually don't want it because your blood sugar has adjusted, the hormones have have come into the blood and you feel full. So and if you don't, then you do have more. You do have more. And that's honest. And then you've you've you've made a psychological win, a success, "I can do this." And then if you want your slice of pie, you have that. Because more often than not you'll say, "You know what, I'm good. I'm halfway through the next chapter of the book I'm reading and I feel full." And meanwhile, your life is so much better than this. You know, the white knuckling. If I have to eat less, I have to count calories. Counting, let me go on the record with something controversial. Counting calories is not a successful strategy. I'm tempted to say it, honestly to say, it doesn't work. The reason it doesn't work is that it doesn't bring into the game how much we're assimilating, right? Counting calories of sugar works because we assimilate sugar so easily. But counting calories of your overall food does not work because we don't assimilate everything.



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

What's the calorie count in broccoli? Well, obviously, we don't assimilate all the cell, the cell membrane structures of broccoli. They have calories. Yes. Of course they do. And it doesn't include food energetics, which organs are working best for us? Each individual is stronger in stomach digestion or they're stronger in in the liver function.

Andrew Sterman: [00:15:20] When they digest food, their actually their pancreatic secretions are not that strong, they might be overtaxed, but so the liver comes to the rescue and over handles its aspects of digestion, or the kidneys are not very strong, but again, the liver might be trying to carry some of that weight. Everyone's doing different things and the calorie count ignores that. It's the same for everyone. So on it goes like this, that some foods like meat, for example, we say in Chinese medicine that meat brings heat to the body, that meat is a warming food, and within that we will differentiate that pork is the least thermogenic, it raises our internal temperature the least; it still raises it, but the least. Then say chicken and turkey might raise it very much. Beef raises our internal temperature more than pork, and lamb even more than beef. So that would be the differentiation. But overall, animal food raises our thermostatic level. So that means it would be good to eat in the winter and it would make us feel hot experientially more hot in the summer. It would be good if we feel weak, but it wouldn't be good if we have a high fever. Like one of my clients texted me earlier today. He said he's got 103 fever and he's diagnosed with mononucleosis. Right. So how much meat should he eat? What should I eat? You don't want to eat a lot of lamb, right? And a lot of chicken soup would be off the table.

Dr. Setareh Moafi: [00:16:59] Yeah.

Andrew Sterman: [00:16:59] Vegetable soup, fish soup for protein, we would have fish soup. So you can still eat very well. From the first bullet point we talked about the Western nutrition, we need protein, but fish is not the same as, let's say, beef soup. Beef soup is good at other times, if we keep getting recurrent colds and we seem to be under, we can't we don't have enough energy to fight back. Right. In any case. The Western take on is this born out in Western medicine? That's one of the questions that as Chinese medicine clinicians living in the modern world, we need to be able to answer



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

that question with some degree of authenticity. So looking at protein from a Western nutrition standpoint, as it turns out, if we have something like, tofu, which is classified in Chinese medicine as cooling or even sometimes cold, with some authors as cold. That would be good during a fever. So you can have miso soup with tofu in it, which tofu is often in miso soup. That would be good if you're feeling sick. Very good. But let's say compare Tofu is high in protein, right? Soybean protein is complete protein or quinoa has complete protein. And it's warming, but it's not, not like not like lamb, right? Obviously. So you look at those foods and they give their protein up to the body relatively easily, but something like beef or lamb or chicken, these are complex proteins and it takes a lot of energy for the body to break down those proteins into the amino acids that we can use.

Andrew Sterman: [00:18:42] We can't use it until it's broken into aminos. So and then the liver reconstitutes it into our personal proteins. That process is estimated to take 30% of the nutrition of the meat. In other words, you eat 100 units of meat and we get the nourishment from 70 units because it takes 30 of those units to digest the meat. So where do those units go? They warm. They heat the body. That's work. The body is working to digest. And so that would be a way of of trying to reconcile these two different modalities, these two different paradigms. This is the thing that I happen to love. My wife, Ann, says that it's my greatest talent, or at least the greatest talent that we're allowed to talk about is that I love to look at different paradigms. I love to find the commonality. I think it's a great sport. So that would be a way of looking at Western nutrition and Chinese medicine dietetics and bringing these different lenses together and finding that there is no conflict here. There's different, different ways of looking that can inform us in different ways, but there's no conflict, which is a great place to be. And it's really reassuring to our clients that this isn't "either or", we're all working together for your health.

