

WEBVTT

NOTE duration: "00:59:43.616"

NOTE Confidence: 0.7869873

00:00:00.399 --> 00:00:01.060 All right.

NOTE Confidence: 0.9499512

00:00:01.839 --> 00:00:02.820 Hello, everybody.

NOTE Confidence: 0.9930556

00:00:03.279 --> 00:00:04.319 Welcome to the Yale New

NOTE Confidence: 0.9930556

00:00:04.319 --> 00:00:05.779 Haven Health Teaching Kitchen.

NOTE Confidence: 0.97713214

00:00:06.960 --> 00:00:08.559 We are gonna go ahead

NOTE Confidence: 0.97713214

00:00:08.559 --> 00:00:09.920 and get started because we're

NOTE Confidence: 0.97713214

00:00:09.920 --> 00:00:11.119 gonna be respectful of your

NOTE Confidence: 0.97713214

00:00:11.119 --> 00:00:12.240 time. We've got an hour

NOTE Confidence: 0.97713214

00:00:12.240 --> 00:00:12.740 together.

NOTE Confidence: 0.9947399

00:00:13.375 --> 00:00:14.895 Thank you for spending this

NOTE Confidence: 0.9947399

00:00:14.895 --> 00:00:16.335 hour of your evening with

NOTE Confidence: 0.9947399

00:00:16.335 --> 00:00:16.835 us,

NOTE Confidence: 0.9274089

00:00:17.454 --> 00:00:19.855 for this episode of Neuro

NOTE Confidence: 0.9274089

00:00:19.855 --> 00:00:20.355 Nutrition.

NOTE Confidence: 0.91255695

00:00:21.055 --> 00:00:22.175 All right. We do in
NOTE Confidence: 0.91255695

00:00:22.175 --> 00:00:24.035 the teaching kitchen, teach free
NOTE Confidence: 0.91255695

00:00:24.255 --> 00:00:24.915 kitchen classes
NOTE Confidence: 0.98986816

00:00:25.430 --> 00:00:26.630 to patients of the Yale
NOTE Confidence: 0.98986816

00:00:26.630 --> 00:00:28.970 New Haven Health, hospital system.
NOTE Confidence: 0.9998372

00:00:29.350 --> 00:00:30.150 All you need is a
NOTE Confidence: 0.9998372

00:00:30.150 --> 00:00:31.450 referral from your provider.
NOTE Confidence: 0.97325194

00:00:32.070 --> 00:00:33.430 My name is Danielle Sanders.
NOTE Confidence: 0.97325194

00:00:33.430 --> 00:00:34.630 I am a chef registered
NOTE Confidence: 0.97325194

00:00:34.630 --> 00:00:36.229 dietitian here at the teaching
NOTE Confidence: 0.97325194

00:00:36.229 --> 00:00:37.830 kitchen, and I'm joined by
NOTE Confidence: 0.97325194

00:00:37.830 --> 00:00:39.850 two very special friends today.
NOTE Confidence: 0.9293038

00:00:40.235 --> 00:00:41.754 All right. This is Doctor.
NOTE Confidence: 0.9293038

00:00:41.754 --> 00:00:42.815 Veronica Santini.
NOTE Confidence: 0.9630229

00:00:44.074 --> 00:00:45.515 Hi. Nice to meet you.
NOTE Confidence: 0.9630229

00:00:45.515 --> 00:00:47.354 I am the clinical chief

NOTE Confidence: 0.9630229
00:00:47.354 --> 00:00:49.354 of movement disorders at Yale,
NOTE Confidence: 0.9630229
00:00:49.354 --> 00:00:50.954 and we are excited to
NOTE Confidence: 0.9630229
00:00:50.954 --> 00:00:52.094 teach you about nutrition
NOTE Confidence: 0.96547157
00:00:52.860 --> 00:00:54.699 in Parkinson's disease. Yes. Thank
NOTE Confidence: 0.96547157
00:00:54.699 --> 00:00:55.739 you for being here. And
NOTE Confidence: 0.96547157
00:00:55.739 --> 00:00:56.960 this is Megan Harkins.
NOTE Confidence: 0.96380615
00:00:57.820 --> 00:00:59.360 Hi, everyone. Megan Harkins,
NOTE Confidence: 0.91745335
00:00:59.980 --> 00:01:01.680 nurse navigator for the Parkinson's
NOTE Confidence: 0.91745335
00:01:01.820 --> 00:01:03.280 and Movement Disorder Program.
NOTE Confidence: 0.9707184
00:01:04.299 --> 00:01:05.340 So happy to be here.
NOTE Confidence: 0.9707184
00:01:05.340 --> 00:01:06.220 So happy for you to
NOTE Confidence: 0.9707184
00:01:06.220 --> 00:01:08.155 join us and very excited
NOTE Confidence: 0.9707184
00:01:08.155 --> 00:01:08.655 to,
NOTE Confidence: 0.99090576
00:01:09.115 --> 00:01:10.735 cook and taste this delicious
NOTE Confidence: 0.99090576
00:01:10.795 --> 00:01:12.015 recipe that Danielle
NOTE Confidence: 0.85286456

00:01:12.395 --> 00:01:13.515 has in store for us.
NOTE Confidence: 0.85286456

00:01:13.515 --> 00:01:14.015 Yes.
NOTE Confidence: 0.76727295

00:01:16.955 --> 00:01:18.235 Tasting is the best part
NOTE Confidence: 0.76727295

00:01:18.235 --> 00:01:19.534 at Dance Party. Yeah.
NOTE Confidence: 0.9747817

00:01:19.959 --> 00:01:22.459 Awesome. Well, April is Parkinson's
NOTE Confidence: 0.9747817

00:01:22.520 --> 00:01:24.200 awareness smart. And Megan, you
NOTE Confidence: 0.9747817

00:01:24.200 --> 00:01:25.720 were telling me about a
NOTE Confidence: 0.9747817

00:01:25.720 --> 00:01:27.319 fun fact, I suppose, about
NOTE Confidence: 0.9747817

00:01:27.319 --> 00:01:28.280 why maybe the month of
NOTE Confidence: 0.9747817

00:01:28.280 --> 00:01:29.720 April was chosen. Tell us
NOTE Confidence: 0.9747817

00:01:29.720 --> 00:01:31.579 about that. Yes. So,
NOTE Confidence: 0.99902344

00:01:32.555 --> 00:01:33.035 the,
NOTE Confidence: 0.98567706

00:01:33.355 --> 00:01:35.775 the scientist, the clinician who
NOTE Confidence: 0.98567706

00:01:35.995 --> 00:01:38.235 first noted Parkinson's disease, this
NOTE Confidence: 0.98567706

00:01:38.235 --> 00:01:39.855 is actually his birth month.
NOTE Confidence: 0.9995931

00:01:40.315 --> 00:01:41.595 And so they decided to

NOTE Confidence: 0.9995931
00:01:41.595 --> 00:01:41.995 make,
NOTE Confidence: 0.9102763
00:01:43.194 --> 00:01:45.194 the entire month Parkinson's awareness
NOTE Confidence: 0.9102763
00:01:45.194 --> 00:01:46.623 month. So there you go.
NOTE Confidence: 0.9102763
00:01:46.623 --> 00:01:47.827 A little bit random, but
NOTE Confidence: 0.9102763
00:01:47.827 --> 00:01:49.031 I like this one. Usually
NOTE Confidence: 0.9102763
00:01:49.031 --> 00:01:50.235 awareness months are just kind
NOTE Confidence: 0.9102763
00:01:50.235 --> 00:01:51.439 of, we throw them on
NOTE Confidence: 0.9102763
00:01:51.439 --> 00:01:52.884 the It's a reason for
NOTE Confidence: 0.9102763
00:01:52.884 --> 00:01:54.088 this one. I like this.
NOTE Confidence: 0.9102763
00:01:54.088 --> 00:01:55.292 All right. I kind of
NOTE Confidence: 0.9102763
00:01:55.292 --> 00:01:56.496 want to set the tone
NOTE Confidence: 0.9102763
00:01:56.496 --> 00:01:57.700 today before we get started
NOTE Confidence: 0.9102763
00:01:57.700 --> 00:01:58.905 for some things to expect.
NOTE Confidence: 0.9883789
00:01:59.865 --> 00:02:01.725 Oftentimes when we talk about
NOTE Confidence: 0.9926758
00:02:02.345 --> 00:02:03.725 specific nutrition recommendations
NOTE Confidence: 0.99869794

00:02:04.104 --> 00:02:05.485 for a condition,
NOTE Confidence: 0.99986047

00:02:06.025 --> 00:02:06.905 people think that it is
NOTE Confidence: 0.99986047

00:02:06.905 --> 00:02:07.725 very prescriptive.
NOTE Confidence: 0.99816895

00:02:08.264 --> 00:02:09.465 This program is not to
NOTE Confidence: 0.99816895

00:02:09.465 --> 00:02:11.705 be prescriptive. Parkinson's does affect
NOTE Confidence: 0.99816895

00:02:11.705 --> 00:02:13.245 each patient very differently.
NOTE Confidence: 0.98288304

00:02:13.680 --> 00:02:14.720 Okay. So what we are
NOTE Confidence: 0.98288304

00:02:14.720 --> 00:02:16.100 trying to do is,
NOTE Confidence: 0.9998372

00:02:16.560 --> 00:02:18.480 one, share practical ways to
NOTE Confidence: 0.9998372

00:02:18.480 --> 00:02:19.780 make cooking and eating
NOTE Confidence: 0.96762085

00:02:20.160 --> 00:02:21.680 a little bit safer, a
NOTE Confidence: 0.96762085

00:02:21.680 --> 00:02:23.780 little bit easier, and obviously
NOTE Confidence: 0.96762085

00:02:24.000 --> 00:02:26.340 still enjoyable. Pleasure still matters.
NOTE Confidence: 0.96762085

00:02:26.595 --> 00:02:27.095 Okay.
NOTE Confidence: 0.98813474

00:02:27.635 --> 00:02:29.075 Second, we're going to talk
NOTE Confidence: 0.98813474

00:02:29.075 --> 00:02:30.455 a little bit about adaptations

NOTE Confidence: 0.965271
00:02:30.915 --> 00:02:32.614 with eating, with cooking.
NOTE Confidence: 0.96899414
00:02:33.075 --> 00:02:33.474 Okay.
NOTE Confidence: 0.9758819
00:02:34.034 --> 00:02:35.394 Asking for help or using
NOTE Confidence: 0.9758819
00:02:35.394 --> 00:02:36.995 these things are not cheating
NOTE Confidence: 0.9758819
00:02:36.995 --> 00:02:38.754 or shortcuts. They are tools,
NOTE Confidence: 0.9758819
00:02:38.754 --> 00:02:39.474 and we want to make
NOTE Confidence: 0.9758819
00:02:39.474 --> 00:02:40.514 sure that you're equipped with
NOTE Confidence: 0.9758819
00:02:40.514 --> 00:02:41.715 the tools that are available
NOTE Confidence: 0.9758819
00:02:41.715 --> 00:02:42.740 to you. And
NOTE Confidence: 0.95882165
00:02:43.120 --> 00:02:43.940 then lastly,
NOTE Confidence: 0.987994
00:02:44.639 --> 00:02:46.240 adapting any of these small
NOTE Confidence: 0.987994
00:02:46.240 --> 00:02:47.940 changes that we demoed today
NOTE Confidence: 0.987994
00:02:48.160 --> 00:02:49.600 can help support you in
NOTE Confidence: 0.987994
00:02:49.600 --> 00:02:50.660 everyday life.
NOTE Confidence: 0.9451752
00:02:51.200 --> 00:02:52.480 Okay? So I'm going to
NOTE Confidence: 0.9451752

00:02:52.480 --> 00:02:53.620 throw it to you guys.
NOTE Confidence: 0.9451752

00:02:53.680 --> 00:02:54.720 What are some of the
NOTE Confidence: 0.9451752

00:02:54.720 --> 00:02:55.220 biggest
NOTE Confidence: 0.9934082

00:02:55.725 --> 00:02:57.264 challenges you see patients,
NOTE Confidence: 0.9975749

00:02:58.044 --> 00:03:00.205 encounter with Parkinson's, whether it's
NOTE Confidence: 0.9975749

00:03:00.205 --> 00:03:01.665 early stage or late stage?
NOTE Confidence: 0.993042

00:03:02.445 --> 00:03:04.285 Yeah. We actually have some
NOTE Confidence: 0.993042

00:03:04.285 --> 00:03:05.985 adaptive equipment here,
NOTE Confidence: 0.99993896

00:03:06.525 --> 00:03:08.365 that we recommend for some
NOTE Confidence: 0.99993896

00:03:08.365 --> 00:03:09.345 of those challenges.
NOTE Confidence: 0.99365234

00:03:10.330 --> 00:03:10.830 Obviously,
NOTE Confidence: 1

00:03:11.530 --> 00:03:12.750 one of the most recognizable
NOTE Confidence: 0.9951782

00:03:13.210 --> 00:03:14.830 symptoms of Parkinson's disease
NOTE Confidence: 0.99870956

00:03:15.130 --> 00:03:16.810 is a tremor and loss
NOTE Confidence: 0.99870956

00:03:16.810 --> 00:03:17.550 of dexterity.
NOTE Confidence: 0.9949748

00:03:18.330 --> 00:03:19.210 And so for people who

NOTE Confidence: 0.9949748

00:03:19.210 --> 00:03:20.090 love to cook, that can

NOTE Confidence: 0.9949748

00:03:20.090 --> 00:03:21.450 be very difficult, especially for

NOTE Confidence: 0.9949748

00:03:21.450 --> 00:03:23.150 slicing and dicing, for example.

NOTE Confidence: 0.96918195

00:03:24.105 --> 00:03:25.224 So you see here we

NOTE Confidence: 0.96918195

00:03:25.224 --> 00:03:27.325 have, some gloves, for example.

NOTE Confidence: 0.96918195

00:03:27.385 --> 00:03:28.204 These are actually

NOTE Confidence: 0.9416504

00:03:28.584 --> 00:03:29.325 steel gloves,

NOTE Confidence: 0.9984375

00:03:30.504 --> 00:03:32.284 and these can be used

NOTE Confidence: 0.9074707

00:03:34.025 --> 00:03:35.495 these can be used, you

NOTE Confidence: 0.96520996

00:03:36.070 --> 00:03:36.870 know, when you're cutting, you

NOTE Confidence: 0.96520996

00:03:36.870 --> 00:03:37.670 can use them on both

NOTE Confidence: 0.96520996

00:03:37.670 --> 00:03:38.550 hands. You can use them

NOTE Confidence: 0.96520996

00:03:38.550 --> 00:03:39.530 on one hand,

NOTE Confidence: 0.99604493

00:03:40.150 --> 00:03:41.510 but just to protect your

NOTE Confidence: 0.99604493

00:03:41.510 --> 00:03:42.710 hand in case there's any

NOTE Confidence: 0.99604493

00:03:42.710 --> 00:03:44.250 slippage or anything like that,
NOTE Confidence: 0.9939209

00:03:44.630 --> 00:03:46.470 when slicing, dicing, and using
NOTE Confidence: 0.9939209

00:03:46.470 --> 00:03:48.330 sharp, equipment in the kitchen.
NOTE Confidence: 0.9886678

00:03:48.655 --> 00:03:49.935 And this is just another
NOTE Confidence: 0.9886678

00:03:49.935 --> 00:03:51.055 example of one that's a
NOTE Confidence: 0.9886678

00:03:51.055 --> 00:03:51.534 little bit,
NOTE Confidence: 0.99975586

00:03:52.174 --> 00:03:52.995 less protective.
NOTE Confidence: 0.9880371

00:03:54.894 --> 00:03:55.635 What else?
NOTE Confidence: 0.9884033

00:03:56.095 --> 00:03:56.995 The so,
NOTE Confidence: 0.95512694

00:03:57.375 --> 00:03:59.235 you know, loss of dexterity,
NOTE Confidence: 0.97231036

00:04:00.720 --> 00:04:02.400 you know, like I said,
NOTE Confidence: 0.97231036

00:04:02.400 --> 00:04:03.620 cutting can be an issue.
NOTE Confidence: 0.97231036

00:04:03.840 --> 00:04:04.480 We have,
NOTE Confidence: 0.99121094

00:04:04.960 --> 00:04:05.460 this,
NOTE Confidence: 0.9557129

00:04:06.160 --> 00:04:08.340 little rocker knife, it's called.
NOTE Confidence: 0.9657227

