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00:09 Speaker 1: Have you ever heard of the concept of kitchen pharmacy? You may not have because that's my own concept. I believe that our best pharmacy is the one in the kitchen that transfers from the kitchen to our bodies. The reality of today's world is that we need to be proactive with our own health and longevity. We've talked to you a lot about issues of prevention and issues that encompass all of who you are as a human being, not just diet, but exercise, stress management, you connecting to the world and your social interactions. So it is up to you to decide what to do with your body every single day, and to perhaps utilize your kitchen as your form of pharmacy, versus the pharmacy that we know very well, that is attached to the doctor that you visit when you need to. So, while this particular course is encouraging you every single day to make better choices, it is also important for you to know what is causing the potential imbalances in your body that might lead to disease, or presumably, at the very least, to a lower immunity. That's something that we need to work on, on a conscious basis every single day. So if you want to be proactive in protecting your immune system and make better choices, it's incredibly important that you start by listening to what's happening with your body.

01:33 S1: I recommend people to start journaling. Not just about every single thing that they put inside their body everyday, but how they feel after they're done with that meal, so that they can start recognizing the things that might be happening. And then when you start using the food and the botanicals that I'm going to recommend you, you will be better informed as to how these particular foods and nutrients are actually helping you. The reality is that we cannot be idle, we cannot be passive in this process. This is our body, it's our home, and it's the only home that you have to live in. The vast majority of us in the Western world just wait until the symptoms are a little out of control, or they go from chronic to constant to then go to a doctor. And then you'll spend a few minutes with a physician that may not know your entire life's history, won't ask you questions because they don't have enough time, and then they tell you, "You're diabetic," or "You have high blood pressure. Here, take this pill and off you go." And no other discussion is ever had, so you go and you take that pill. You go to your pharmacy, you find that pill and you take it and you think it's going to save and solve all of the problems of your life, but that is not enough. You can not accept this concept of pharmacy as the only option. There is another pharmacy out there and available to you.

03:06 S1: You can change your story, you can change the way you feel. What you do every single day could actually mean that you use your kitchen as your pharmacy versus the pharmacy's product as your pharmacy. Of course, we're going to talk here about foods and supplements that I will suggest in the next video, and I believe that between the behaviors that you're starting to change, social and lifestyle behaviors, and the foods that you're going to start to embrace, you can make a significant difference.

03:42 S1: Cannot wait to dive in on the next video. Thank you so much for listening, and I'll see you on video number three.

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