Dr. Setareh Moafi: [00:20:09] 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



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

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 [//AD](http://setarehmoafi.com/guthealth)

Dr. Setareh Moafi: [00:21:16] So I guess the question I have for you, Andrew, is how can we use food as a way to support our emotional wellness? How can we use food as a way to do what most of us need, which is, you know, get energy, of course, But first and foremost, to unwind and to slow down and to become more present.

Dr. Salvador Cefalu: [00:21:37] Temper our anxiousness. Yes.

Andrew Sterman: [00:21:40] Yes. That's such good questions and points. So. Working with food in a way which is really mindful and aware. I'd like to say where our awareness is switched on. Not just entertainment. Right? There is always two ways. Two things we need to think about. What shall we add to our diet and what shall we remove? We're always thinking about that. And anyone who's a clinician listening to the podcast, I hope you're sending everyone away. After the modality you do, whether it's Western medicine, acupuncture, herbal, herbal medicine or massage, anything we're doing with advice on both counts. What should you, not just people in general, but what should you would you benefit by abstaining from? And what would you personally benefit from including more of? So those are the two first things. So we would abstain from overly stimulating foods: spicy peppers, a too much garlic, too many onions, as well, too much coffee, chocolate, alcohol. These are stimulants and the term actually have begun to use for them technically is that they're irritants. So you think about spicy peppers or garlic, would you like to get them in your eye? It would be terribly irritating. So that helps us understand how irritating they are. And it's the same thing with, say, a martini. You really don't want that in your eye, right? So it's irritating and it irritates the delicate lining of digestion. So that's the first thing. And then for some people, for many



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

people, it's nightshades, are included as well, that tend to heat the blood: tomatoes, potatoes, eggplant, peppers, of all, even sweet peppers. It can be very important for some people, maybe not everyone, but many people, and for many, many people it would include gluten, which is irritating to the inner lining of the small intestine. Not for everyone, but for many people. Okay, good. And then, of course, there's pesticides in foods which are irritating to the intestine, inflammatory, inflammatory for the intestines. This very, very important. So then that leads us to what do we add? And here, Chinese medicine offers something absolutely invaluable that doesn't exist in in biomedicine nutrition, which is the idea of directionality. So what we're looking to do then is to add energy. We want to have energy after we eat so a healthy person doesn't need a nap or sugar or caffeine after a good meal. Health is when we eat a meal and like children, we're re-energized to run around. So this is something if you imagine how children eat, they just enough and then they stay at the table and they don't want to. They were really tired and puffed out, they eat a little bit of food and then they want to race around again. They want to get right back to life. But adults often feel like, "Well, I had a lunch and geez, I mean, I'm dying for a sweet, I'm dying for an espresso." This is not a sign of health. Right. That's not a sign that our internal organs and our chi is working well, so that needs treatment and dietary skill. So what do we do then? We simplify the meals because a simpler meal is easier for our guts to digest. Our internal digestion is very complex in terms of the sequence of events. We tend to digest protein first, carbohydrates later, and then vegetables somewhere along the line, right through the length of the small intestine. So the more we can simplify, the easier it is for our body to design and enact a strategy of what happens when. And this is very specific, this is at the level of digestive secretions. Okay? So this is not just a free for all that we digest everything in a big soup and all at the same time. That's not actually how it works. So and that's an absolute agreement from Western science and Chinese medicine tradition. So simplify our meals and then the addition of grains which are so controversial that we're so worried about grains. Grains are grounding the grandparents, Setareh, you were speaking so beautifully about grandmother wisdom before. What the grandmothers know they used to call bulk or roughage. You got to have some of this, which has a descending aspect. Now in Western dietetics, they don't really talk about



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

directionality, but they'll say stimulates peristalsis. Okay. So and it helps elimination. It's descending. It's very, very powerful. So we need more fiber.

Dr. Salvador Cefalu: [00:26:30] Wheat as an herb in Chinese medicine calms the Shen.

Andrew Sterman: [00:26:33] It calms the Shen.

Dr. Salvador Cefalu: [00:26:34] We would say that would settle your spirit. For someone who doesn't, it.