00:04:09.040 --> 00:04:10.480 This is not a super

NOTE Confidence: 0.9657227
00:04:10.480 --> 00:04:11.760 sharp one because I travel
NOTE Confidence: 0.9657227
00:04:11.760 --> 00:04:12.800 with this one to show
NOTE Confidence: 0.9657227
00:04:12.800 --> 00:04:15.015 it to, various groups. But,
NOTE Confidence: 0.9880559
00:04:15.895 --> 00:04:17.095 nonetheless, you can get them.
NOTE Confidence: 0.9880559
00:04:17.095 --> 00:04:18.455 They can be very sharp,
NOTE Confidence: 0.9880559
00:04:18.775 --> 00:04:19.755 and very effective,
NOTE Confidence: 0.9822998
00:04:20.615 --> 00:04:21.275 at cutting,
NOTE Confidence: 0.95699465
00:04:21.735 --> 00:04:22.855 in the kitchen so that
NOTE Confidence: 0.95699465
00:04:22.855 --> 00:04:24.695 you can continue to make
NOTE Confidence: 0.95699465
00:04:24.695 --> 00:04:26.055 the recipes that you love.
NOTE Confidence: 0.95699465
00:04:26.055 --> 00:04:27.690 And it works, you kind
NOTE Confidence: 0.95699465
00:04:27.690 --> 00:04:28.770 of like this. You can
NOTE Confidence: 0.95699465
00:04:28.770 --> 00:04:29.889 saw it or you can
NOTE Confidence: 0.95699465
00:04:29.889 --> 00:04:31.169 chop. Yeah. I'm gonna let
NOTE Confidence: 0.95699465
00:04:31.169 --> 00:04:32.289 you actually cut up something
NOTE Confidence: 0.95699465

00:04:32.289 --> 00:04:33.009 that we'll be using in
NOTE Confidence: 0.95699465

00:04:33.009 --> 00:04:33.889 a recipe in a minute
NOTE Confidence: 0.95699465

00:04:33.889 --> 00:04:34.770 so you can kinda show
NOTE Confidence: 0.95699465

00:04:34.770 --> 00:04:36.629 how it works. Sure. So
NOTE Confidence: 0.9546596

00:04:37.409 --> 00:04:38.610 like I said, not super
NOTE Confidence: 0.9546596

00:04:38.610 --> 00:04:39.430 sharp, but
NOTE Confidence: 0.89819336

00:04:40.474 --> 00:04:41.514 I gave you the the
NOTE Confidence: 0.89819336

00:04:41.514 --> 00:04:43.854 most crunchy carrot out there.
NOTE Confidence: 0.9215495

00:04:45.354 --> 00:04:46.875 Little action shot for everybody
NOTE Confidence: 0.9215495

00:04:46.875 --> 00:04:48.474 out there. So that's just
NOTE Confidence: 0.9215495

00:04:48.474 --> 00:04:49.214 an example.
NOTE Confidence: 0.81505203

00:04:50.634 --> 00:04:51.354 I'll take those out of
NOTE Confidence: 0.81505203

00:04:51.354 --> 00:04:52.474 your way. Sure. Thank you.
NOTE Confidence: 0.81505203

00:04:52.555 --> 00:04:53.675 The work for you. That's
NOTE Confidence: 0.81505203

00:04:53.675 --> 00:04:54.175 okay.
NOTE Confidence: 0.8293457

00:04:57.620 --> 00:04:58.120 So,

NOTE Confidence: 0.9968262
00:04:59.220 --> 00:05:01.240 in addition to tremor,
NOTE Confidence: 0.97868466
00:05:01.860 --> 00:05:03.380 you know, there can be
NOTE Confidence: 0.97868466
00:05:03.380 --> 00:05:05.779 issues with, you know, significant
NOTE Confidence: 0.97868466
00:05:05.779 --> 00:05:07.000 issues with mobility,
NOTE Confidence: 0.8955078
00:05:07.860 --> 00:05:09.240 in addition to,
NOTE Confidence: 0.9848633
00:05:12.375 --> 00:05:13.514 in addition to,
NOTE Confidence: 0.9987793
00:05:14.055 --> 00:05:15.014 you know, being able to
NOTE Confidence: 0.9987793
00:05:15.014 --> 00:05:16.534 move around the kitchen Yeah.
NOTE Confidence: 0.98701614
00:05:17.335 --> 00:05:19.094 Finding things in, you know,
NOTE Confidence: 0.98701614
00:05:19.094 --> 00:05:20.775 in lower cabinets, getting things
NOTE Confidence: 0.98701614
00:05:20.775 --> 00:05:22.534 up high. That's where this
NOTE Confidence: 0.98701614
00:05:22.534 --> 00:05:24.534 fun little grabber can come
NOTE Confidence: 0.98701614
00:05:24.534 --> 00:05:25.194 in handy.
NOTE Confidence: 0.7067871
00:05:27.529 --> 00:05:29.070 So yeah. Yeah.
NOTE Confidence: 0.9267578
00:05:30.010 --> 00:05:30.970 Yeah. You can pick things
NOTE Confidence: 0.9267578

00:05:30.970 --> 00:05:32.750 up with it. Very handy
NOTE Confidence: 0.91557616

00:05:34.330 --> 00:05:36.110 and pretty simple to use.
NOTE Confidence: 0.98057234

00:05:37.130 --> 00:05:38.570 And this actually has a
NOTE Confidence: 0.98057234

00:05:38.570 --> 00:05:39.825 lot of uses in addition
NOTE Confidence: 0.98057234

00:05:39.904 --> 00:05:41.105 to just being a grabber
NOTE Confidence: 0.98057234

00:05:41.105 --> 00:05:42.225 grabber. It has a magnet
NOTE Confidence: 0.98057234

00:05:42.225 --> 00:05:43.185 on the bottom as well
NOTE Confidence: 0.98057234

00:05:43.185 --> 00:05:44.225 for any metal things that
NOTE Confidence: 0.98057234

00:05:44.225 --> 00:05:45.045 you might drop.
NOTE Confidence: 0.9729992

00:05:46.625 --> 00:05:47.845 And, you know, the reality
NOTE Confidence: 0.9729992

00:05:47.985 --> 00:05:49.665 is is that this is
NOTE Confidence: 0.9729992

00:05:49.665 --> 00:05:51.425 great to grab things, to
NOTE Confidence: 0.9729992

00:05:51.425 --> 00:05:53.105 move things, etcetera, to keep
NOTE Confidence: 0.9729992

00:05:53.105 --> 00:05:53.605 stability.
NOTE Confidence: 0.9796071

00:05:54.200 --> 00:05:55.480 But if you do have
NOTE Confidence: 0.9796071

00:05:55.480 --> 00:05:57.000 trouble with mobility, you need

NOTE Confidence: 0.9796071
00:05:57.000 --> 00:05:58.120 to sit while you cook,
NOTE Confidence: 0.9796071
00:05:58.120 --> 00:05:58.860 for example.
NOTE Confidence: 0.97665405
00:05:59.480 --> 00:06:01.400 We really advise that you
NOTE Confidence: 0.97665405
00:06:01.400 --> 00:06:02.620 rearrange your cabinets.
NOTE Confidence: 0.97807556
00:06:03.080 --> 00:06:05.180 Put things in accessible places.
NOTE Confidence: 0.97807556
00:06:05.240 --> 00:06:06.600 If these are the cabinets
NOTE Confidence: 0.97807556
00:06:06.600 --> 00:06:08.005 that you can reach or
NOTE Confidence: 0.97807556
00:06:08.005 --> 00:06:09.205 when you're sitting or in
NOTE Confidence: 0.97807556
00:06:09.205 --> 00:06:10.565 a chair or on on
NOTE Confidence: 0.97807556
00:06:10.565 --> 00:06:11.305 your walker,
NOTE Confidence: 0.98023856
00:06:12.165 --> 00:06:13.365 go ahead and put the
NOTE Confidence: 0.98023856
00:06:13.365 --> 00:06:14.985 important stuff that you use
NOTE Confidence: 0.98023856
00:06:15.205 --> 00:06:16.485 right down here so that
NOTE Confidence: 0.98023856
00:06:16.485 --> 00:06:17.685 it's not that you're reaching
NOTE Confidence: 0.98023856
00:06:17.685 --> 00:06:19.525 above your head where, you
NOTE Confidence: 0.98023856

00:06:19.525 --> 00:06:20.904 know, I might be upset
NOTE Confidence: 0.98023856

00:06:21.045 --> 00:06:22.585 about you losing your balance.
NOTE Confidence: 0.9533203

00:06:23.740 --> 00:06:25.099 I love that. So, especially
NOTE Confidence: 0.9533203

00:06:25.099 --> 00:06:26.400 here in the teaching kitchen,
NOTE Confidence: 0.97254103

00:06:27.099 --> 00:06:28.879 we try to provide accommodations
NOTE Confidence: 0.97254103

00:06:28.939 --> 00:06:29.819 for patients that come in
NOTE Confidence: 0.97254103

00:06:29.819 --> 00:06:31.099 with Parkinson's as well. We
NOTE Confidence: 0.97254103

00:06:31.099 --> 00:06:32.300 do have the cut gloves.
NOTE Confidence: 0.97254103

00:06:32.300 --> 00:06:33.419 Some of these other gadgets
NOTE Confidence: 0.97254103

00:06:33.419 --> 00:06:34.860 we don't have, but I
NOTE Confidence: 0.97254103

00:06:34.860 --> 00:06:36.425 love that tip And a
NOTE Confidence: 0.97254103

00:06:36.425 --> 00:06:37.385 lot of people, you know,
NOTE Confidence: 0.97254103

00:06:37.385 --> 00:06:38.745 maybe are hesitant at first
NOTE Confidence: 0.97254103

00:06:38.745 --> 00:06:39.625 to make some of those
NOTE Confidence: 0.97254103

00:06:39.625 --> 00:06:40.825 changes. But again, it's about
NOTE Confidence: 0.97254103

00:06:40.825 --> 00:06:42.445 making it easier for you.

NOTE Confidence: 0.97254103

00:06:42.585 --> 00:06:43.865 It's your house. Your house.

NOTE Confidence: 0.97254103

00:06:43.865 --> 00:06:45.385 Make your life easy. Right?

NOTE Confidence: 0.97254103

00:06:45.385 --> 00:06:47.065 Yeah. Take breaks, sit down,

NOTE Confidence: 0.97254103

00:06:47.065 --> 00:06:47.785 do what you need to

NOTE Confidence: 0.97254103

00:06:47.785 --> 00:06:50.105 do. Yeah. Absolutely. Okay. What

NOTE Confidence: 0.97254103

00:06:50.105 --> 00:06:51.165 else do you have?

NOTE Confidence: 0.9953875

00:06:51.930 --> 00:06:52.890 So when it comes to

NOTE Confidence: 0.9953875

00:06:52.890 --> 00:06:54.170 eating, obviously, you wanna be

NOTE Confidence: 0.9953875

00:06:54.170 --> 00:06:55.690 able to enjoy your food,

NOTE Confidence: 0.9953875

00:06:55.930 --> 00:06:56.890 once you make it or

NOTE Confidence: 0.9953875

00:06:56.890 --> 00:06:58.010 once your loved one makes

NOTE Confidence: 0.9953875

00:06:58.010 --> 00:06:58.830 it for you.

NOTE Confidence: 0.9656677

00:06:59.370 --> 00:07:00.330 So we have just a

NOTE Confidence: 0.9656677

00:07:00.330 --> 00:07:01.950 couple things, here,

NOTE Confidence: 0.94814456

00:07:02.490 --> 00:07:03.850 that could be pretty handy.

NOTE Confidence: 0.90004885

00:07:04.250 --> 00:07:06.190 This is a a weighted
NOTE Confidence: 0.90004885

00:07:06.250 --> 00:07:08.255 bowl, and it's also insulated.
NOTE Confidence: 0.9987444

00:07:09.035 --> 00:07:10.235 So one of the things
NOTE Confidence: 0.9987444

00:07:10.235 --> 00:07:10.975 that happens
NOTE Confidence: 0.97753906

00:07:12.075 --> 00:07:13.835 with, Parkinson's disease, you know,
NOTE Confidence: 0.97753906

00:07:13.835 --> 00:07:15.355 is people slow down. All
NOTE Confidence: 0.97753906

00:07:15.355 --> 00:07:16.795 of the movements get much
NOTE Confidence: 0.97753906

00:07:16.795 --> 00:07:17.295 slower.
NOTE Confidence: 0.9908447

00:07:17.835 --> 00:07:19.455 And so this is insulated
NOTE Confidence: 0.9908447

00:07:19.595 --> 00:07:20.415 to keep your
NOTE Confidence: 0.99902344

00:07:21.310 --> 00:07:21.810 your
NOTE Confidence: 0.9938558

00:07:22.270 --> 00:07:23.550 food, your soup, you know,
NOTE Confidence: 0.9938558

00:07:23.550 --> 00:07:24.050 whatever,
NOTE Confidence: 0.98250324

00:07:24.590 --> 00:07:25.970 you wanna put in here
NOTE Confidence: 0.98250324

00:07:26.110 --> 00:07:26.610 warm,
NOTE Confidence: 0.9946696

00:07:27.150 --> 00:07:28.030 you know, even if it

NOTE Confidence: 0.9946696
00:07:28.030 --> 00:07:28.910 takes a while to eat
NOTE Confidence: 0.9946696
00:07:28.910 --> 00:07:30.750 it. And it's weighted so
NOTE Confidence: 0.9946696
00:07:30.750 --> 00:07:32.110 that it's not moving all
NOTE Confidence: 0.9946696
00:07:32.110 --> 00:07:33.949 around as you're, you know,
NOTE Confidence: 0.9946696
00:07:33.949 --> 00:07:35.470 as you're dipping your spoon
NOTE Confidence: 0.9946696
00:07:35.470 --> 00:07:36.289 into it.
NOTE Confidence: 0.99902344
00:07:37.285 --> 00:07:38.585 We also have
NOTE Confidence: 0.88286674
00:07:39.045 --> 00:07:40.405 these three things. I'm gonna
NOTE Confidence: 0.88286674
00:07:40.405 --> 00:07:41.785 show these items together.
NOTE Confidence: 0.99890137
00:07:42.405 --> 00:07:43.385 One of the things,
NOTE Confidence: 0.96397567
00:07:44.325 --> 00:07:45.605 my patients always tell me
NOTE Confidence: 0.96397567
00:07:45.605 --> 00:07:47.385 about, Megan, is how
NOTE Confidence: 0.9640808
00:07:47.765 --> 00:07:49.205 the like you said, either
NOTE Confidence: 0.9640808
00:07:49.205 --> 00:07:50.665 the bowl is moving around
NOTE Confidence: 0.9640808
00:07:50.885 --> 00:07:52.419 or the food is moving
NOTE Confidence: 0.9640808

00:07:52.419 --> 00:07:52.919 around
NOTE Confidence: 0.93120867
00:07:53.620 --> 00:07:54.819 on the plate and it
NOTE Confidence: 0.93120867
00:07:54.819 --> 00:07:56.580 becomes that they're chasing after
NOTE Confidence: 0.93120867
00:07:56.580 --> 00:07:57.720 it. Right. Exactly.
NOTE Confidence: 0.99279785
00:07:58.259 --> 00:07:59.220 So when,
NOTE Confidence: 0.98838973
00:07:59.699 --> 00:08:00.740 you know, in addition to
NOTE Confidence: 0.98838973
00:08:00.740 --> 00:08:02.020 using a weighted bowl, if
NOTE Confidence: 0.98838973
00:08:02.020 --> 00:08:03.300 the, if the plate is
NOTE Confidence: 0.98838973
00:08:03.300 --> 00:08:04.520 actually moving around,
NOTE Confidence: 0.94436646
00:08:05.139 --> 00:08:06.520 this is called Dycem.
NOTE Confidence: 0.9696045
00:08:07.385 --> 00:08:08.585 This is a very sort
NOTE Confidence: 0.9696045
00:08:08.585 --> 00:08:10.045 of sticky material,
NOTE Confidence: 0.9946289
00:08:10.665 --> 00:08:11.705 and it comes in all
NOTE Confidence: 0.9946289
00:08:11.705 --> 00:08:13.065 sorts of shapes and sizes.
NOTE Confidence: 0.9946289
00:08:13.065 --> 00:08:14.185 You can actually buy it
NOTE Confidence: 0.9946289
00:08:14.185 --> 00:08:15.465 in a roll as well

NOTE Confidence: 0.9946289
00:08:15.465 --> 00:08:16.685 and be able to cut,
NOTE Confidence: 0.9915946
00:08:17.145 --> 00:08:18.505 you know, the size that
NOTE Confidence: 0.9915946
00:08:18.505 --> 00:08:19.245 you need.
NOTE Confidence: 0.9873047
00:08:20.185 --> 00:08:20.685 But
NOTE Confidence: 0.93359375
00:08:21.640 --> 00:08:23.160 to your point, you can
NOTE Confidence: 0.93359375
00:08:23.160 --> 00:08:24.540 put a plate on here
NOTE Confidence: 0.93359375
00:08:24.600 --> 00:08:25.820 and then it doesn't move.
NOTE Confidence: 0.9844238
00:08:27.080 --> 00:08:28.120 And so that can sort
NOTE Confidence: 0.9844238
00:08:28.120 --> 00:08:30.220 of another handy, you know,
NOTE Confidence: 0.9923096
00:08:31.160 --> 00:08:32.600 tip for for keeping your
NOTE Confidence: 0.9923096
00:08:32.600 --> 00:08:34.140 plate in place, for example.
NOTE Confidence: 0.95043945
00:08:35.400 --> 00:08:35.900 This,
NOTE Confidence: 0.96340334
00:08:36.554 --> 00:08:37.915 this plate, you might notice
NOTE Confidence: 0.96340334
00:08:37.915 --> 00:08:39.455 it's a little oddly shaped.
NOTE Confidence: 0.99902344
00:08:40.075 --> 00:08:42.175 That's because it has a,
NOTE Confidence: 0.9993164

00:08:42.715 --> 00:08:44.715 a lip on it. So,
NOTE Confidence: 0.99624914

00:08:45.434 --> 00:08:46.795 everyone knows if you have
NOTE Confidence: 0.99624914

00:08:46.795 --> 00:08:47.835 tremor, if you have loss
NOTE Confidence: 0.99624914

00:08:47.835 --> 00:08:49.035 of dexterity, it can be
NOTE Confidence: 0.99624914

00:08:49.035 --> 00:08:50.475 very, very difficult to get
NOTE Confidence: 0.99624914

00:08:50.475 --> 00:08:51.295 food onto
NOTE Confidence: 0.9652832

00:08:51.800 --> 00:08:53.500 your spoon, onto your fork.
NOTE Confidence: 0.98605144

00:08:54.040 --> 00:08:55.319 And so this lip sort
NOTE Confidence: 0.98605144

00:08:55.319 --> 00:08:56.779 of serves as a as
NOTE Confidence: 0.98605144

00:08:56.920 --> 00:08:59.019 a, as an assist. Right?
NOTE Confidence: 0.977417

00:09:00.199 --> 00:09:00.939 And then,
NOTE Confidence: 0.9764404

00:09:01.480 --> 00:09:03.120 this here is a,
NOTE Confidence: 0.9878743

00:09:03.559 --> 00:09:04.779 a weighted spoon.
NOTE Confidence: 0.9976196

00:09:05.120 --> 00:09:06.379 You can get weighted forks,
NOTE Confidence: 0.9976196

00:09:06.439 --> 00:09:07.660 weighted knives, weighted
NOTE Confidence: 0.96191406

00:09:08.144 --> 00:09:08.625 spoons.