Andrew Sterman: [00:26:38] Right, settles your spirit. And many people absolutely use it that way. They just aren't aware of it, which is fine. They're stressed, so they reach for pasta and they find that very soothing. It helps them sleep or they reach for here in New York, they reach for bagels. Yeah. Or bread of any kind. But that's not a particularly useful skill or skillful reaching for wheat. When we do it in herbal medicine, looking for floating wheat that calms the spirit, calms the heart, the shen, that lives in the heart. We're looking for it in a wet presentation because wheat is intrinsically drying. It's another category that Chinese medicine adds to the dietary game. Some foods are intrinsically drying, some are intrinsically moistening wheat is drying. So in contrast that to rice and millet, which are moistening. Millet is a superstar for moistening both in thin fluids of wateriness and in hormonal fluids so that that millet will balance or regulate hormones because of the oils that it contains and the oils that we also that go with it when we cook it. Millet works really well with butter, by the way, so it wouldn't be used in China, but we would use sesame oil or it works beautifully with olive oil, for that matter, it's fantastic. It pairs beautifully with oils. So but we would use wheat. We do use wheat in a drink to calm the shen, to calm the spirit. And so in dietary medicine that it's actually a product called Cream of Wheat. So Europeans have never heard of Cream of Wheat. It's an American brand that's sort of grandparent-y has that connotation of old fashioned and it's just ground or milled wheat and you cook it with water and you would have it and you could have that before bed for insomnia. That would be. By the way, I meant to mention that as you you both were talking so beautifully about patients that come in and



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

their complexion is red and their pulses are fast and their tongue is red and they're having garlic and hot peppers and alcohol and chocolate and all these things that heat the body.

Andrew Sterman: [00:28:49] And you say to them, How can I help you today? And they say, Could we work with my insomnia? It's killing me. And that's extremely common. I mean, really common. So you could say that we are in a cultural epidemic of poor sleep. People do not sleep well. We need to take responsibility for this. This is one of the things I do clinically. I mean, not to scare people away, but when someone's serious about their health, we get to a place where we're solving conflicts and we're changing diet and using other modalities and. It's sometimes I get to the place where I say to them because they can be working really hard and we're discussing things with great honesty. And I say, Who's responsible for your insomnia or your high blood pressure or your anything else, agitation, whatever it might be. And they say, "Well, you know, when I was young," or they say, "The food I've been eating," and I just shake my head, "Let me know when you're ready." And finally, they say, "I get it. I get it. I'm responsible for my insomnia. I see." And I feel like celebrating, dancing up and down. "That's it. I have done this. I've caused my hives. I've caused my acid reflux. Not just something that happened. Who knows why?" And then when we take that, we say. I say, "Who's responsible?". They say, "I am.". "Who can change it?". They say, "I guess I can if I'm responsible for it."

Dr. Setareh Moafi: [00:30:23] Exactly. That's the empowerment that comes out of taking the responsibility.

Andrew Sterman: [00:30:26] I say, "Who has agency?" And we go through those word by word by word. And it's the empowerment. I say, "Now, are you worried about it?" They say, "No because I can change it." And that's a totally different game, they say, "Now let's talk about the foods to include and exclude." So we would eat grains, but not the glutinous grains. You could use wheat like cream of wheat if you're gluten tolerant. But usually we recommend the non-glutinous grains. They are, in Chinese medicine parlance, safer. The safe grains, which would include buckwheat, quinoa, amaranth, the



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

pseudo grains: millet, fonio, which is in the millet family. Sorghum which is a grain, that beautiful grain that we can eat that we don't usually eat rice and brown rice and red rice and wild rice and all the different things that we that we've been talking about millet, sweet potatoes, squash that are like that are in the grain category, even though, of course they're not grains, we use them that way. So if you're having sweet potato, you don't need a grain. So you would use that as the foundation of the meal because they're anchoring, they are grounding. It helps calm or anchor the spirit. And then we would use root vegetables like carrots and daikon and beautiful vegetables that most people don't eat. Parsnips, rutabaga. Beet root beets. All these beautiful foods that are very satisfying. They have a gentle sweetness.

Andrew Sterman: [00:31:51] Many of them like beets. There's an outright sweetness. It's just so satisfying. And they satisfy his cravings, and you just feel like, Wow, I'm really eating well. I don't have time to cook that. So you could buy beets in a in the store already cooked. It's surprisingly let's say let me say it carefully. There's surprisingly not bad. They're really quite good. It's better to cook at home, but it's surprising how good some of these products are. And that would be legitimate because you're still eating. Somebody cooked it and they put it in a hopefully a food safe plastic and then maybe for a snack, nuts and seeds. So you're eating like a homemade trail mix and maybe it would have raisins or or figs. And you're having that with almonds and walnuts and hazelnuts. These are the nuts that are quite easy to digest. They're not the more difficult ones. Like peanuts are very difficult, and I don't usually recommend them. So you're making a trail mix instead of a pastry. And then, of course, we need vegetables. Well, some of these vegetables, they nearly all of them include some fiber which is descending and anything descending is grounding. So let's say kale. Kale should not be eaten raw. Don't believe the the newspapers that want you to eat this relatively Spartan diet, steamed kale and just a little bit of water.

Andrew Sterman: [00:33:08] Drain out the water, if you like. You can add it to your rice or whatever. It does have nutrients and then dress it with a little bit of nice olive oil. It doesn't need to be terribly expensive, but good quality olive oil and some good quality salt. So and it's it's absolutely delicious. So it's so simple. So we're simplifying the diet,



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

simplifying the cooking, simplifying the cleaning, and it's really good to eat. So now we have a basic meal. The basic meal template is a non-glutinous grain, some kind of protein. So we didn't include protein, maybe fish because it's less heating than the red meats. So we'd be having a piece of white fish. If you have insomnia, I would recommend experimenting with avoiding salmon. Salmon seems to keep people awake. Actually, if you feed it to children, maybe like six, eight, nine, ten years old, you'll see in a very honest fashion that they jump around a lot. They have trouble sleeping, they bounce off the walls from salmon. It's fiery food, but for adults, it's you know, we don't we're not going to bounce off the walls. But if you have insomnia, go with white fish or go with scallops or clams, cooked clams, something like that. Clams are people are afraid of cooking them at home. You buy good quality clams, you wash them in a pot of water.

Andrew Sterman: [00:34:30] There's various ways to do that. You can add a teaspoon of flour that they want to eat, then they give up their sand, etcetera, etcetera. We tend to secret from Chinese medicine is that we wash, we soak clams, shellfish with slices of ginger that helps purify any of the toxicity from the ocean. So fresh ginger. Then you throw that away and then all you do is you put them in a pan with a splash of rice wine. And we don't need garlic. You don't need onion and maybe some celery, some carrot and the splash of rice wine and some. Oh, I don't know. Something else that you might think of. Whatever it might be. Maybe some. A little bit of a leak or something. Add some scallions, if you like. When I say no onions, that doesn't include scallions. I'm just talking about the bulb onions, which are overly heating. And you put a lid on and they open up and then you put them over over rice or millet or gluten free pasta, if you like. And it's superb. If you can eat pasta, you put it over regular, organically grown wheat pasta. This is simple eating at the very high level. In fact, restaurants are angry about this because it's hard for them to cook that simply. And that directly. So you bring the food in, its steaming to the table.

Andrew Sterman: [00:35:43] That's really hard for restaurants to do. So they just look at it wistfully, Oh, I wish we could do that. Right? So this is a very, very simple way to live. Well, and as you're doing this, you're saving money because to eat that way in a



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

restaurant would be quite expensive. Fish or meat is expensive, but here doing it or you're having vegetarian meals with rice and beans, which is very grounding just to slip in 1 or 2 more specific tidbits. Azuki beans calm the spirit, the red small red bean azuki beans. You can buy them pre-cooked. The good versions are available in cans organically grown and it's a very good product. It's inexpensive. Of course it's cheaper to cook them yourself. And if you're worried about the health aspect, some of people, your listeners might be coming from the Nourishing traditions school of thinking that of course you can soak these things, you can soak the grains overnight, rinse off the water and then begin cooking. It makes them again much easier to digest so that again reserves more key. Anything that makes it easier to digest leaves more energy in your body and you're getting more from the food. So this the practical application has many specificities, but ultimately it's really quite simple and people feel better from the first meal built this way.

Dr. Salvador Cefalu: [00:37:08] Another reason why this manufactured biologically engineered food, the fake meat industry I've seen where they do a comparison of a molecule and then a biologically manufactured molecule and you can see like through kirlian photography, there's like no key, there's no aura to the engineered, you know, the body substance.

Andrew Sterman: [00:37:31] The body doesn't know what this food is. So if you think of this. In a very direct and simple, logical, rational way. There are different secretions for meat and for vegetables and for carbs for bread or rice or whatever. The secretions are different. The body needs somehow to identify what is in the stomach because we will digest it differently. The secretions are very specific, so something I learned from one of my own students, which I happen to love, that kind of thing we're really studying together is that there are taste buds all through the digestive tract. Down in the stomach, down in the intestines. And this was discovered because some people were trying to do research on taste buds and laboratory scientists. And they do this this staining process where they they're able to put a marker, a very specific marker that's only taken up by the taste buds. And then they're able to map different things in very specific ways. And so they gave someone these these markers and they put them



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

under the scan and they found all this stuff was lining up all through their gut. Their taste buds. Fascinating. Never heard. We don't experience it as taste. This is a game changer to understand herbal medicine as well. We say the function of the herbs is not due to their I mean, it's not due only pharmaceutical chemistry.