NOTE Confidence: 0.9541504
00:09:09.105 --> 00:09:11.125 The weight can actually help,
NOTE Confidence: 0.9790039
00:09:11.584 --> 00:09:13.184 control a tremor a little
NOTE Confidence: 0.9790039
00:09:13.184 --> 00:09:13.684 bit.
NOTE Confidence: 0.79225326
00:09:14.251 --> 00:09:16.584 And The width, the large
NOTE Confidence: 0.79225326
00:09:16.985 --> 00:09:18.304 the wide bend. Very wide.
NOTE Confidence: 0.79225326
00:09:18.304 --> 00:09:19.824 Yeah. Really helps with the
NOTE Confidence: 0.79225326
00:09:19.824 --> 00:09:21.684 dexterity issues. Yep.
NOTE Confidence: 0.9291992
00:09:25.450 --> 00:09:27.050 Spoon, it's not only weighted,
NOTE Confidence: 0.9291992
00:09:27.050 --> 00:09:28.490 but you can also bend
NOTE Confidence: 0.9291992
00:09:28.490 --> 00:09:28.650 it,
NOTE Confidence: 0.99100167
00:09:29.530 --> 00:09:30.410 to make it a little
NOTE Confidence: 0.99100167
00:09:30.410 --> 00:09:31.230 bit easier
NOTE Confidence: 0.96102905
00:09:31.610 --> 00:09:32.730 to get the food to
NOTE Confidence: 0.96102905
00:09:32.730 --> 00:09:33.770 your mouth, right?
NOTE Confidence: 0.6749878
00:09:34.570 --> 00:09:35.929 So I, you wanna
NOTE Confidence: 0.9251845

00:09:39.915 --> 00:09:41.515 so going back to this
NOTE Confidence: 0.9251845

00:09:41.515 --> 00:09:43.535 this, this scoop plate,
NOTE Confidence: 0.9748614

00:09:43.915 --> 00:09:44.635 you know, we have the
NOTE Confidence: 0.9748614

00:09:44.635 --> 00:09:46.235 weighted spoon. You can imagine
NOTE Confidence: 0.9748614

00:09:46.235 --> 00:09:48.315 peas or something here. And
NOTE Confidence: 0.9748614

00:09:48.315 --> 00:09:50.575 rather than having to twist
NOTE Confidence: 0.9748614

00:09:50.715 --> 00:09:52.155 the spoon, right, to come
NOTE Confidence: 0.9748614

00:09:52.155 --> 00:09:53.855 to your mouth, you simply
NOTE Confidence: 0.9748614

00:09:54.075 --> 00:09:54.575 lift
NOTE Confidence: 0.98515624

00:09:56.679 --> 00:09:59.259 to your mouth. Lots of,
NOTE Confidence: 0.97998047

00:09:59.720 --> 00:10:01.880 tools that are useful, I
NOTE Confidence: 0.97998047

00:10:01.880 --> 00:10:02.679 think, for a lot of
NOTE Confidence: 0.97998047

00:10:02.679 --> 00:10:03.179 people.
NOTE Confidence: 0.9686937

00:10:03.720 --> 00:10:04.759 So as we go along
NOTE Confidence: 0.9686937

00:10:04.759 --> 00:10:05.959 today, you're gonna see us
NOTE Confidence: 0.9686937

00:10:05.959 --> 00:10:07.019 try to incorporate

NOTE Confidence: 0.97860646
00:10:07.399 --> 00:10:08.679 using some of these just
NOTE Confidence: 0.97860646
00:10:08.679 --> 00:10:09.720 to demo what it might
NOTE Confidence: 0.97860646
00:10:09.720 --> 00:10:11.524 look like. Okay. And we're
NOTE Confidence: 0.97860646
00:10:11.524 --> 00:10:12.084 going to go ahead and
NOTE Confidence: 0.97860646
00:10:12.084 --> 00:10:13.605 get started with our first
NOTE Confidence: 0.97860646
00:10:13.605 --> 00:10:15.765 recipe. Now I met with
NOTE Confidence: 0.97860646
00:10:15.765 --> 00:10:17.125 these ladies to make sure
NOTE Confidence: 0.97860646
00:10:17.125 --> 00:10:18.245 that these recipes were in
NOTE Confidence: 0.97860646
00:10:18.245 --> 00:10:19.225 line with recommendations
NOTE Confidence: 0.9950358
00:10:19.765 --> 00:10:20.985 and common challenges,
NOTE Confidence: 0.99936146
00:10:21.605 --> 00:10:23.065 that you see with patients.
NOTE Confidence: 0.99936146
00:10:23.285 --> 00:10:24.325 And one of the things
NOTE Confidence: 0.99936146
00:10:24.325 --> 00:10:25.225 that you mentioned
NOTE Confidence: 0.97945464
00:10:25.709 --> 00:10:26.910 was we need to be
NOTE Confidence: 0.97945464
00:10:26.910 --> 00:10:28.429 able to add lots of
NOTE Confidence: 0.97945464

00:10:28.429 --> 00:10:29.970 flavor to things,
NOTE Confidence: 0.9950684

00:10:30.350 --> 00:10:32.689 maybe adding sauces or gravy.
NOTE Confidence: 0.9700056

00:10:32.990 --> 00:10:33.870 Tell me a little bit
NOTE Confidence: 0.9700056

00:10:33.870 --> 00:10:35.389 more about what challenge that
NOTE Confidence: 0.9700056

00:10:35.389 --> 00:10:36.610 is gonna help meet.
NOTE Confidence: 0.90966797

00:10:37.149 --> 00:10:38.929 Danielle, our patients,
NOTE Confidence: 0.9737769

00:10:39.725 --> 00:10:40.925 really, a lot of them
NOTE Confidence: 0.9737769

00:10:40.925 --> 00:10:43.085 cannot taste very well, and
NOTE Confidence: 0.9737769

00:10:43.085 --> 00:10:44.605 it's because they lose their
NOTE Confidence: 0.9737769

00:10:44.605 --> 00:10:45.805 sense of smell. And smell
NOTE Confidence: 0.9737769

00:10:45.805 --> 00:10:47.085 and taste are one and
NOTE Confidence: 0.9737769

00:10:47.085 --> 00:10:48.205 the same. They go right
NOTE Confidence: 0.9737769

00:10:48.205 --> 00:10:50.125 together. And so if you
NOTE Confidence: 0.9737769

00:10:50.125 --> 00:10:51.245 start to lose your sense
NOTE Confidence: 0.9737769

00:10:51.245 --> 00:10:53.005 of taste and you can't
NOTE Confidence: 0.9737769

00:10:53.005 --> 00:10:54.360 smell the food, it really

NOTE Confidence: 0.9737769

00:10:54.360 --> 00:10:56.280 reduces your appetite. And then

NOTE Confidence: 0.9737769

00:10:56.280 --> 00:10:57.960 like you said, we wanna

NOTE Confidence: 0.9737769

00:10:57.960 --> 00:11:00.040 enjoy life. We want everyone

NOTE Confidence: 0.9737769

00:11:00.040 --> 00:11:01.400 to have pleasure, and food

NOTE Confidence: 0.9737769

00:11:01.400 --> 00:11:02.120 is a big source of

NOTE Confidence: 0.9737769

00:11:02.120 --> 00:11:03.400 pleasure for lots of people.

NOTE Confidence: 0.9737769

00:11:03.400 --> 00:11:05.000 Absolutely. So strong flavors can

NOTE Confidence: 0.9737769

00:11:05.000 --> 00:11:06.120 help to kind of override

NOTE Confidence: 0.9737769

00:11:06.120 --> 00:11:07.805 that. Okay. That's what we're

NOTE Confidence: 0.9737769

00:11:07.805 --> 00:11:09.505 gonna do. Yeah. And also,

NOTE Confidence: 0.99902344

00:11:09.885 --> 00:11:11.745 thinking about nutrition recommendations

NOTE Confidence: 0.98652345

00:11:12.205 --> 00:11:13.725 for good brain health. We

NOTE Confidence: 0.98652345

00:11:13.725 --> 00:11:15.184 know that fruits and vegetables

NOTE Confidence: 0.9468994

00:11:15.805 --> 00:11:16.465 are important.

NOTE Confidence: 0.9564916

00:11:17.245 --> 00:11:18.045 So I'm gonna come up

NOTE Confidence: 0.9564916

00:11:18.045 --> 00:11:19.245 with a salad dressing. That's
NOTE Confidence: 0.9564916

00:11:19.245 --> 00:11:20.525 my first idea. Love it.
NOTE Confidence: 0.9564916

00:11:20.525 --> 00:11:22.140 Okay. Now this dressing
NOTE Confidence: 0.97993165

00:11:22.840 --> 00:11:24.120 tastes good on things other
NOTE Confidence: 0.97993165

00:11:24.120 --> 00:11:25.480 than salad. Okay. Okay. We
NOTE Confidence: 0.97993165

00:11:25.480 --> 00:11:26.360 are gonna show it on
NOTE Confidence: 0.97993165

00:11:26.360 --> 00:11:28.920 salad today. But, think outside
NOTE Confidence: 0.97993165

00:11:28.920 --> 00:11:29.800 of the box when it
NOTE Confidence: 0.97993165

00:11:29.800 --> 00:11:31.000 comes to this. You could
NOTE Confidence: 0.97993165

00:11:31.000 --> 00:11:32.280 put this on a grain
NOTE Confidence: 0.97993165

00:11:32.280 --> 00:11:34.040 salad. It actually tastes good
NOTE Confidence: 0.97993165

00:11:34.040 --> 00:11:34.840 on the dish that we're
NOTE Confidence: 0.97993165

00:11:34.840 --> 00:11:36.540 gonna prepare today as well.
NOTE Confidence: 0.9628383

00:11:36.855 --> 00:11:37.735 But I think this tastes
NOTE Confidence: 0.9628383

00:11:37.735 --> 00:11:39.334 good on meats and other
NOTE Confidence: 0.9628383

00:11:39.334 --> 00:11:41.355 things as well. Okay. Okay.

NOTE Confidence: 0.9628383
00:11:41.415 --> 00:11:43.035 So what we're making is
NOTE Confidence: 0.9628383
00:11:43.095 --> 00:11:45.334 a, let's see, carrot ginger
NOTE Confidence: 0.9628383
00:11:45.334 --> 00:11:47.255 salad dressing. It is very
NOTE Confidence: 0.9628383
00:11:47.255 --> 00:11:48.375 bright. It has a ton
NOTE Confidence: 0.9628383
00:11:48.375 --> 00:11:50.009 of flavor. We're going to
NOTE Confidence: 0.9628383
00:11:50.009 --> 00:11:51.290 start with some carrots, and
NOTE Confidence: 0.9628383
00:11:51.290 --> 00:11:52.649 you saw Meghan cut those
NOTE Confidence: 0.9628383
00:11:52.649 --> 00:11:55.449 with the, adaptive rocker knife
NOTE Confidence: 0.9628383
00:11:55.449 --> 00:11:55.949 there.
NOTE Confidence: 0.99380773
00:11:56.250 --> 00:11:57.449 If you were cutting with
NOTE Confidence: 0.99380773
00:11:57.449 --> 00:11:58.649 the cut glove, here is
NOTE Confidence: 0.99380773
00:11:58.649 --> 00:11:59.149 where
NOTE Confidence: 0.94740516
00:11:59.850 --> 00:12:01.370 I might pop on the
NOTE Confidence: 0.94740516
00:12:01.370 --> 00:12:02.190 cut glove.
NOTE Confidence: 0.9581706
00:12:04.014 --> 00:12:04.815 If I can get my
NOTE Confidence: 0.9581706

00:12:04.815 --> 00:12:05.954 camera to come in
NOTE Confidence: 0.9752264

00:12:06.574 --> 00:12:07.535 and show you what I'm
NOTE Confidence: 0.9752264

00:12:07.535 --> 00:12:08.995 doing here. There we go.
NOTE Confidence: 0.9752264

00:12:09.054 --> 00:12:09.934 You might come in with
NOTE Confidence: 0.9752264

00:12:09.934 --> 00:12:11.214 the cut glove. This one's
NOTE Confidence: 0.9752264

00:12:11.214 --> 00:12:12.495 a little large for me,
NOTE Confidence: 0.9752264

00:12:12.495 --> 00:12:13.615 just so that you're not
NOTE Confidence: 0.9752264

00:12:13.615 --> 00:12:15.135 cutting your fingers or anything
NOTE Confidence: 0.9752264

00:12:15.135 --> 00:12:16.334 like that. And I'm just
NOTE Confidence: 0.9752264

00:12:16.334 --> 00:12:17.454 going to rough chop this
NOTE Confidence: 0.9752264

00:12:17.454 --> 00:12:19.059 carrot. We are making this
NOTE Confidence: 0.9752264

00:12:19.059 --> 00:12:21.000 salad dressing in a blender
NOTE Confidence: 0.9723558

00:12:22.420 --> 00:12:23.700 because it's quick and easy.
NOTE Confidence: 0.9723558

00:12:23.700 --> 00:12:24.580 So we're gonna go in
NOTE Confidence: 0.9723558

00:12:24.580 --> 00:12:25.480 with the carrots.
NOTE Confidence: 0.96253383

00:12:26.900 --> 00:12:28.740 Alright, very simple ingredients here.

NOTE Confidence: 0.96253383
00:12:28.740 --> 00:12:29.620 We're gonna go in with
NOTE Confidence: 0.96253383
00:12:29.620 --> 00:12:30.760 some canola oil,
NOTE Confidence: 0.97856444
00:12:32.135 --> 00:12:33.755 a little rice wine vinegar.
NOTE Confidence: 0.97602
00:12:34.135 --> 00:12:35.335 This one's really fun because
NOTE Confidence: 0.97602
00:12:35.335 --> 00:12:36.875 it's just dump, right?
NOTE Confidence: 0.9919072
00:12:37.975 --> 00:12:39.095 And so whether you're adding
NOTE Confidence: 0.9919072
00:12:39.095 --> 00:12:40.054 it or you're working with
NOTE Confidence: 0.9919072
00:12:40.054 --> 00:12:41.915 somebody else, it's really great.
NOTE Confidence: 0.9919072
00:12:41.975 --> 00:12:43.415 We've got a little sesame
NOTE Confidence: 0.9919072
00:12:43.415 --> 00:12:44.295 oil that we're going to
NOTE Confidence: 0.9919072
00:12:44.295 --> 00:12:44.875 go in
NOTE Confidence: 0.98950195
00:12:45.750 --> 00:12:47.210 and some soy sauce.
NOTE Confidence: 0.95515734
00:12:47.990 --> 00:12:49.030 You might be picking up
NOTE Confidence: 0.95515734
00:12:49.030 --> 00:12:50.309 on the flavor here, this
NOTE Confidence: 0.95515734
00:12:50.309 --> 00:12:52.150 is often served in like
NOTE Confidence: 0.95515734

00:12:52.150 --> 00:12:54.710 a Japanese steakhouse. Okay. Okay,

NOTE Confidence: 0.95515734

00:12:54.710 --> 00:12:56.150 and it's usually served on

NOTE Confidence: 0.95515734

00:12:56.150 --> 00:12:57.990 like a wedge salad. For

NOTE Confidence: 0.95515734

00:12:57.990 --> 00:12:59.110 the spices here, I've got

NOTE Confidence: 0.95515734

00:12:59.110 --> 00:13:00.330 a little curry powder,

NOTE Confidence: 0.97410583

00:13:01.085 --> 00:13:02.845 some onion powder and garlic

NOTE Confidence: 0.97410583

00:13:02.845 --> 00:13:04.045 powder, and then just a

NOTE Confidence: 0.97410583

00:13:04.045 --> 00:13:05.165 little bit of honey for

NOTE Confidence: 0.97410583

00:13:05.165 --> 00:13:05.665 sweetness.