Andrew Sterman: [00:39:01] It's we always say training in herbal medicine. It's about the taste. The messaging is from the taste. Is our food bitter like radicchio or dandelion? I'm prescribing these foods all the time or Italian broccoli. Rob Most people don't like these and we suffer from dampness, bitter foods drain dampness, and when people say they don't like it, it starts to make sense. So taste is not is not a nutritional category in Western nutrition. And it's where we start in Chinese medicine. What is the taste of the food? Sweet, salty. Bitter. Sour and spicy or pungent? So this is our end. Bland. We add a sixth one bland, which helps drain dampness. Again, bland foods help the bladder clear out. So it's very, very important in treating a UTI, for example. So the body identifies foods as we're digesting them with this incredible mechanisms, however it does it. And what do we we're confusing the body with fake meat. We're confusing the body with fake sugars with with no calorie sugar. And I'm very concerned about about the long term effects of this confusion. Nutrition is supposed to come accompanied by taste and by texture. Chewiness. So these are in other words, back to traditional wisdom. There's no reason for us to be as sick as we are.

Dr. Setareh Moafi: [00:40:31] Yeah. And part of what you said about learning how to prepare your own meals. Yes. That ritual alone is going to improve your digestion. Absolutely. Because we say that one of the elements that helps to nourish the earth element is cooking.

Andrew Sterman: [00:40:47] Cooking, feeling at home, feeling love in the food. Yeah.

Dr. Setareh Moafi: [00:40:50] And the energy of food. You never know the energy of the food when you go to restaurants for the most part, right? Or when you order takeout. And so you're doing kind of a disservice to yourself in that way as well.



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

Andrew Sterman: [00:41:03] I totally agree. Let's take it one step further. We're asking ourselves to go blind and deaf to more and more parts of life because the food's going to come in cooked by someone who's having a bad day. And we're trying to convince ourselves it doesn't make any difference. So we're asking ourselves to lose more intuition, and we have precious little left. We're being, you know, especially, you know, we're in school. I went to high school. I went to college. I went to graduate school. I don't remember a course in intuition. Yeah, I missed that one. But we need intuition to live our lives. And I know people in business, they rely on it. And I had one day. This is just a fun anecdote. I was teaching a Qigong series and these two guys came and they sort of were very shy and very sweet, and I could see they wanted to say something and they were like maybe 20, 30 years old. And they said, I thought that they were trying to say something and we hadn't started yet. And just coming I said, Yeah, hi, welcome, how can I help you? And they said. Where can we put our guns? We're in New York City cops. And where can we put our our hardware? You know, it's like, all right, I hadn't had that one. So I said, Well, we have a locker. We can lock it, and that would be fine. So we locked it up and. And I mean, I would have said, just put it under that seat over there, you know, like we're cool, but we locked up the guns.

Andrew Sterman: [00:42:33] And I said to them, I'm so glad you're here. How can I you know, what is it that you're looking for in a Qigong class? And they said. We are looking to improve our intuition. Wow. Because it happens fast. They're young cops, so they're not like desk sergeants, right? They say. And they were ambitious. And one of them said, my dad was a chief of police in my home town. It's an interesting story. So we can spend a little time on it, if you like. My dad was the police chief in a in a town. And I'm ambitious. I want to be promoted fast. And his buddy said, So I'm doing high risk neighbourhoods, high danger, high risk hotspots. That's he volunteered. And his buddy said, and it pays better. They pay more for high risk areas. So I was surprised and interested by that. And so we started talking and I made sure to include things about intuition, because I find. Maybe my intuition is it's vastly better than it used to be. And has gotten extremely potent. I use it all the time for diagnosis for all kinds of decision making. These guys want to know in a split second, is someone dangerous or not?



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

Right. They're freaking out. Is it safe, freaking out or dangerous? Freaking out. And I was so moved by that.

Andrew Sterman: [00:43:58] So we talked about not just brain, but feel here at your heart, feeling your digestion and your gut feeling your bones, you know, like you feel, you know, pay attention to what's emanating from your skin. And we need to pay attention, you know, so we could say inspired by these two New York City cops who were really like, you know, they have a hard job and we value them for doing it. Well, I don't value the ones that don't do it well, by the way, but I do value the ones that do do it well. And as we're all working with this, everyone needs intuition. We need to take our hand away from the frozen pizza and put it to the fresh, organic chicken that we're going to cook for tonight and that we'll love, by the way. So I'm not saying we shouldn't eat food. We love you. People love the diets that we develop together, real eating. And it does work with intuition. So if you're saying just to circle back to your point, when we only eat out or pre-made food from stores that we might eat at home, we're asking ourselves to go blind and deaf, even if we might not feel that well, we say ignore it. We'll get through it. Don't worry. I love the taste of it. This is not leading us forward as a society. We need our intuition. We live in a in a world that's stressful and difficult. We need clarity.

Dr. Setareh Moafi: [00:45:20] Yeah. And the first step to that, I think, is building a deeper relationship to ourselves through practices like Qigong and then develop a relationship with food. Yeah. And cooking and yoga and.

Andrew Sterman: [00:45:32] And breathing and chewing. You know, Jeffrey, you and our shared master teacher, he has a dry and beautiful sense of humor, as you know. Right. And he can be very funny. And but it's it's gentle humor and. He says he likes to say when he's teaching diet. This is in order to be healthy. And he's speaking for the entire tradition. He really in my opinion, he's truly speaking as the holder of a vast not only scholarship, but oral tradition. This. Vast oral tradition that he's a holder of. He's speaking for the whole tradition, he says, in order to be healthy. The tradition says you have to spend two hours every day in the kitchen preparing your own food. And then he



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

says he sort of winks and has that leprechaun smile and he says, okay, so that's not going to happen, let's say one hour. And it's funny because what he's saying, he's giving you a very specific teaching. The tradition says two hours. So that's basically preparing three meals. Can we do that in two hours? Absolutely. Yes, we can. But you get good at being a good cook as also an efficient cook.

Dr. Setareh Moafi: [00:46:48] And the more you simplify, the faster you can cook your meals.

Dr. Salvador Cefalu: [00:46:51] That's the point is you got to keep it simple.

Andrew Sterman: [00:46:54] A simple meal can be made in 15, 20 minutes. You put the rice on the stove or in your instant pot or whatever, and by the time the grain is ready, everything else is cooked. It's easy and it doesn't even take that long. So two hours in the kitchen, you can cook your three meals. And then he says, So we know from that teaching that that is the traditional teaching. So he's not just saying if he were to say one hour, that's negotiating, but then we wouldn't know that the tradition is really asking for two. And then he says, okay, so as a concession to modern living, at least one hour, so at least you're cooking one meal, maybe breakfast and dinner, something like that. At least you're doing one meal. And if you say I'm cooking none of my meals, we really are not taking responsibility or having agency in our health. You could go to acupuncture every day. And it's a very important point. And it is good to say it with humor because it's a little stressful for some people.

Dr. Salvador Cefalu: [00:47:49] Would allowed me to become a healthy cook is my laziness. I just like to keep things simple and as healthy as possible and stay away from all these complex sauces. You know, people have to cover everything and think, Well, I can't. I'm not a good cook because they're comparing themselves to these, you know, exotic dishes. It's like, how is that practical?

Andrew Sterman: [00:48:12] It used to be when we were quite young. If you were ambitious, you would compare yourself to fine dining, which was French cuisine. And



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

maybe you wake up to Indian cuisine or something like that. And. Now. We're comparing ourselves to entertainment chefs. And I'll make a statement here that nearly every recipe I see is overwritten. There's just way too much stuff going on. And so we need to learn to to simplify recipes and not not be ashamed of it.

Dr. Salvador Cefalu: [00:48:51] So and I hadn't cooked corn in quite a while. We're just talking corn on the cob. And generally it's a food that I have a little bit of an allergy to. And obviously with the with the GMO issue, you know, corn's usually best to stay away from, right? But I bought a couple of years of fresh corn, so I wanted to just check what's, you know, how long should I cook the corn? And rather than calling my mother, who's used to, you know, raise it and sell it at the fruit stand. Ooh, nice. I looked online and found the best corn recipe. So you put the corn in the water and add a little salt. And then, of course, you have to add sugar to that water. Just. I just never imagined such a thing. But this is what people are doing. Everything's got to be sweet and over flavored, you know.

Andrew Sterman: [00:49:37] Right.

Dr. Salvador Cefalu: [00:49:38] It's an inflation, just like financial inflation. It's an inflation of taste in sweet, in sugar, in spiciness. Yes, in saltiness, in fried ness, deep fried ness. There's inflation going on.

Dr. Setareh Moafi: [00:49:52] But you mentioned earlier, I mean, the sugar dampens. So we're all overheated, we're all over stimulated. So we have to like instead of doing self-cultivation, we eat more ice cream and more sugar.