NOTE Confidence: 0.9876938

00:13:07.005 --> 00:13:08.605 Now, Danielle, if anyone was

NOTE Confidence: 0.9876938

00:13:08.605 --> 00:13:10.045 interested in, you know, keeping

NOTE Confidence: 0.9876938

00:13:10.045 --> 00:13:11.405 it a little bit more

NOTE Confidence: 0.9876938

00:13:11.405 --> 00:13:13.005 Mediterranean style, would it be

NOTE Confidence: 0.9876938

00:13:13.005 --> 00:13:14.205 possible to switch out the

NOTE Confidence: 0.9876938

00:13:14.205 --> 00:13:15.725 canola oil for olive oil,

NOTE Confidence: 0.9876938

00:13:15.725 --> 00:13:16.465 for example?

NOTE Confidence: 0.9901573

00:13:16.779 --> 00:13:17.980 Absolutely. You could you could

NOTE Confidence: 0.9901573

00:13:17.980 --> 00:13:19.580 absolutely use either one. If

NOTE Confidence: 0.9901573

00:13:19.580 --> 00:13:20.540 you were gonna do olive

NOTE Confidence: 0.9901573

00:13:20.540 --> 00:13:22.380 oil, I would do just

NOTE Confidence: 0.9901573

00:13:22.380 --> 00:13:24.080 a plain classic olive oil.

NOTE Confidence: 0.9901573

00:13:24.140 --> 00:13:25.179 You don't want the flavor

NOTE Confidence: 0.9901573

00:13:25.179 --> 00:13:26.460 to overpower the rest of

NOTE Confidence: 0.9901573

00:13:26.460 --> 00:13:27.760 the ingredients here.

NOTE Confidence: 0.96319026

00:13:28.300 --> 00:13:29.260 I did that's why I

NOTE Confidence: 0.96319026

00:13:29.260 --> 00:13:30.540 did the canola as well

NOTE Confidence: 0.96319026

00:13:30.540 --> 00:13:31.754 as just cost. Sometimes it's

NOTE Confidence: 0.96319026

00:13:31.754 --> 00:13:32.954 a little bit cheaper. Yes.

NOTE Confidence: 0.96319026

00:13:32.954 --> 00:13:33.774 Yeah, absolutely.

NOTE Confidence: 0.9644368

00:13:35.915 --> 00:13:36.875 All right. So I'm gonna

NOTE Confidence: 0.9644368

00:13:36.875 --> 00:13:38.175 pop this in the blender.

NOTE Confidence: 0.9644368

00:13:38.475 --> 00:13:39.754 And overall, it seems like

NOTE Confidence: 0.9644368

00:13:39.754 --> 00:13:41.035 this is a really good

NOTE Confidence: 0.9644368

00:13:41.035 --> 00:13:42.654 source of healthy fats

NOTE Confidence: 0.91664344

00:13:43.595 --> 00:13:44.795 in addition to the nice

NOTE Confidence: 0.91664344

00:13:44.795 --> 00:13:45.615 strong flavor.

NOTE Confidence: 0.8955078

00:13:46.730 --> 00:13:47.230 Absolutely.

NOTE Confidence: 0.9978841

00:13:47.610 --> 00:13:48.809 Lots of healthy fats in

NOTE Confidence: 0.9978841

00:13:48.809 --> 00:13:49.309 here.

NOTE Confidence: 0.92074585

00:14:02.475 --> 00:14:03.755 Have to deafen you guys

NOTE Confidence: 0.92074585

00:14:03.755 --> 00:14:04.875 when I turn the blender

NOTE Confidence: 0.92074585

00:14:04.875 --> 00:14:05.535 on here.

NOTE Confidence: 0.95723313

00:14:07.835 --> 00:14:09.434 So again, this is a

NOTE Confidence: 0.95723313

00:14:09.434 --> 00:14:10.875 nice, it's a nice bright

NOTE Confidence: 0.95723313

00:14:10.875 --> 00:14:11.915 color as you can see

NOTE Confidence: 0.95723313

00:14:11.915 --> 00:14:13.649 from the carrots. I'm gonna

NOTE Confidence: 0.95723313

00:14:13.649 --> 00:14:14.529 pop a little water in

NOTE Confidence: 0.95723313

00:14:14.529 --> 00:14:15.490 here because I do want

NOTE Confidence: 0.95723313

00:14:15.490 --> 00:14:16.769 it thin for the salad

NOTE Confidence: 0.95723313

00:14:16.769 --> 00:14:18.130 dressing. You could also warm

NOTE Confidence: 0.95723313

00:14:18.130 --> 00:14:19.329 this up and it's almost

NOTE Confidence: 0.95723313

00:14:19.329 --> 00:14:20.529 like soup like as well.

NOTE Confidence: 0.95723313

00:14:20.529 --> 00:14:21.510 Mhmm. Okay?

NOTE Confidence: 0.8556722

00:14:21.889 --> 00:14:23.889 Sounds delicious. Alright. The visual

NOTE Confidence: 0.8556722

00:14:23.889 --> 00:14:25.170 appeal of it is also

NOTE Confidence: 0.8556722

00:14:25.170 --> 00:14:26.690 important. Right? Like, that makes

NOTE Confidence: 0.8556722

00:14:26.690 --> 00:14:26.718 us hungry and excited and

NOTE Confidence: 0.8556722

00:14:26.718 --> 00:14:26.752 it actually that visual input

NOTE Confidence: 0.8556722

00:14:26.752 --> 00:14:27.750 into our brain gets everything

NOTE Confidence: 0.88126045

00:14:30.505 --> 00:14:32.205 actually, that visual input into

NOTE Confidence: 0.88126045

00:14:32.345 --> 00:14:33.385 our brain gets everything going

NOTE Confidence: 0.88126045

00:14:33.385 --> 00:14:33.965 as far as appetite.

NOTE Confidence: 0.96533203

00:14:34.305 --> 00:14:34.805 I
NOTE Confidence: 0.9251019

00:14:35.145 --> 00:14:36.305 think so. Yeah. I think
NOTE Confidence: 0.9251019

00:14:36.305 --> 00:14:37.385 so. Yeah. So we're gonna
NOTE Confidence: 0.9251019

00:14:37.385 --> 00:14:38.665 kinda show two ways that
NOTE Confidence: 0.9251019

00:14:38.665 --> 00:14:40.105 you might enjoy this salad,
NOTE Confidence: 0.9251019

00:14:40.105 --> 00:14:41.645 thinking about shortcuts
NOTE Confidence: 0.9898926

00:14:42.149 --> 00:14:43.449 and that sort of thing.
NOTE Confidence: 0.9900445

00:14:43.990 --> 00:14:45.110 I like to put it
NOTE Confidence: 0.9900445

00:14:45.110 --> 00:14:46.410 on a wedge salad,
NOTE Confidence: 0.95686847

00:14:46.790 --> 00:14:47.589 the one there on the
NOTE Confidence: 0.95686847

00:14:47.589 --> 00:14:48.089 left.
NOTE Confidence: 0.96560186

00:14:48.550 --> 00:14:49.589 But you can also use
NOTE Confidence: 0.96560186

00:14:49.589 --> 00:14:51.190 like a bagged salad. Okay,
NOTE Confidence: 0.96560186

00:14:51.190 --> 00:14:52.310 something that we talk about
NOTE Confidence: 0.96560186

00:14:52.310 --> 00:14:54.009 is how can you
NOTE Confidence: 0.9714684

00:14:54.384 --> 00:14:55.904 save some time, save some

NOTE Confidence: 0.9714684
00:14:55.904 --> 00:14:57.505 energy. Cutting lettuce takes some
NOTE Confidence: 0.9714684
00:14:57.505 --> 00:14:59.024 time and energy. Go for
NOTE Confidence: 0.9714684
00:14:59.024 --> 00:15:00.065 a bagged salad if you
NOTE Confidence: 0.9714684
00:15:00.065 --> 00:15:01.425 want to get those leafy
NOTE Confidence: 0.9714684
00:15:01.425 --> 00:15:01.925 greens.
NOTE Confidence: 0.97127277
00:15:02.305 --> 00:15:03.345 Don't have to cut it.
NOTE Confidence: 0.97127277
00:15:03.345 --> 00:15:04.644 Very easy to prepare.
NOTE Confidence: 0.98583984
00:15:05.024 --> 00:15:05.524 Yeah.
NOTE Confidence: 0.9715492
00:15:06.144 --> 00:15:07.769 I mean, this great for
NOTE Confidence: 0.9715492
00:15:07.769 --> 00:15:09.370 so many types of people,
NOTE Confidence: 0.9715492
00:15:09.370 --> 00:15:10.910 people who are busy, right?
NOTE Confidence: 0.9715492
00:15:10.970 --> 00:15:11.850 Save a little bit of
NOTE Confidence: 0.9715492
00:15:11.850 --> 00:15:13.209 time. I definitely take those
NOTE Confidence: 0.9715492
00:15:13.209 --> 00:15:14.589 shortcuts in my life.
NOTE Confidence: 0.91618925
00:15:22.295 --> 00:15:23.915 Yes. I take those shortcuts
NOTE Confidence: 0.91618925

00:15:23.975 --> 00:15:25.375 too. And All the time.
NOTE Confidence: 0.91618925

00:15:25.654 --> 00:15:26.695 I All the time. I'm
NOTE Confidence: 0.91618925

00:15:26.695 --> 00:15:28.615 actually so surprised right now
NOTE Confidence: 0.91618925

00:15:28.615 --> 00:15:29.575 how easy it is to
NOTE Confidence: 0.91618925

00:15:29.575 --> 00:15:31.255 make homemade dressing. I usually
NOTE Confidence: 0.91618925

00:15:31.255 --> 00:15:32.695 rely on bottles, and I'm
NOTE Confidence: 0.91618925

00:15:32.695 --> 00:15:33.815 just watching This is a
NOTE Confidence: 0.91618925

00:15:33.815 --> 00:15:36.120 hotel. A three minute, you
NOTE Confidence: 0.9694824

00:15:36.580 --> 00:15:37.160 know, process.
NOTE Confidence: 0.9108887

00:15:38.660 --> 00:15:39.640 Very easy.
NOTE Confidence: 0.9074707

00:15:40.500 --> 00:15:41.240 Let's see here.
NOTE Confidence: 0.9609375

00:15:44.420 --> 00:15:45.300 All right, we're gonna go
NOTE Confidence: 0.9609375

00:15:45.300 --> 00:15:46.660 ahead and pop this on
NOTE Confidence: 0.9609375

00:15:46.660 --> 00:15:48.100 our salad here just for
NOTE Confidence: 0.9609375

00:15:48.100 --> 00:15:48.920 a good view.
NOTE Confidence: 0.9376628

00:15:49.355 --> 00:15:50.315 Why don't you bring me

NOTE Confidence: 0.9376628
00:15:50.315 --> 00:15:50.815 over
NOTE Confidence: 0.96398926
00:15:51.355 --> 00:15:52.815 the wedge salad first?
NOTE Confidence: 0.97585577
00:15:55.755 --> 00:15:56.875 All right, so I might
NOTE Confidence: 0.97585577
00:15:56.875 --> 00:15:58.395 just drizzle a little like
NOTE Confidence: 0.97585577
00:15:58.395 --> 00:15:59.355 this. I have the wrong
NOTE Confidence: 0.97585577
00:15:59.355 --> 00:16:00.815 utensil, but that's okay.
NOTE Confidence: 0.97942823
00:16:01.115 --> 00:16:02.075 I always like how a
NOTE Confidence: 0.97942823
00:16:02.075 --> 00:16:03.540 wedge salad looks a little,
NOTE Confidence: 0.97942823
00:16:03.540 --> 00:16:04.760 we call it rustic.
NOTE Confidence: 0.9537862
00:16:05.380 --> 00:16:06.340 Right? It looks a little
NOTE Confidence: 0.9537862
00:16:06.340 --> 00:16:07.460 rustic. It doesn't have to
NOTE Confidence: 0.9537862
00:16:07.460 --> 00:16:08.120 be perfect.
NOTE Confidence: 0.949818
00:16:08.900 --> 00:16:10.200 And then this is nice,
NOTE Confidence: 0.949818
00:16:10.340 --> 00:16:11.700 pretty elevated. If you wanted
NOTE Confidence: 0.949818
00:16:11.700 --> 00:16:12.740 to like serve this at
NOTE Confidence: 0.949818

00:16:12.740 --> 00:16:13.940 a party, it feels a
NOTE Confidence: 0.949818

00:16:13.940 --> 00:16:14.680 little fancy.
NOTE Confidence: 0.96855927

00:16:15.395 --> 00:16:16.755 A nice salad here, you
NOTE Confidence: 0.96855927

00:16:16.755 --> 00:16:17.795 could top it with some
NOTE Confidence: 0.96855927

00:16:17.795 --> 00:16:19.395 sesame seeds or anything like
NOTE Confidence: 0.96855927

00:16:19.395 --> 00:16:19.895 that.
NOTE Confidence: 0.91191405

00:16:20.515 --> 00:16:21.635 And then maybe let's see
NOTE Confidence: 0.91191405

00:16:21.635 --> 00:16:22.355 if you were going to
NOTE Confidence: 0.91191405

00:16:22.355 --> 00:16:23.655 do it on this one,
NOTE Confidence: 0.94421387

00:16:24.195 --> 00:16:25.255 what I would recommend,
NOTE Confidence: 0.9876573

00:16:27.530 --> 00:16:28.810 got two lovely sous chefs
NOTE Confidence: 0.9876573

00:16:28.810 --> 00:16:29.870 in the kitchen today,
NOTE Confidence: 0.98885447

00:16:30.330 --> 00:16:31.610 is I would recommend going
NOTE Confidence: 0.98885447

00:16:31.610 --> 00:16:32.890 ahead and just putting a
NOTE Confidence: 0.98885447

00:16:32.890 --> 00:16:34.010 little on top of your
NOTE Confidence: 0.98885447

00:16:34.010 --> 00:16:35.290 dressing, maybe doing this in

NOTE Confidence: 0.98885447
00:16:35.290 --> 00:16:36.110 a big bowl
NOTE Confidence: 0.97281903
00:16:36.570 --> 00:16:37.290 and then you can kind
NOTE Confidence: 0.97281903
00:16:37.290 --> 00:16:38.590 of toss your greens.
NOTE Confidence: 0.9770101
00:16:38.970 --> 00:16:40.330 I like when my salad
NOTE Confidence: 0.9770101
00:16:40.330 --> 00:16:42.185 dressing is fully coated on
NOTE Confidence: 0.9770101
00:16:42.185 --> 00:16:42.925 my salad.
NOTE Confidence: 0.9746791
00:16:44.025 --> 00:16:45.225 So something like this might
NOTE Confidence: 0.9746791
00:16:45.225 --> 00:16:45.885 be good.
NOTE Confidence: 0.9923941
00:16:47.785 --> 00:16:48.985 A technique that we are
NOTE Confidence: 0.9923941
00:16:48.985 --> 00:16:50.265 going to show in just
NOTE Confidence: 0.9923941
00:16:50.265 --> 00:16:51.165 a little bit,
NOTE Confidence: 0.960362
00:16:51.945 --> 00:16:53.545 again with dexterity, right, maybe
NOTE Confidence: 0.960362
00:16:53.545 --> 00:16:54.745 I can't use the tongs
NOTE Confidence: 0.960362
00:16:54.745 --> 00:16:55.990 in this way, You could
NOTE Confidence: 0.960362
00:16:55.990 --> 00:16:57.450 open the bag of lettuce
NOTE Confidence: 0.960362

00:16:57.670 --> 00:16:58.870 or your salad dressing in
NOTE Confidence: 0.960362

00:16:58.870 --> 00:16:59.830 there and then shake it
NOTE Confidence: 0.960362

00:16:59.830 --> 00:17:01.350 up. Absolutely. That's a good
NOTE Confidence: 0.960362

00:17:01.350 --> 00:17:02.150 way to do it as
NOTE Confidence: 0.960362

00:17:02.150 --> 00:17:03.130 well. Yeah.
NOTE Confidence: 0.9941406

00:17:03.670 --> 00:17:05.210 I've also seen people,
NOTE Confidence: 0.93237305

00:17:05.750 --> 00:17:06.890 use like a Tupperware,
NOTE Confidence: 0.9128255

00:17:07.190 --> 00:17:08.150 you know, put the top
NOTE Confidence: 0.9128255

00:17:08.150 --> 00:17:09.590 on the Tupperware, just shake
NOTE Confidence: 0.9128255

00:17:09.590 --> 00:17:11.484 it that way. Yeah. Amazing.
NOTE Confidence: 0.9468661

00:17:12.345 --> 00:17:13.465 All right. I'm gonna get
NOTE Confidence: 0.9468661