Andrew Sterman: [00:50:04] Right. Right. Until we wake up. And the question is. How sick do we have to get before we we say to someone like you, you too, or like me or like any any other clinicians here where you make a phone call or send an email, preferably don't call them just an email. And you say to one of us, I think I could do better. Could you help me? And then you say, Well, there might be cravings and how sick do we need to be? Like I, for example, had an MD come to me, a woman physician who middle age,



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

mid-career and she had come through cancer, had gone through the Western system and was declared cancer free. And she said. I want to make a change. I'm healthy now. They told me clean bill of health, but I don't want to do it anymore like that. Yeah. And it was so moving and her intensity and her intelligence. Superb. And she said that in medical school she was told that diet had nothing to do with anything, maybe scurvy, things like that. Deficiency diseases, protein deficiency. So now it's a little bit better in medical school. There's more, more consciousness now. And you know, on childhood nutrition, things like that. But overall, you know, she just was so poignant. She said she was taking responsibility and she said, I wouldn't say who knows what caused my cancer, but I know who's going to cause my healing. Oh, and I was so poignant. I loved it. And of course, we set up a plan and she's doing great. But you have confidence that when a person comes to that place, it's easy to have confidence. And of course, I told her that you have to spend two hours in the kitchen. Okay, maybe one. And I've been known to say, at least give yourself half an hour, please.

Andrew Sterman: [00:51:54] Yeah,

Dr. Salvador Cefalu: [00:51:55] Please.

Dr. Setareh Moafi: [00:51:56] I actually look forward to that time. Personally. I love it. I feel like that's the most grounding ritual for me in a day is to be in the kitchen and cook and prepare something.

Dr. Salvador Cefalu: [00:52:06] Yes, Andrew, We should tie up our talk. And I'm just going to say, be aware of your doctor. I have a 11 year old patient who's been receiving insulin for childhood diabetes, and the doctor says that you can just eat whatever you want because you're on medication now.

Andrew Sterman: [00:52:26] Yes, I have heard that so many too many times, including just to add to that story very briefly, when when my father was ailing and he lived to be 97.75 and when he was ailing, he had clear mind right up through the very, very, very end. And we went to we you know, we were visiting, we were cooking. We were treating



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

him. So he did very well with Chinese medicine. And he was a scientist, by the way, and he embraced Chinese medicine quite nicely, always fighting, but also embracing, as was the character, and wouldn't have it any other way for him. And he did not have diabetes, but we would go with our our two kids and and I would we'd be there and their apartment. And one day there was a home visit from his physician who was a lovely young woman, probably maybe 40, maybe. And and she was kind. And my dad thought she was great. You know, they would flirt. And he thought very, very highly of her advice. She was excellent. And. My kids were raised by us. Now they're now they're in rebellion. They're teens. But then this, you know, a couple of years ago that it was we were talking they were just chatting with this this doctor. And we were just chatting. And she was giving them some nice time. And they said something about. But ice cream and my kids were at that time more indoctrinated, more successfully indoctrinated than they were now than they are now.

Andrew Sterman: [00:54:01] And they said, you know, it's like you can't have too much of that for your whole life. You might get diabetes. And my daughter, who was at that time, she was in elementary school and she said to this physician, she says, and they don't call it diabetes for nothing. Who taught you that? She goes, I made it up. I mean, it just makes diabetes like so. And this physician cracked up. She laughed. And then she said to my two kids, It's not a bad disease anymore because we can treat it. And then you can still eat whatever you want. And my kids, their eyebrows went like, what? And they were right. And I agree totally with you, Salvador. That is incorrect. It is irresponsible medicine. You, however well you can do on your insulin, there's always the risk. It's a progressive thing of becoming insulin resistant. The cells will no longer accept and absorb and respond to insulin. And then you really have have very few tools. Then decline is there. And it's a horrible decline and a horrible death. Diabetes is not a pretty illness with the amputations and the infections and it's just awful. And of course, we saw with COVID the incredible vulnerability to other illnesses. So however well you do with insulin, imagine how well you would do, how much better with a reasonably skillful diet that still would taste fantastic, something like a mediterranean diet without the sweets.



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

Dr. Setareh Moafi: [00:55:37] Yeah. And you would enjoy. That's that's the part I think we should leave people with is that when you start to cook more and you feel empowered around this aspect of your health and nutrition, it's enjoyable. Yes. It's not a task. It's not like taking medication like a beautiful ritual.