00:17:13.465 --> 00:17:14.425 set up for our next
NOTE Confidence: 0.9468661

00:17:14.425 --> 00:17:14.925 recipe,
NOTE Confidence: 0.99869794

00:17:15.225 --> 00:17:16.425 but let's talk about some
NOTE Confidence: 0.99869794

00:17:16.425 --> 00:17:16.905 other,
NOTE Confidence: 0.9998047

00:17:18.345 --> 00:17:20.045 challenges that you might see

NOTE Confidence: 0.9941406
00:17:21.145 --> 00:17:21.885 with Parkinson's.
NOTE Confidence: 0.9343262
00:17:23.640 --> 00:17:24.140 Well,
NOTE Confidence: 0.9610921
00:17:24.760 --> 00:17:25.880 should we talk about what's
NOTE Confidence: 0.9610921
00:17:25.880 --> 00:17:26.840 near and dear to my
NOTE Confidence: 0.9610921
00:17:26.840 --> 00:17:28.119 heart? Let's talk about it.
NOTE Confidence: 0.9610921
00:17:28.119 --> 00:17:30.040 Sure, please do. Okay. Well,
NOTE Confidence: 0.9610921
00:17:30.040 --> 00:17:31.320 you mentioned you're just gonna
NOTE Confidence: 0.9610921
00:17:31.320 --> 00:17:32.940 add a little bit of
NOTE Confidence: 0.9589844
00:17:33.400 --> 00:17:33.900 water
NOTE Confidence: 0.88671875
00:17:34.200 --> 00:17:35.500 to your salad dressing.
NOTE Confidence: 0.9847311
00:17:36.065 --> 00:17:38.385 Oh, hydration. Hydration. That's the
NOTE Confidence: 0.9847311
00:17:38.385 --> 00:17:39.684 big one. Nobody
NOTE Confidence: 0.99902344
00:17:39.984 --> 00:17:40.484 hydrates
NOTE Confidence: 0.9695638
00:17:41.025 --> 00:17:42.945 well enough. I mean, most
NOTE Confidence: 0.9695638
00:17:42.945 --> 00:17:43.825 of the people you talk
NOTE Confidence: 0.9695638

00:17:43.825 --> 00:17:44.945 to say, oh, do you
NOTE Confidence: 0.9695638

00:17:44.945 --> 00:17:46.625 hydrate? Yeah. Do pretty well
NOTE Confidence: 0.9695638

00:17:46.625 --> 00:17:48.305 with hydration. And we are
NOTE Confidence: 0.9695638

00:17:48.305 --> 00:17:50.565 all under hydrating. So
NOTE Confidence: 0.9815674

00:17:51.320 --> 00:17:52.920 you know how much water
NOTE Confidence: 0.9815674

00:17:52.920 --> 00:17:53.880 we really need? We need
NOTE Confidence: 0.9815674

00:17:53.880 --> 00:17:55.160 a lot. I sure do.
NOTE Confidence: 0.9815674

00:17:55.160 --> 00:17:56.460 I work with you regularly.
NOTE Confidence: 0.95166016

00:17:56.760 --> 00:17:57.480 And so
NOTE Confidence: 0.947847

00:17:57.960 --> 00:17:59.400 And our number is is
NOTE Confidence: 0.947847

00:17:59.400 --> 00:18:00.920 drilled into my head. Sixty
NOTE Confidence: 0.947847

00:18:00.920 --> 00:18:02.520 ounces is what you recommend.
NOTE Confidence: 0.947847

00:18:02.520 --> 00:18:04.105 Yeah. Right? Yep. For some
NOTE Confidence: 0.947847

00:18:04.105 --> 00:18:05.065 people, it's more than that,
NOTE Confidence: 0.947847

00:18:05.065 --> 00:18:06.184 and it really is based
NOTE Confidence: 0.947847

00:18:06.184 --> 00:18:07.465 on our body side. And

NOTE Confidence: 0.947847
00:18:07.465 --> 00:18:09.085 what I always think about
NOTE Confidence: 0.947847
00:18:09.225 --> 00:18:10.825 is how every single cell
NOTE Confidence: 0.947847
00:18:10.825 --> 00:18:12.605 in our body is functioning
NOTE Confidence: 0.947847
00:18:12.744 --> 00:18:14.265 on water. And when you
NOTE Confidence: 0.947847
00:18:14.265 --> 00:18:15.720 don't have enough water, your
NOTE Confidence: 0.947847
00:18:15.720 --> 00:18:17.240 cells are like shriveled up
NOTE Confidence: 0.947847
00:18:17.240 --> 00:18:19.000 and miserable. And when you
NOTE Confidence: 0.947847
00:18:19.000 --> 00:18:20.200 do have enough water, all
NOTE Confidence: 0.947847
00:18:20.200 --> 00:18:21.419 of the cells are functioning
NOTE Confidence: 0.9437934
00:18:21.720 --> 00:18:23.559 to maximum capacity. And that's
NOTE Confidence: 0.9437934
00:18:23.559 --> 00:18:24.539 gonna be so important
NOTE Confidence: 0.9779297
00:18:24.919 --> 00:18:26.059 when you have a disease
NOTE Confidence: 0.92839813
00:18:26.359 --> 00:18:27.900 that is affecting your brain
NOTE Confidence: 0.92839813
00:18:28.119 --> 00:18:29.565 and your thinking, you're gonna
NOTE Confidence: 0.92839813
00:18:29.804 --> 00:18:32.065 see increased energy levels, reduced
NOTE Confidence: 0.92839813

00:18:32.125 --> 00:18:32.625 fatigue,
NOTE Confidence: 0.924315

00:18:33.244 --> 00:18:35.164 and you're also going to
NOTE Confidence: 0.924315

00:18:35.164 --> 00:18:36.205 be able to boost blood
NOTE Confidence: 0.924315

00:18:36.205 --> 00:18:37.744 pressure, which is so important.
NOTE Confidence: 0.924315

00:18:37.884 --> 00:18:39.404 Absolutely. Makes sense. Yeah. I
NOTE Confidence: 0.924315

00:18:39.404 --> 00:18:40.524 can't think of a single
NOTE Confidence: 0.924315

00:18:40.524 --> 00:18:42.544 bodily process that doesn't involve
NOTE Confidence: 0.924315

00:18:42.605 --> 00:18:43.884 water. Right? Our bodies are
NOTE Confidence: 0.924315

00:18:43.884 --> 00:18:45.460 what? Eighty water, I think
NOTE Confidence: 0.924315

00:18:45.460 --> 00:18:46.519 the statistic is.
NOTE Confidence: 0.9734933

00:18:47.380 --> 00:18:48.820 And in addition to helping
NOTE Confidence: 0.9734933

00:18:48.820 --> 00:18:49.559 with fatigue,
NOTE Confidence: 0.98155105

00:18:50.340 --> 00:18:51.380 it can help with brain
NOTE Confidence: 0.98155105

00:18:51.380 --> 00:18:52.500 fog. Right? If you're having
NOTE Confidence: 0.98155105

00:18:52.500 --> 00:18:53.940 some cognitive issues, it could
NOTE Confidence: 0.98155105

00:18:53.940 --> 00:18:55.559 be because you're really dehydrated.

NOTE Confidence: 0.9205976
00:18:56.419 --> 00:18:57.460 It can help with sore
NOTE Confidence: 0.9205976
00:18:57.460 --> 00:18:58.515 muscles. It can help with
NOTE Confidence: 0.9205976
00:18:58.675 --> 00:19:00.115 with humidity. Right? Yes.
NOTE Confidence: 0.98950195
00:19:00.435 --> 00:19:02.135 So it's there's yeah.
NOTE Confidence: 0.82177734
00:19:02.675 --> 00:19:03.655 First and foremost,
NOTE Confidence: 0.97207034
00:19:04.115 --> 00:19:04.994 if you're going to make
NOTE Confidence: 0.97207034
00:19:04.994 --> 00:19:06.435 any sort of lifestyle changes
NOTE Confidence: 0.97207034
00:19:06.435 --> 00:19:07.795 at all, starting with water
NOTE Confidence: 0.97207034
00:19:07.795 --> 00:19:08.915 and making sure you're getting
NOTE Confidence: 0.97207034
00:19:08.915 --> 00:19:10.115 enough is probably a good
NOTE Confidence: 0.97207034
00:19:10.115 --> 00:19:11.734 place to start. And please
NOTE Confidence: 0.9351614
00:19:13.020 --> 00:19:14.060 tell me, well, I'm just
NOTE Confidence: 0.9351614
00:19:14.060 --> 00:19:16.300 not thirsty or I don't
NOTE Confidence: 0.9351614
00:19:16.300 --> 00:19:17.660 really like water. Nobody really
NOTE Confidence: 0.9351614
00:19:17.660 --> 00:19:19.340 likes water. It's not like,
NOTE Confidence: 0.9351614

00:19:19.340 --> 00:19:20.380 oh, let me have some
NOTE Confidence: 0.9351614

00:19:20.380 --> 00:19:21.340 water. I mean, I do.
NOTE Confidence: 0.9351614

00:19:21.340 --> 00:19:23.360 But but most normal people
NOTE Confidence: 0.9351614

00:19:23.500 --> 00:19:24.620 aren't gonna be doing that.
NOTE Confidence: 0.9351614

00:19:24.620 --> 00:19:25.740 So don't wait until you're
NOTE Confidence: 0.9351614

00:19:25.740 --> 00:19:27.075 thirsty. It's already too late.
NOTE Confidence: 0.9351614

00:19:27.075 --> 00:19:28.115 Your poor kidneys are like,
NOTE Confidence: 0.9351614

00:19:28.115 --> 00:19:29.315 please give us water by
NOTE Confidence: 0.9351614

00:19:29.315 --> 00:19:30.994 that point. So just drink
NOTE Confidence: 0.9351614

00:19:30.994 --> 00:19:32.355 it. How are you gonna
NOTE Confidence: 0.9351614

00:19:32.355 --> 00:19:33.575 get that much in though?
NOTE Confidence: 0.9351614

00:19:33.715 --> 00:19:34.215 Well,
NOTE Confidence: 0.8409831

00:19:35.075 --> 00:19:35.815 a few things.
NOTE Confidence: 0.88654786

00:19:36.195 --> 00:19:37.875 I always recommend carrying a
NOTE Confidence: 0.88654786

00:19:37.875 --> 00:19:39.160 water bottle around all the
NOTE Confidence: 0.88654786

00:19:39.160 --> 00:19:40.440 time. So having that water

NOTE Confidence: 0.88654786
00:19:40.440 --> 00:19:42.300 handy, right, is so important.
NOTE Confidence: 0.9497513
00:19:43.320 --> 00:19:45.020 Setting little goals for yourself
NOTE Confidence: 0.9497513
00:19:45.080 --> 00:19:46.680 even, right, if you haven't,
NOTE Confidence: 0.9497513
00:19:46.920 --> 00:19:48.200 if you're not really a
NOTE Confidence: 0.9497513
00:19:48.200 --> 00:19:49.560 big water drinker or big
NOTE Confidence: 0.9497513
00:19:49.560 --> 00:19:50.460 fluid drinker,
NOTE Confidence: 0.895358
00:19:51.075 --> 00:19:52.434 you know, starting off with,
NOTE Confidence: 0.895358
00:19:52.434 --> 00:19:53.875 I'm gonna get, you know,
NOTE Confidence: 0.895358
00:19:53.875 --> 00:19:55.075 one bottle of water in
NOTE Confidence: 0.895358
00:19:55.075 --> 00:19:56.115 by ten AM. This is
NOTE Confidence: 0.895358
00:19:56.115 --> 00:19:56.835 for example.
NOTE Confidence: 0.9802734
00:19:57.955 --> 00:19:59.494 You know, starting small there.
NOTE Confidence: 0.98217773
00:20:00.674 --> 00:20:01.734 Having incorporating
NOTE Confidence: 0.9213867
00:20:02.434 --> 00:20:02.934 juicy,
NOTE Confidence: 0.8079834
00:20:13.140 --> 00:20:14.040 taste good,
NOTE Confidence: 0.9764404

00:20:14.660 --> 00:20:15.780 you know, adding in some
NOTE Confidence: 0.9764404

00:20:15.780 --> 00:20:16.280 flavor
NOTE Confidence: 0.9714577

00:20:18.414 --> 00:20:18.465 to the water, we often
NOTE Confidence: 0.9714577

00:20:18.465 --> 00:20:19.054 recommend cutting with juice, for
NOTE Confidence: 0.9714577

00:20:19.054 --> 00:20:19.554 example,
NOTE Confidence: 0.8502546

00:20:20.335 --> 00:20:22.015 cutting with Gatorade, adding in
NOTE Confidence: 0.8502546

00:20:22.015 --> 00:20:24.255 some, electrolyte tablets, for example.
NOTE Confidence: 0.8502546

00:20:24.335 --> 00:20:25.135 Need to add a little
NOTE Confidence: 0.8502546

00:20:25.135 --> 00:20:26.575 bubbly, a little carpet. Little
NOTE Confidence: 0.8502546

00:20:26.575 --> 00:20:27.075 bit
NOTE Confidence: 0.7192383

00:20:27.455 --> 00:20:27.955 of
NOTE Confidence: 0.9407064

00:20:28.255 --> 00:20:29.294 glitter water. That's what I
NOTE Confidence: 0.9407064

00:20:29.294 --> 00:20:30.174 like to do. I love
NOTE Confidence: 0.9407064

00:20:30.174 --> 00:20:32.080 it. Yes. Yeah. I like
NOTE Confidence: 0.9407064

00:20:32.080 --> 00:20:32.799 that you brought up the
NOTE Confidence: 0.9407064

00:20:32.799 --> 00:20:34.240 point about food as well.

NOTE Confidence: 0.9407064
00:20:34.240 --> 00:20:35.619 That's something that we often,
NOTE Confidence: 0.9701916
00:20:36.159 --> 00:20:37.600 mention Mhmm. Is that you
NOTE Confidence: 0.9701916
00:20:37.600 --> 00:20:39.440 can eat your hydration too.
NOTE Confidence: 0.9701916
00:20:39.440 --> 00:20:41.119 Yes. So soups and stews
NOTE Confidence: 0.9701916
00:20:41.119 --> 00:20:42.879 as well as those naturally
NOTE Confidence: 0.9701916
00:20:42.879 --> 00:20:43.379 juicy
NOTE Confidence: 0.8722445
00:20:43.815 --> 00:20:46.234 fruits and vegetables. Cucumbers. Cucumbers.
NOTE Confidence: 0.8722445
00:20:46.294 --> 00:20:47.014 Oh, my goodness. So it's
NOTE Confidence: 0.8722445
00:20:47.014 --> 00:20:48.375 basically water. Yes. Right. If
NOTE Confidence: 0.8722445
00:20:48.375 --> 00:20:49.335 you're drinking two cups of
NOTE Confidence: 0.8722445
00:20:49.335 --> 00:20:50.294 water, you eat a whole
NOTE Confidence: 0.8722445
00:20:50.294 --> 00:20:51.654 cucumber. I love oh, really?
NOTE Confidence: 0.8722445
00:20:51.654 --> 00:20:52.855 Yeah. Wow. That's great. So
NOTE Confidence: 0.8722445
00:20:52.855 --> 00:20:54.774 much water. Now, here you
NOTE Confidence: 0.8722445
00:20:54.774 --> 00:20:55.274 go.
NOTE Confidence: 0.9234096

00:20:56.059 --> 00:20:57.900 Alright. So something else that
NOTE Confidence: 0.9234096

00:20:57.900 --> 00:20:58.380 I know,
NOTE Confidence: 0.99434406

00:20:58.780 --> 00:20:59.900 I've had a few patients
NOTE Confidence: 0.99434406

00:20:59.900 --> 00:21:00.940 in the kitchen talk to
NOTE Confidence: 0.99434406

00:21:00.940 --> 00:21:01.600 me about,
NOTE Confidence: 0.98095703

00:21:02.380 --> 00:21:02.880 is
NOTE Confidence: 0.8054199

00:21:03.500 --> 00:21:04.000 protein.
NOTE Confidence: 0.9314683

00:21:04.380 --> 00:21:06.460 Mhmm. Protein with Parkinson's. Some
NOTE Confidence: 0.9314683

00:21:06.460 --> 00:21:07.500 people say I can't eat
NOTE Confidence: 0.9314683

00:21:07.500 --> 00:21:09.419 protein. It inter interacts with
NOTE Confidence: 0.9314683

00:21:09.419 --> 00:21:10.080 my medication.
NOTE Confidence: 0.994028

00:21:10.380 --> 00:21:11.595 Mhmm. And this is a
NOTE Confidence: 0.994028

00:21:11.595 --> 00:21:13.434 conversation that we've had. What
NOTE Confidence: 0.994028

00:21:13.434 --> 00:21:14.415 would you say
NOTE Confidence: 0.99986047

00:21:14.795 --> 00:21:16.075 to a patient that is
NOTE Confidence: 0.99986047

00:21:16.075 --> 00:21:16.895 worried about

NOTE Confidence: 0.79003906
00:21:17.434 --> 00:21:18.575 protein specifically?
NOTE Confidence: 0.9616394
00:21:19.434 --> 00:21:20.475 And and where does that
NOTE Confidence: 0.9616394
00:21:20.475 --> 00:21:21.934 come from? Sure.
NOTE Confidence: 0.9504323
00:21:22.955 --> 00:21:24.315 Well, it depends on the
NOTE Confidence: 0.9504323
00:21:24.315 --> 00:21:25.595 patient. It always starts with
NOTE Confidence: 0.9504323
00:21:25.595 --> 00:21:27.840 that. Certainly. So it we
NOTE Confidence: 0.9504323
00:21:27.840 --> 00:21:28.740 can't say,
NOTE Confidence: 0.9584961
00:21:29.520 --> 00:21:31.700 like, anything in Parkinson's disease.
NOTE Confidence: 0.9848958
00:21:32.160 --> 00:21:33.119 You can never say that
NOTE Confidence: 0.9848958
00:21:33.119 --> 00:21:34.640 there's a universal rule for
NOTE Confidence: 0.9848958
00:21:34.640 --> 00:21:35.920 any one person. Right. That's
NOTE Confidence: 0.9848958
00:21:35.920 --> 00:21:37.280 across the board. Across the
NOTE Confidence: 0.9848958
00:21:37.280 --> 00:21:39.280 board. Yep. And one reason
NOTE Confidence: 0.9848958
00:21:39.280 --> 00:21:40.660 is is that this although
NOTE Confidence: 0.9918803
00:21:41.040 --> 00:21:42.855 we know that protein can
NOTE Confidence: 0.9918803

00:21:42.934 --> 00:21:44.294 block the absorption of one
NOTE Confidence: 0.9918803

00:21:44.294 --> 00:21:45.655 of the most important medicines
NOTE Confidence: 0.9918803

00:21:45.655 --> 00:21:47.434 that we have, carbidopa levodopa,
NOTE Confidence: 0.99806213

00:21:48.135 --> 00:21:49.815 we also know it doesn't
NOTE Confidence: 0.99806213

00:21:49.815 --> 00:21:51.975 matter so much in early
NOTE Confidence: 0.99806213

00:21:51.975 --> 00:21:53.895 disease course. Mhmm. It really
NOTE Confidence: 0.99806213

00:21:53.895 --> 00:21:54.395 matters
NOTE Confidence: 0.9980469

00:21:54.775 --> 00:21:56.794 more as disease progresses. So
NOTE Confidence: 0.9656677

00:21:57.160 --> 00:21:58.600 in the early stage, I
NOTE Confidence: 0.9656677

00:21:58.600 --> 00:21:59.960 say, please don't worry about
NOTE Confidence: 0.9656677

00:21:59.960 --> 00:22:00.840 it. You have enough to
NOTE Confidence: 0.9656677

00:22:00.840 --> 00:22:02.440 think about and learn and
NOTE Confidence: 0.9656677

00:22:02.440 --> 00:22:04.040 adapt to. Don't worry about
NOTE Confidence: 0.9656677

00:22:04.040 --> 00:22:05.480 that. Now, if it starts
NOTE Confidence: 0.9656677

00:22:05.480 --> 00:22:06.920 to interfere with things later
NOTE Confidence: 0.9656677

00:22:06.920 --> 00:22:09.180 on, I'm also gonna say,

NOTE Confidence: 0.9656677
00:22:09.394 --> 00:22:10.355 try not to worry about
NOTE Confidence: 0.9656677
00:22:10.355 --> 00:22:11.315 it because guess what we
NOTE Confidence: 0.9656677
00:22:11.315 --> 00:22:12.195 can do if some of
NOTE Confidence: 0.9656677
00:22:12.195 --> 00:22:13.734 your medicine is being blocked?
NOTE Confidence: 0.9656677
00:22:13.875 --> 00:22:14.774 We can just artificially
NOTE Confidence: 0.98323566
00:22:15.075 --> 00:22:16.754 increase the dose and know
NOTE Confidence: 0.98323566
00:22:16.754 --> 00:22:17.794 that some of it's not
NOTE Confidence: 0.98323566
00:22:17.794 --> 00:22:19.494 getting absorbed. No big deal.
NOTE Confidence: 0.96293944
00:22:20.115 --> 00:22:21.414 What do you think, Megan?
NOTE Confidence: 0.9558919
00:22:24.600 --> 00:22:25.640 People that if this is
NOTE Confidence: 0.9558919
00:22:25.640 --> 00:22:26.760 a problem for you, you're
NOTE Confidence: 0.9558919
00:22:26.760 --> 00:22:27.880 gonna know. Yeah. Right? You're
NOTE Confidence: 0.9558919
00:22:27.880 --> 00:22:29.260 gonna know if your medication
NOTE Confidence: 0.9558919
00:22:29.400 --> 00:22:30.440 is not kicking in, and
NOTE Confidence: 0.9558919
00:22:30.440 --> 00:22:31.240 then we're gonna take a
NOTE Confidence: 0.9558919

00:22:31.240 --> 00:22:32.679 look at it. And we
NOTE Confidence: 0.9558919

00:22:32.679 --> 00:22:33.179 can,
NOTE Confidence: 0.9321955

00:22:33.640 --> 00:22:34.679 you know, time our meals
NOTE Confidence: 0.9321955

00:22:34.679 --> 00:22:35.960 a little bit differently, time
NOTE Confidence: 0.9321955

00:22:35.960 --> 00:22:36.315 our
NOTE Confidence: 0.96969354

00:22:37.914 --> 00:22:39.355 increase the dose if necessary.
NOTE Confidence: 0.96969354

00:22:39.355 --> 00:22:40.475 There's plenty of things that
NOTE Confidence: 0.96969354

00:22:40.475 --> 00:22:42.075 we can do, but the
NOTE Confidence: 0.96969354

00:22:42.075 --> 00:22:43.115 last thing that we're gonna
NOTE Confidence: 0.96969354

00:22:43.115 --> 00:22:43.994 tell you to do is
NOTE Confidence: 0.96969354

00:22:43.994 --> 00:22:46.715 to avoid protein altogether. We're
NOTE Confidence: 0.96969354

00:22:46.715 --> 00:22:48.315 never going to to to
NOTE Confidence: 0.96969354

00:22:48.315 --> 00:22:49.350 recommend that.
NOTE Confidence: 0.9950358

00:22:49.910 --> 00:22:51.369 Protein is essential,
NOTE Confidence: 0.9577271

00:22:51.910 --> 00:22:54.150 for maintaining muscles, for one
NOTE Confidence: 0.9577271

00:22:54.150 --> 00:22:55.350 thing, which is so important,

NOTE Confidence: 0.9577271

00:22:55.350 --> 00:22:56.950 as you know, exercise being

NOTE Confidence: 0.9577271

00:22:56.950 --> 00:22:58.730 so important in Parkinson's disease,

NOTE Confidence: 0.99709743

00:22:59.270 --> 00:23:00.230 a topic that's near and

NOTE Confidence: 0.99709743

00:23:00.230 --> 00:23:01.289 dear to my heart.

NOTE Confidence: 0.87736005

00:23:02.070 --> 00:23:02.950 But, yes, we,

NOTE Confidence: 0.99902344

00:23:04.304 --> 00:23:04.804 whenever

NOTE Confidence: 0.9807553

00:23:05.424 --> 00:23:07.345 unfortunately, this information is out

NOTE Confidence: 0.9807553

00:23:07.345 --> 00:23:09.024 there online. Right? And it's

NOTE Confidence: 0.9807553

00:23:09.024 --> 00:23:10.465 a it's a hard fact

NOTE Confidence: 0.9807553

00:23:10.465 --> 00:23:11.585 that people can hold on

NOTE Confidence: 0.9807553

00:23:11.585 --> 00:23:13.024 to Right. And say, oh,

NOTE Confidence: 0.9807553

00:23:13.024 --> 00:23:14.784 okay. This interferes with my

NOTE Confidence: 0.9807553

00:23:14.784 --> 00:23:16.590 medication. I should limit this.

NOTE Confidence: 0.9807553

00:23:16.909 --> 00:23:18.350 And we should not be

NOTE Confidence: 0.9807553

00:23:18.350 --> 00:23:20.109 limiting. We should just be,

NOTE Confidence: 0.9807553

00:23:20.109 --> 00:23:20.609 one,
NOTE Confidence: 0.9678548
00:23:20.990 --> 00:23:22.510 deciding, is it affecting your
NOTE Confidence: 0.9678548
00:23:22.510 --> 00:23:23.010 symptoms?
NOTE Confidence: 0.9574585
00:23:23.390 --> 00:23:24.690 And two, if so,
NOTE Confidence: 0.9585639
00:23:25.070 --> 00:23:26.909 how can we change scheduling
NOTE Confidence: 0.9585639
00:23:26.909 --> 00:23:28.270 a little bit, change dosing
NOTE Confidence: 0.9585639
00:23:28.270 --> 00:23:29.695 a little bit? Right. So
NOTE Confidence: 0.9585639
00:23:29.695 --> 00:23:30.915 in general guidelines
NOTE Confidence: 0.976988
00:23:31.215 --> 00:23:32.734 for following the MIND diet,
NOTE Confidence: 0.976988
00:23:32.734 --> 00:23:34.095 and I already mentioned plants
NOTE Confidence: 0.976988
00:23:34.095 --> 00:23:35.295 are forward. When we think
NOTE Confidence: 0.976988
00:23:35.295 --> 00:23:36.895 about the MIND diet, protein
NOTE Confidence: 0.976988
00:23:36.895 --> 00:23:38.015 is an essential part of
NOTE Confidence: 0.976988
00:23:38.015 --> 00:23:39.135 the plate, just like you
NOTE Confidence: 0.976988
00:23:39.135 --> 00:23:41.475 said. So recommendations would include
NOTE Confidence: 0.9497884
00:23:42.420 --> 00:23:43.780 maybe you're struggling to eat

NOTE Confidence: 0.9497884

00:23:43.780 --> 00:23:45.220 a full meal to have

NOTE Confidence: 0.9497884

00:23:45.220 --> 00:23:47.480 a balanced meal, protein, carbohydrates,

NOTE Confidence: 0.9497884

00:23:47.700 --> 00:23:48.680 fruits, and vegetables.

NOTE Confidence: 0.931796

00:23:49.380 --> 00:23:51.060 Maybe you're having smaller frequent

NOTE Confidence: 0.931796

00:23:51.060 --> 00:23:52.420 meals facing them throughout the

NOTE Confidence: 0.931796

00:23:52.420 --> 00:23:52.920 day,

NOTE Confidence: 0.99869794

00:23:53.300 --> 00:23:54.580 making sure that you're having

NOTE Confidence: 0.99869794

00:23:54.580 --> 00:23:55.080 protein

NOTE Confidence: 0.9699978

00:23:55.700 --> 00:23:56.660 in all of the different

NOTE Confidence: 0.9699978

00:23:56.660 --> 00:23:57.645 ways that you can.

NOTE Confidence: 0.93707395

00:23:58.525 --> 00:23:59.325 Yes. And that's one of

NOTE Confidence: 0.93707395

00:23:59.325 --> 00:24:00.205 the dishes that we're gonna

NOTE Confidence: 0.93707395

00:24:00.205 --> 00:24:01.165 prepare next. So it's a

NOTE Confidence: 0.93707395

00:24:01.165 --> 00:24:01.984 great segue.

NOTE Confidence: 0.9723005

00:24:02.285 --> 00:24:03.405 I'm gonna have you guys,

NOTE Confidence: 0.9723005

00:24:03.725 --> 00:24:04.605 help me out with this
NOTE Confidence: 0.9723005

00:24:04.605 --> 00:24:05.965 one. Okay. We're making a
NOTE Confidence: 0.9723005

00:24:05.965 --> 00:24:07.885 honey walnut shrimp. So one
NOTE Confidence: 0.9723005

00:24:07.885 --> 00:24:08.765 of the big things when
NOTE Confidence: 0.9723005

00:24:08.765 --> 00:24:10.045 we talk about protein, we
NOTE Confidence: 0.9723005

00:24:10.045 --> 00:24:11.425 want it to be lean.
NOTE Confidence: 0.94769645

00:24:11.770 --> 00:24:12.809 We are worried about that
NOTE Confidence: 0.94769645

00:24:12.809 --> 00:24:15.130 saturated fat. Okay. Saturated fat
NOTE Confidence: 0.94769645

00:24:15.130 --> 00:24:16.590 is solid at room temperature.
NOTE Confidence: 0.94769645

00:24:16.650 --> 00:24:17.390 Things like,
NOTE Confidence: 0.9798448

00:24:18.490 --> 00:24:20.170 butter, bacon fat, those sorts
NOTE Confidence: 0.9798448

00:24:20.170 --> 00:24:21.369 of things. It's often found
NOTE Confidence: 0.9798448

00:24:21.369 --> 00:24:22.650 in red meats and animal
NOTE Confidence: 0.9798448

00:24:22.650 --> 00:24:24.250 products. So today we are
NOTE Confidence: 0.9798448

00:24:24.250 --> 00:24:25.130 going to do the honey
NOTE Confidence: 0.9798448

00:24:25.130 --> 00:24:26.030 walnut shrimp.

NOTE Confidence: 0.9166917
00:24:26.475 --> 00:24:28.715 Very lean protein. Okay. And
NOTE Confidence: 0.9166917
00:24:28.715 --> 00:24:29.515 I'm gonna show you how
NOTE Confidence: 0.9166917
00:24:29.515 --> 00:24:30.335 to make this,
NOTE Confidence: 0.9603852
00:24:31.595 --> 00:24:32.875 without frying it, first of
NOTE Confidence: 0.9603852
00:24:32.875 --> 00:24:34.234 all, and also in ways
NOTE Confidence: 0.9603852
00:24:34.234 --> 00:24:35.275 that can be a little
NOTE Confidence: 0.9603852
00:24:35.275 --> 00:24:36.635 bit more adaptive. All right.
NOTE Confidence: 0.9603852
00:24:36.635 --> 00:24:37.755 All right. So Megan, I'm
NOTE Confidence: 0.9603852
00:24:37.755 --> 00:24:39.275 gonna have you start by
NOTE Confidence: 0.9603852
00:24:39.275 --> 00:24:40.910 just using your rocker knife
NOTE Confidence: 0.9603852
00:24:40.910 --> 00:24:41.950 there. I have a regular
NOTE Confidence: 0.9603852
00:24:41.950 --> 00:24:42.910 knife if you wanna switch
NOTE Confidence: 0.9603852
00:24:42.910 --> 00:24:44.350 halfway. And you're gonna cut
NOTE Confidence: 0.9603852
00:24:44.350 --> 00:24:45.550 up our our green onions
NOTE Confidence: 0.9603852
00:24:45.550 --> 00:24:47.390 over here. Okay. For the
NOTE Confidence: 0.9603852

00:24:47.390 --> 00:24:47.890 shrimp,
NOTE Confidence: 0.96516675
00:24:48.350 --> 00:24:49.390 Veronica, I'm gonna have you
NOTE Confidence: 0.96516675
00:24:49.390 --> 00:24:50.990 kinda pat dry our shrimp
NOTE Confidence: 0.96516675
00:24:50.990 --> 00:24:52.850 here. These were frozen shrimp,
NOTE Confidence: 0.96516675
00:24:53.115 --> 00:24:54.635 and I just defrosted them.
NOTE Confidence: 0.96516675
00:24:54.635 --> 00:24:55.935 It's about half a pound.
NOTE Confidence: 0.96516675
00:24:56.155 --> 00:24:57.035 We're just going to pat
NOTE Confidence: 0.96516675
00:24:57.035 --> 00:24:57.775 them dry.
NOTE Confidence: 0.98652345
00:24:58.635 --> 00:24:59.675 And going back to the
NOTE Confidence: 0.98652345
00:24:59.675 --> 00:25:01.355 bag shaking method, we're going
NOTE Confidence: 0.98652345
00:25:01.355 --> 00:25:02.875 to bread them. We're going
NOTE Confidence: 0.98652345
00:25:02.875 --> 00:25:04.315 to use a large, zipper
NOTE Confidence: 0.98652345
00:25:04.315 --> 00:25:05.435 bag here. I just put
NOTE Confidence: 0.98652345
00:25:05.435 --> 00:25:06.575 a little bit of cornstarch
NOTE Confidence: 0.9980469
00:25:06.955 --> 00:25:08.015 and some spices.
NOTE Confidence: 0.99308264
00:25:08.419 --> 00:25:09.539 I did a tiny bit

NOTE Confidence: 0.99308264
00:25:09.539 --> 00:25:11.159 of cayenne for some kick,
NOTE Confidence: 0.9914175
00:25:11.619 --> 00:25:13.299 some garlic powder, some onion
NOTE Confidence: 0.9914175
00:25:13.299 --> 00:25:14.580 powder, and a little bit
NOTE Confidence: 0.9914175
00:25:14.580 --> 00:25:15.559 of black pepper.
NOTE Confidence: 0.9991048
00:25:15.940 --> 00:25:17.299 After you pat those shrimp
NOTE Confidence: 0.9991048
00:25:17.299 --> 00:25:17.799 dry,
NOTE Confidence: 0.9480048
00:25:18.419 --> 00:25:19.380 you're gonna pop them in
NOTE Confidence: 0.9480048
00:25:19.380 --> 00:25:20.760 your bag with your cornstarch
NOTE Confidence: 0.9480048
00:25:20.900 --> 00:25:21.640 and spices,
NOTE Confidence: 0.89017004
00:25:22.375 --> 00:25:23.255 and then we're just gonna
NOTE Confidence: 0.89017004
00:25:23.255 --> 00:25:24.215 shake it up. What we're
NOTE Confidence: 0.89017004
00:25:24.215 --> 00:25:25.255 trying to do is just
NOTE Confidence: 0.89017004
00:25:25.255 --> 00:25:26.294 coat those, I just threw
NOTE Confidence: 0.89017004
00:25:26.294 --> 00:25:26.934 that one back in the
NOTE Confidence: 0.89017004
00:25:26.934 --> 00:25:28.135 bowl. Oh, I know you're
NOTE Confidence: 0.89017004