Andrew Sterman: [00:55:55] It's not I mean, it may include bitter foods, but it's not bitter eating. And as one of my clients said, not long, just a couple of weeks ago, I wonder if I'm actually helping myself with this diet because it tastes so good. And so we had a laugh and then we brushed that away. So it does taste absolutely beautiful. It's a beautiful way to live. And it truly is. Taking Chinese medicine, a real medicine home that you do yourself self-empowering in your own home, in the kitchen, that you're sharing with your family, sharing with your friends. It is the most social medicine and. And it is the centerpiece of a life, which is why in Chinese medicine, digestion is called the center.

Dr. Salvador Cefalu: [00:56:42] On that note, Andrew, thank you very much for a wonderful talk.

Andrew Sterman: [00:56:46] Thank you. It's such a pleasure.

Dr. Salvador Cefalu: [00:56:48] Yeah. And we're going to have you back much sooner. We really, really that will enjoy also really enjoy this.

Dr. Setareh Moafi: [00:56:59] AD//Want to know the single most important thing you can do to strengthen your immune system, improve your gut health. More and more studies demonstrate the important relationship between gut health and healthy immunity, as well as the ability to have consistent energy and mental clarity. A horror Botanics is our personal line of products, including probiotics, to support gut health, digestive enzymes, to support digestion and nutrient absorption and proteolytic enzymes to support healthy joint and muscle function, tissue recovery and circulation. Visit [agora botanics.com](http://agora.botanics.com) and use the promo code Healthy ten to get 10% off your first order. Now that's a botanics.com with promo code Healthy ten. One thing I want to just



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Sterman, Part 2 of 2

leave everyone with. First of all, if you could let us know again where we can find you online.//AD

Andrew Sterman: [00:57:57] You can find my books Welcoming Food. Just you find find my name. Andrew Sterman. STERMAN. Welcoming Food. They're available through Amazon Beloved Amazon, let's say it that way. And other many many places sell the book. Our website, my website, my wife's website sells the book my website andrewsterman.com or Andrew Sterman food will give you recipes articles for free. There's a lot of free stuff. There's a lot of theory that you can you can dive into Chinese medicine dietary theory for free. There's some free qigong actually up there, I believe, if I'm not mistaken. And you can also purchase the books. They're affordable, by the way, I tried very hard to advocate for their low price. That was something that was important to me.

Dr. Setareh Moafi: [00:58:44] And they're beautiful books, by the way. Amazing resources, both of them.

Andrew Sterman: [00:58:48] Thank you. So much. I thought you meant physically. They are nicely designed.

Dr. Setareh Moafi: [00:58:51] They are! No, they're nicely designed and they're just beautiful content wise and everything. It's they're very well done.

Andrew Sterman: [00:58:58] And I'm always putting out new recipes. There's cooking classes online that that you can sign up for. I think there's some that's free. There's a I do very much believe in free offerings as well as trying to make a living. There's relatively in-depth cooking courses, including some demonstrations that you can purchase as a video series online. There are free offerings, including nutrition and cooking, advice for fertility for pregnancy and for breastfeeding specifically as well when during the the formula shortage and and I did did a teaching online that's available for free on how to support lactation with food with diet and a little bit with herbs as well and supporting fertility and pregnancy and early nutrition for your children. I think there's



The Natural Healing Podcast

with Dr. Setareh Moafi & Salvador Cefalu

Episode 63: Simplify Your Diet to Heal Yourself and the Planet with Andrew Serman, Part 2 of 2

some some of that's coming up as well. I'm teaching early. Early nutrition online in the fall. So there's some interesting things going on. And whenever someone does go online to say hello or to make a book purchase, I would love to hear from people, to hear people's stories and the beautiful things that very surprising things that people say that food is coming back to life for them and the social environment and their family is coming back to life, which is really was beyond the scope I could even have hoped for. But food is central and it is so important. So you can reach me. Andrewsterman.com I'm always open to. Two questions, suggestions and just hellos.

Dr. Setareh Moafi: [01:00:35] Andrew, thank you so much for being here. It was a pleasure. We look forward to more time with you in person, hopefully soon as well.

Andrew Serman: [01:00:46] Absolutely. Thank you so much for having me.

Dr. Setareh Moafi: [01:00:49] Now we want to hear from you. Visit acenterfornaturalhealing.com/foodhealth and let us know in the comments when you scroll down. The greatest piece of wisdom that you gleaned from these episodes What can you do with the awareness that you now have to make a difference in your personal and global health with food? Thank you so much for listening to another episode of the Natural Healing Podcast. We so look forward to being with you again next time. Bye.

Dr. Setareh Moafi: [01:01:23] 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.