00:25:28.135 --> 00:25:29.895 gonna try that one. We're
NOTE Confidence: 0.89017004

00:25:29.895 --> 00:25:31.494 just trying to coat that
NOTE Confidence: 0.89017004

00:25:31.494 --> 00:25:32.715 shrimp with the cornstarch,
NOTE Confidence: 0.9970703

00:25:33.095 --> 00:25:34.215 and then we're gonna pop
NOTE Confidence: 0.9970703

00:25:34.215 --> 00:25:35.755 it in the oven
NOTE Confidence: 0.9904785

00:25:37.070 --> 00:25:38.369 instead of frying it.
NOTE Confidence: 0.95383525

00:25:39.230 --> 00:25:40.350 So we wanna pat some
NOTE Confidence: 0.95383525

00:25:40.350 --> 00:25:41.630 of that extra moisture dry
NOTE Confidence: 0.95383525

00:25:41.630 --> 00:25:42.990 so that the cornstarch can
NOTE Confidence: 0.95383525

00:25:42.990 --> 00:25:44.590 adhere really well to the
NOTE Confidence: 0.95383525

00:25:44.590 --> 00:25:45.490 flesh here
NOTE Confidence: 0.9559094

00:25:45.790 --> 00:25:46.910 and that is what's going
NOTE Confidence: 0.9559094

00:25:46.910 --> 00:25:48.210 to make it crisp up.
NOTE Confidence: 0.9559094

00:25:48.270 --> 00:25:49.845 Oh. Okay. So I've got
NOTE Confidence: 0.9559094

00:25:49.845 --> 00:25:51.445 my oven set to four
NOTE Confidence: 0.9559094

00:25:51.445 --> 00:25:53.125 hundred degrees Fahrenheit. I have

NOTE Confidence: 0.9559094
00:25:53.125 --> 00:25:54.105 it on convection.
NOTE Confidence: 0.9881836
00:25:54.804 --> 00:25:56.645 That air rotating around the
NOTE Confidence: 0.9881836
00:25:56.645 --> 00:25:57.925 shrimp is going to help
NOTE Confidence: 0.9881836
00:25:57.925 --> 00:25:59.465 get it crispy as well.
NOTE Confidence: 0.97908527
00:26:00.484 --> 00:26:01.684 If you have an air
NOTE Confidence: 0.97908527
00:26:01.684 --> 00:26:02.184 fryer,
NOTE Confidence: 0.99438477
00:26:03.230 --> 00:26:04.670 this is a wonderful opportunity
NOTE Confidence: 0.99438477
00:26:04.670 --> 00:26:05.810 to do that.
NOTE Confidence: 0.94118655
00:26:06.190 --> 00:26:07.470 I'm just zooming in on
NOTE Confidence: 0.94118655
00:26:07.470 --> 00:26:09.410 Megan using that rock knife.
NOTE Confidence: 0.988787
00:26:10.030 --> 00:26:10.830 What would you say? Is
NOTE Confidence: 0.988787
00:26:10.830 --> 00:26:12.110 it pretty easy to kind
NOTE Confidence: 0.988787
00:26:12.110 --> 00:26:13.330 of roll it forward?
NOTE Confidence: 0.9704228
00:26:13.790 --> 00:26:15.070 Yeah. Yeah. It's not bad
NOTE Confidence: 0.9704228
00:26:15.070 --> 00:26:16.030 at all. Not too hard?
NOTE Confidence: 0.9704228

00:26:16.030 --> 00:26:17.230 You're not exerting a ton
NOTE Confidence: 0.9704228

00:26:17.230 --> 00:26:18.415 of force here in your
NOTE Confidence: 0.9704228

00:26:18.415 --> 00:26:20.175 upper forearm? No. Not at
NOTE Confidence: 0.9704228

00:26:20.175 --> 00:26:20.994 all. Wonderful.
NOTE Confidence: 0.8486084

00:26:21.695 --> 00:26:23.395 Very easy to use. And,
NOTE Confidence: 0.9980469

00:26:24.494 --> 00:26:24.994 the
NOTE Confidence: 0.9873564

00:26:25.295 --> 00:26:26.975 the, scallions are a little
NOTE Confidence: 0.9873564

00:26:26.975 --> 00:26:28.175 bit more cooperative than the
NOTE Confidence: 0.9873564

00:26:28.175 --> 00:26:28.675 carrot.
NOTE Confidence: 0.9351562

00:26:30.335 --> 00:26:31.535 Yeah. Oh, it's the scallions'
NOTE Confidence: 0.9351562

00:26:31.535 --> 00:26:33.315 fault. It's the scallions' fault.
NOTE Confidence: 0.90495956

00:26:34.630 --> 00:26:35.750 Or the carrot's fault in
NOTE Confidence: 0.90495956

00:26:35.750 --> 00:26:36.490 this face.
NOTE Confidence: 0.96768624

00:26:37.750 --> 00:26:39.590 Alright. After we shake this
NOTE Confidence: 0.96768624

00:26:39.590 --> 00:26:40.950 bag up Get this in
NOTE Confidence: 0.96768624

00:26:40.950 --> 00:26:42.230 there. We're gonna do the

NOTE Confidence: 0.96768624
00:26:42.230 --> 00:26:43.430 rest quick and dirty. Quick
NOTE Confidence: 0.96768624
00:26:43.430 --> 00:26:44.390 and dirty. We're gonna shake
NOTE Confidence: 0.96768624
00:26:44.390 --> 00:26:45.190 them up, and then we're
NOTE Confidence: 0.96768624
00:26:45.190 --> 00:26:47.685 gonna go onto a rack,
NOTE Confidence: 0.96768624
00:26:47.765 --> 00:26:49.125 kind of like a baking
NOTE Confidence: 0.96768624
00:26:49.125 --> 00:26:50.085 rack that I have just
NOTE Confidence: 0.96768624
00:26:50.085 --> 00:26:50.965 on top of a sheet
NOTE Confidence: 0.96768624
00:26:50.965 --> 00:26:52.725 pan. But again, if you
NOTE Confidence: 0.96768624
00:26:52.725 --> 00:26:53.225 have
NOTE Confidence: 0.9633104
00:26:54.725 --> 00:26:55.765 a air fryer, this would
NOTE Confidence: 0.9633104
00:26:55.765 --> 00:26:57.285 be a great opportunity because
NOTE Confidence: 0.9633104
00:26:57.285 --> 00:26:58.405 it's going to move that
NOTE Confidence: 0.9633104
00:26:58.405 --> 00:26:59.785 air around as well
NOTE Confidence: 0.948291
00:27:01.940 --> 00:27:02.900 and get them nice and
NOTE Confidence: 0.948291
00:27:02.900 --> 00:27:04.580 crispy. All right. Megan, do
NOTE Confidence: 0.948291

00:27:04.580 --> 00:27:05.619 you wanna do the honors?
NOTE Confidence: 0.948291

00:27:05.619 --> 00:27:06.580 I would love to. All
NOTE Confidence: 0.948291

00:27:06.580 --> 00:27:08.200 right. Just a quick shake.
NOTE Confidence: 0.99608016

00:27:10.420 --> 00:27:11.540 And what you're looking for
NOTE Confidence: 0.99608016

00:27:11.540 --> 00:27:12.420 here is just for that
NOTE Confidence: 0.99608016

00:27:12.420 --> 00:27:14.500 cornstarch to fully coat most
NOTE Confidence: 0.99608016

00:27:14.500 --> 00:27:15.320 of those shrimp.
NOTE Confidence: 0.9780932

00:27:16.045 --> 00:27:17.085 As we pull them out
NOTE Confidence: 0.9780932

00:27:17.085 --> 00:27:18.045 of the bag, there is
NOTE Confidence: 0.9780932

00:27:18.045 --> 00:27:18.845 gonna be quite a bit
NOTE Confidence: 0.9780932

00:27:18.845 --> 00:27:20.525 of cornstarch left behind. That's
NOTE Confidence: 0.9780932

00:27:20.525 --> 00:27:21.025 okay.
NOTE Confidence: 0.8786621

00:27:21.405 --> 00:27:22.385 Okay, perfect.
NOTE Confidence: 0.98280734

00:27:23.645 --> 00:27:24.845 All right. And then the
NOTE Confidence: 0.98280734

00:27:24.845 --> 00:27:26.045 fun part, we're just going
NOTE Confidence: 0.98280734

00:27:26.045 --> 00:27:27.325 to lay them out here

NOTE Confidence: 0.98280734
00:27:27.325 --> 00:27:28.545 on your baking sheet
NOTE Confidence: 0.9807536
00:27:28.940 --> 00:27:30.080 in the air fryer,
NOTE Confidence: 0.9806378
00:27:30.700 --> 00:27:31.740 about half a pound. If
NOTE Confidence: 0.9806378
00:27:31.740 --> 00:27:32.540 you have the one that's
NOTE Confidence: 0.9806378
00:27:32.540 --> 00:27:33.440 like a drawer,
NOTE Confidence: 0.9717339
00:27:33.820 --> 00:27:35.660 it'll probably take you just
NOTE Confidence: 0.9717339
00:27:35.660 --> 00:27:36.799 a couple of batches.
NOTE Confidence: 0.9944661
00:27:37.980 --> 00:27:39.020 And again, I've got them
NOTE Confidence: 0.9944661
00:27:39.020 --> 00:27:40.320 on this tray here
NOTE Confidence: 0.8432617
00:27:41.260 --> 00:27:41.760 just
NOTE Confidence: 0.9805036
00:27:42.795 --> 00:27:43.915 so that that air can
NOTE Confidence: 0.9805036
00:27:43.915 --> 00:27:44.975 flow underneath.
NOTE Confidence: 0.9409877
00:27:46.315 --> 00:27:47.675 I'm noticing too that the
NOTE Confidence: 0.9409877
00:27:47.675 --> 00:27:48.955 tails are still on. The
NOTE Confidence: 0.9409877
00:27:48.955 --> 00:27:50.395 tails are still on. That's
NOTE Confidence: 0.9409877

00:27:50.395 --> 00:27:52.475 just a personal preference for
NOTE Confidence: 0.9409877

00:27:52.475 --> 00:27:52.975 me.
NOTE Confidence: 0.9395264

00:27:53.915 --> 00:27:55.275 Easier to grab onto, I
NOTE Confidence: 0.9395264

00:27:55.275 --> 00:27:57.215 think. Sure. That makes sense.
NOTE Confidence: 0.86378986

00:27:57.529 --> 00:27:58.889 You can't change the taste.
NOTE Confidence: 0.86378986

00:27:58.889 --> 00:28:00.409 Doesn't really change the taste.
NOTE Confidence: 0.86378986

00:28:00.409 --> 00:28:01.070 You can,
NOTE Confidence: 0.9657715

00:28:01.769 --> 00:28:03.389 buy them without the tail,
NOTE Confidence: 0.9245809

00:28:04.730 --> 00:28:06.250 pre wash, deveined, all of
NOTE Confidence: 0.9245809

00:28:06.250 --> 00:28:06.750 that.
NOTE Confidence: 0.9254346

00:28:07.369 --> 00:28:08.889 All right, we're just gonna
NOTE Confidence: 0.9254346

00:28:08.889 --> 00:28:10.250 go into this top oven
NOTE Confidence: 0.9254346

00:28:10.250 --> 00:28:11.994 for about twenty minutes. And
NOTE Confidence: 0.9254346

00:28:11.994 --> 00:28:13.034 again, we're just trying to
NOTE Confidence: 0.9254346

00:28:13.034 --> 00:28:14.414 get them nice and crispy.
NOTE Confidence: 0.9419759

00:28:16.554 --> 00:28:17.674 Here we go. We should

NOTE Confidence: 0.9419759
00:28:17.674 --> 00:28:18.635 set a timer so we
NOTE Confidence: 0.9419759
00:28:18.635 --> 00:28:19.375 don't forget.
NOTE Confidence: 0.8869629
00:28:21.195 --> 00:28:22.075 Rule number one in the
NOTE Confidence: 0.8869629
00:28:22.075 --> 00:28:23.455 kitchen, right? Set a timer.
NOTE Confidence: 0.8425068
00:28:24.955 --> 00:28:26.155 I use my Alexa for
NOTE Confidence: 0.8425068
00:28:26.155 --> 00:28:28.170 that. I'm constantly telling Alexa
NOTE Confidence: 0.8425068
00:28:28.170 --> 00:28:29.050 set a timer for ten
NOTE Confidence: 0.8425068
00:28:29.050 --> 00:28:30.270 minutes, Alexa, I'm not going
NOTE Confidence: 0.8425068
00:28:30.270 --> 00:28:31.450 to be a tool. It
NOTE Confidence: 0.8425068
00:28:31.450 --> 00:28:33.130 is. It is. It's incredibly
NOTE Confidence: 0.8425068
00:28:33.130 --> 00:28:34.250 helpful. I would forget. I
NOTE Confidence: 0.8425068
00:28:34.250 --> 00:28:35.150 would burn everything.
NOTE Confidence: 0.96578676
00:28:36.809 --> 00:28:38.090 Another thing, as we move
NOTE Confidence: 0.96578676
00:28:38.090 --> 00:28:39.210 into the other dish, we're
NOTE Confidence: 0.96578676
00:28:39.210 --> 00:28:40.330 going to use another source
NOTE Confidence: 0.96578676

00:28:40.330 --> 00:28:42.545 of protein, another lean plant
NOTE Confidence: 0.96578676

00:28:42.545 --> 00:28:44.225 based source of protein. So
NOTE Confidence: 0.96578676

00:28:44.225 --> 00:28:45.185 to go with our honey
NOTE Confidence: 0.96578676

00:28:45.185 --> 00:28:46.945 walnut shrimp, we are going
NOTE Confidence: 0.96578676

00:28:46.945 --> 00:28:48.885 to make an unfried rice.
NOTE Confidence: 0.8220215

00:28:49.425 --> 00:28:51.045 Okay. Unfried because
NOTE Confidence: 0.98017883

00:28:51.425 --> 00:28:53.185 sometimes the frying process takes
NOTE Confidence: 0.98017883

00:28:53.185 --> 00:28:54.220 a little time to do
NOTE Confidence: 0.98017883

00:28:54.220 --> 00:28:55.340 the fried rice with the
NOTE Confidence: 0.98017883

00:28:55.340 --> 00:28:56.139 eggs and all of the
NOTE Confidence: 0.98017883

00:28:56.139 --> 00:28:57.659 things. Okay. So I want
NOTE Confidence: 0.98017883

00:28:57.659 --> 00:28:58.299 to show you how to
NOTE Confidence: 0.98017883

00:28:58.299 --> 00:28:58.880 do this
NOTE Confidence: 0.97403973

00:28:59.340 --> 00:29:00.059 in a way that I
NOTE Confidence: 0.97403973

00:29:00.059 --> 00:29:01.840 think is very adaptive friendly.
NOTE Confidence: 0.97403973

00:29:02.059 --> 00:29:02.720 All right.

NOTE Confidence: 0.9992676
00:29:03.340 --> 00:29:04.779 So we're actually going to
NOTE Confidence: 0.9992676
00:29:04.779 --> 00:29:05.279 use
NOTE Confidence: 0.94668037
00:29:05.580 --> 00:29:07.925 pre cooked farro. Oh, nice.
NOTE Confidence: 0.94668037
00:29:07.925 --> 00:29:09.445 Okay. Now the protein we're
NOTE Confidence: 0.94668037
00:29:09.445 --> 00:29:11.365 using here is tofu. Tofu
NOTE Confidence: 0.94668037
00:29:11.365 --> 00:29:12.405 is going to replace our
NOTE Confidence: 0.94668037
00:29:12.405 --> 00:29:14.265 egg in this fried rice.
NOTE Confidence: 0.94668037
00:29:14.325 --> 00:29:14.825 Okay.
NOTE Confidence: 0.9701451
00:29:15.285 --> 00:29:16.905 Now going back to the
NOTE Confidence: 0.9701451
00:29:17.125 --> 00:29:18.265 farro here,
NOTE Confidence: 0.9863037
00:29:18.700 --> 00:29:19.580 farro tends to be a
NOTE Confidence: 0.9863037
00:29:19.580 --> 00:29:21.040 grain that is high fiber.
NOTE Confidence: 0.975179
00:29:21.660 --> 00:29:22.700 And I think that is
NOTE Confidence: 0.975179
00:29:22.700 --> 00:29:23.660 something that we can use
NOTE Confidence: 0.975179
00:29:23.660 --> 00:29:25.100 to address another common thing
NOTE Confidence: 0.975179

00:29:25.100 --> 00:29:26.380 with Parkinson's that a lot
NOTE Confidence: 0.975179

00:29:26.380 --> 00:29:27.900 of people talk about is
NOTE Confidence: 0.975179

00:29:27.900 --> 00:29:28.400 constipation.
NOTE Confidence: 0.99694824

00:29:29.260 --> 00:29:30.780 Absolutely. This is such an
NOTE Confidence: 0.99694824

00:29:30.780 --> 00:29:31.280 uncomfortable
NOTE Confidence: 0.9983724

00:29:31.580 --> 00:29:33.415 symptom and affects so many
NOTE Confidence: 0.9983724

00:29:33.415 --> 00:29:35.115 people with Parkinson's disease.
NOTE Confidence: 0.9928711

00:29:35.895 --> 00:29:36.935 I believe up to two
NOTE Confidence: 0.9928711

00:29:36.935 --> 00:29:38.475 thirds of people with Parkinson's
NOTE Confidence: 0.9928711

00:29:38.535 --> 00:29:40.055 disease suffer from this symptom,
NOTE Confidence: 0.9928711

00:29:40.055 --> 00:29:41.355 at least at one point,
NOTE Confidence: 0.93112665

00:29:41.735 --> 00:29:43.095 during the disease. And many
NOTE Confidence: 0.93112665

00:29:43.095 --> 00:29:45.835 times it predates diagnosis, right?
NOTE Confidence: 0.93112665

00:29:45.895 --> 00:29:47.880 Many years. Many years. Yeah.
NOTE Confidence: 0.93112665

00:29:48.040 --> 00:29:49.100 One of those symptoms.
NOTE Confidence: 0.7751465

00:29:51.000 --> 00:29:51.500 So,

NOTE Confidence: 0.9806044
00:29:51.880 --> 00:29:53.240 yeah, a high fiber diet
NOTE Confidence: 0.9806044
00:29:53.240 --> 00:29:54.380 is what we recommend.
NOTE Confidence: 0.9770508
00:29:55.320 --> 00:29:57.000 That being said, we do
NOTE Confidence: 0.9770508
00:29:57.000 --> 00:30:00.440 always recommend increasing water with,
NOTE Confidence: 0.98932207
00:30:00.760 --> 00:30:02.495 that high fiber diet. You
NOTE Confidence: 0.98932207
00:30:02.495 --> 00:30:03.695 can't just do the high
NOTE Confidence: 0.98932207
00:30:03.695 --> 00:30:04.975 fiber. It'll get stuck there.
NOTE Confidence: 0.98932207
00:30:04.975 --> 00:30:05.935 It will get stuck. You
NOTE Confidence: 0.98932207
00:30:05.935 --> 00:30:06.975 have to increase the water
NOTE Confidence: 0.98932207
00:30:06.975 --> 00:30:07.855 as you go. Increase the
NOTE Confidence: 0.98932207
00:30:07.855 --> 00:30:09.055 water. Yep. So back to
NOTE Confidence: 0.98932207
00:30:09.055 --> 00:30:10.355 that hydration conversation.
NOTE Confidence: 0.99658203
00:30:11.615 --> 00:30:12.995 And yeah. So,
NOTE Confidence: 0.99869794
00:30:14.015 --> 00:30:15.235 you know, with constipation,
NOTE Confidence: 0.99609375
00:30:15.935 --> 00:30:16.915 you know, a diet
NOTE Confidence: 0.85498047

00:30:17.215 --> 00:30:17.715 is
NOTE Confidence: 0.995341

00:30:18.070 --> 00:30:19.670 obviously the low hanging fruit.
NOTE Confidence: 0.995341

00:30:19.670 --> 00:30:21.110 Right? It's an easy change
NOTE Confidence: 0.995341

00:30:21.110 --> 00:30:21.770 to make.
NOTE Confidence: 0.99232316

00:30:22.310 --> 00:30:24.010 There are so many interventions
NOTE Confidence: 0.99232316

00:30:24.070 --> 00:30:25.290 that we can recommend,
NOTE Confidence: 0.9914329

00:30:26.070 --> 00:30:27.590 you know, starting with diet
NOTE Confidence: 0.9914329

00:30:27.590 --> 00:30:29.350 and hydration and moving up
NOTE Confidence: 0.9914329

00:30:29.350 --> 00:30:29.850 to,
NOTE Confidence: 0.9991319

00:30:30.405 --> 00:30:31.765 you know, certain things like
NOTE Confidence: 0.9991319

00:30:31.765 --> 00:30:33.145 over the counter medications
NOTE Confidence: 0.9250081

00:30:33.525 --> 00:30:35.045 over the counter teas, like
NOTE Confidence: 0.9250081

00:30:35.045 --> 00:30:36.745 smooth move is a very,
NOTE Confidence: 0.9985727

00:30:37.285 --> 00:30:38.805 popular one that we've had
NOTE Confidence: 0.9985727

00:30:38.805 --> 00:30:40.085 really good feedback from, from
NOTE Confidence: 0.9985727

00:30:40.085 --> 00:30:41.145 our patient population.

NOTE Confidence: 0.99853516

00:30:41.605 --> 00:30:42.565 And then there are,

NOTE Confidence: 0.93663484

00:30:44.160 --> 00:30:46.180 you know, bowel regimens, basically,

NOTE Confidence: 0.93663484

00:30:46.240 --> 00:30:47.920 where you use a a

NOTE Confidence: 0.93663484

00:30:47.920 --> 00:30:50.160 significant, you know, combination of

NOTE Confidence: 0.93663484

00:30:50.160 --> 00:30:51.380 different types of medications,

NOTE Confidence: 0.974997

00:30:52.400 --> 00:30:54.080 to help. But We in

NOTE Confidence: 0.974997

00:30:54.080 --> 00:30:56.000 our clinic are such fans

NOTE Confidence: 0.974997

00:30:56.000 --> 00:30:58.420 of behavioral modifications. Right? Absolutely.

NOTE Confidence: 0.974997

00:30:58.480 --> 00:31:00.055 And so, honestly, one of

NOTE Confidence: 0.974997

00:31:00.055 --> 00:31:00.935 the biggest things that you

NOTE Confidence: 0.974997

00:31:00.935 --> 00:31:01.975 can do is just get

NOTE Confidence: 0.974997

00:31:01.975 --> 00:31:03.575 yourself on a schedule. Mhmm.

NOTE Confidence: 0.974997

00:31:03.575 --> 00:31:04.795 Train your bowels.

NOTE Confidence: 0.8661296

00:31:05.415 --> 00:31:06.715 So every day,

NOTE Confidence: 0.982414

00:31:07.255 --> 00:31:08.935 after a hot meal, you're

NOTE Confidence: 0.982414

00:31:08.935 --> 00:31:10.375 gonna go sit and try
NOTE Confidence: 0.982414

00:31:10.375 --> 00:31:11.895 and use the restroom and
NOTE Confidence: 0.982414

00:31:11.895 --> 00:31:13.650 get things moving. If things
NOTE Confidence: 0.982414

00:31:13.650 --> 00:31:14.770 don't work, if you need
NOTE Confidence: 0.982414

00:31:14.770 --> 00:31:16.150 to add in another step,
NOTE Confidence: 0.982414

00:31:16.370 --> 00:31:16.870 like
NOTE Confidence: 0.97786456

00:31:17.170 --> 00:31:18.310 a little constipation
NOTE Confidence: 0.6859131

00:31:18.850 --> 00:31:19.350 yoga.
NOTE Confidence: 0.9758634

00:31:19.810 --> 00:31:20.690 Oh. You know, if you've
NOTE Confidence: 0.9758634

00:31:20.690 --> 00:31:21.570 ever gone to a yoga
NOTE Confidence: 0.9758634

00:31:21.570 --> 00:31:22.370 class, you can see on
NOTE Confidence: 0.9758634

00:31:22.370 --> 00:31:23.650 their website, they say, please
NOTE Confidence: 0.9758634

00:31:23.650 --> 00:31:25.250 evacuate your bowels before you
NOTE Confidence: 0.9758634

00:31:25.250 --> 00:31:26.290 come here. And the reason
NOTE Confidence: 0.9758634

00:31:26.290 --> 00:31:27.170 is is when you get
NOTE Confidence: 0.9758634

00:31:27.170 --> 00:31:28.725 things moving like that, it

NOTE Confidence: 0.9758634

00:31:28.725 --> 00:31:30.184 can really help. So

NOTE Confidence: 0.9755162

00:31:30.725 --> 00:31:31.684 set yourself up on a

NOTE Confidence: 0.9755162

00:31:31.684 --> 00:31:33.205 little schedule and start to

NOTE Confidence: 0.9755162

00:31:33.205 --> 00:31:34.405 train your body to say,

NOTE Confidence: 0.9755162

00:31:34.405 --> 00:31:35.525 oh, now's the time where

NOTE Confidence: 0.9755162

00:31:35.525 --> 00:31:36.325 I'm supposed to go to

NOTE Confidence: 0.9755162

00:31:36.325 --> 00:31:37.924 the bathroom. Yeah. Yeah. So

NOTE Confidence: 0.9755162

00:31:37.924 --> 00:31:40.105 so you're mentioning fiber. Generally,

NOTE Confidence: 0.9755162

00:31:40.165 --> 00:31:41.765 we recommend twenty five to

NOTE Confidence: 0.9755162

00:31:41.765 --> 00:31:43.710 thirty grams of fiber for

NOTE Confidence: 0.9755162

00:31:43.710 --> 00:31:45.390 the average person. Yeah. Most

NOTE Confidence: 0.9755162

00:31:45.390 --> 00:31:46.190 of us aren't getting it.

NOTE Confidence: 0.9755162

00:31:46.190 --> 00:31:46.690 It

NOTE Confidence: 0.96727335

00:31:47.549 --> 00:31:48.590 doesn't have to be hard,

NOTE Confidence: 0.96727335

00:31:48.590 --> 00:31:49.549 but I think a lot

NOTE Confidence: 0.96727335

00:31:49.549 --> 00:31:51.150 of the times we're thinking
NOTE Confidence: 0.96727335

00:31:51.150 --> 00:31:52.350 we're consuming more fiber than
NOTE Confidence: 0.96727335

00:31:52.350 --> 00:31:54.030 we actually are. Sure. And
NOTE Confidence: 0.96727335

00:31:54.030 --> 00:31:55.230 fiber is only found in
NOTE Confidence: 0.96727335

00:31:55.230 --> 00:31:55.730 plants.
NOTE Confidence: 0.90283203

00:31:56.190 --> 00:31:57.570 And turns out this dish,
NOTE Confidence: 0.9554935

00:31:58.115 --> 00:31:59.955 only plants. Only plants. So
NOTE Confidence: 0.9554935

00:31:59.955 --> 00:32:01.795 we're gonna use, farro. This
NOTE Confidence: 0.9554935

00:32:01.795 --> 00:32:02.755 is gonna get you quite
NOTE Confidence: 0.9554935

00:32:02.755 --> 00:32:03.655 a bit of fiber.
NOTE Confidence: 0.99076337

00:32:03.955 --> 00:32:04.995 But on on the other
NOTE Confidence: 0.99076337

00:32:04.995 --> 00:32:05.495 end,
NOTE Confidence: 0.99523926

00:32:06.275 --> 00:32:07.895 sometimes patients are having
NOTE Confidence: 0.95092773

00:32:08.275 --> 00:32:10.695 slow GI motility. Mhmm. Gastroparesis
NOTE Confidence: 0.97180176

00:32:11.315 --> 00:32:12.535 or that sort of thing
NOTE Confidence: 0.97180176

00:32:12.730 --> 00:32:13.690 as a result of their

NOTE Confidence: 0.97180176
00:32:13.690 --> 00:32:15.850 Parkinson's. Yes. And in that
NOTE Confidence: 0.97180176
00:32:15.850 --> 00:32:16.350 case,
NOTE Confidence: 0.9804897
00:32:16.809 --> 00:32:18.330 we're gonna recommend more moderate
NOTE Confidence: 0.9804897
00:32:18.330 --> 00:32:20.169 fiber or lower fiber. Yeah.
NOTE Confidence: 0.9804897
00:32:20.169 --> 00:32:20.889 Is that what you would
NOTE Confidence: 0.9804897
00:32:20.889 --> 00:32:23.149 agree? One hundred percent. And
NOTE Confidence: 0.9804897
00:32:23.289 --> 00:32:25.130 really importantly, you mentioned another
NOTE Confidence: 0.9804897
00:32:25.130 --> 00:32:26.649 thing earlier that works so
NOTE Confidence: 0.9804897
00:32:26.649 --> 00:32:28.429 well for this, which is
NOTE Confidence: 0.98583984
00:32:28.785 --> 00:32:30.465 frequent smaller meals. There you
NOTE Confidence: 0.98583984
00:32:30.465 --> 00:32:32.145 go. Get your body moving.
NOTE Confidence: 0.98583984
00:32:32.145 --> 00:32:32.885 Help it
NOTE Confidence: 0.9803502
00:32:33.185 --> 00:32:34.945 move along by just using
NOTE Confidence: 0.9803502
00:32:34.945 --> 00:32:36.465 smaller meals that keep you
NOTE Confidence: 0.9803502
00:32:36.465 --> 00:32:37.505 full and make sure that
NOTE Confidence: 0.9803502

00:32:37.505 --> 00:32:39.345 you get enough food in.
NOTE Confidence: 0.9803502

00:32:39.345 --> 00:32:40.225 Yeah. So yeah. So what
NOTE Confidence: 0.9803502

00:32:40.225 --> 00:32:41.265 I'm hearing is it kinda
NOTE Confidence: 0.9803502

00:32:41.265 --> 00:32:43.285 depends on you, the patient,
NOTE Confidence: 0.980619

00:32:43.900 --> 00:32:45.500 on on learning what symptoms
NOTE Confidence: 0.980619

00:32:45.500 --> 00:32:47.020 you have Yep. So that
NOTE Confidence: 0.980619

00:32:47.020 --> 00:32:48.000 you can adapt
NOTE Confidence: 0.99609375

00:32:48.460 --> 00:32:48.940 your,
NOTE Confidence: 0.97406363

00:32:49.340 --> 00:32:50.780 behavior Yeah. To kind of
NOTE Confidence: 0.97406363

00:32:50.780 --> 00:32:51.740 what's going on with your
NOTE Confidence: 0.97406363

00:32:51.740 --> 00:32:53.580 body. Your behavior, your meals.
NOTE Confidence: 0.97406363

00:32:53.580 --> 00:32:54.400 Yes. Absolutely.
NOTE Confidence: 0.9921875

00:32:54.860 --> 00:32:56.400 It turns out what's interesting
NOTE Confidence: 0.9921875

00:32:56.460 --> 00:32:57.980 is that everything we're talking
NOTE Confidence: 0.9921875

00:32:57.980 --> 00:32:59.715 about is actually just good
NOTE Confidence: 0.9921875

00:32:59.715 --> 00:33:01.095 and healthy for everyone.

NOTE Confidence: 0.9355876
00:33:01.715 --> 00:33:02.755 So if you're a care
NOTE Confidence: 0.9355876
00:33:02.755 --> 00:33:03.255 partner,
NOTE Confidence: 0.96588814
00:33:03.635 --> 00:33:04.915 this will probably help your
NOTE Confidence: 0.96588814
00:33:04.915 --> 00:33:06.275 bowels as well. Mhmm.
NOTE Confidence: 0.96151453
00:33:06.674 --> 00:33:08.195 And it's certainly gonna be
NOTE Confidence: 0.96151453
00:33:08.195 --> 00:33:09.795 heart healthy and anything that's
NOTE Confidence: 0.96151453
00:33:09.795 --> 00:33:11.235 heart healthy is brain healthy
NOTE Confidence: 0.96151453
00:33:11.235 --> 00:33:12.275 and we are very happy
NOTE Confidence: 0.96151453
00:33:12.275 --> 00:33:13.015 about that.
NOTE Confidence: 0.93056375
00:33:13.429 --> 00:33:15.110 Absolutely. The connection between the
NOTE Confidence: 0.93056375
00:33:15.110 --> 00:33:16.150 two go go hand in
NOTE Confidence: 0.93056375
00:33:16.150 --> 00:33:17.910 hand. Yes. So Danielle, I
NOTE Confidence: 0.93056375
00:33:17.910 --> 00:33:19.110 wanted to ask you, we're
NOTE Confidence: 0.93056375
00:33:19.110 --> 00:33:20.230 we're we're kind of talking
NOTE Confidence: 0.93056375
00:33:20.230 --> 00:33:21.030 out of two sides of
NOTE Confidence: 0.93056375

00:33:21.030 --> 00:33:21.910 our mouth, right? We're saying
NOTE Confidence: 0.93056375

00:33:21.910 --> 00:33:22.570 with gastroparesis,
NOTE Confidence: 0.9975586

00:33:23.030 --> 00:33:24.010 we need to do
NOTE Confidence: 0.93288577

00:33:24.470 --> 00:33:26.390 low fiber for constipation, we
NOTE Confidence: 0.93288577

00:33:26.390 --> 00:33:27.610 need to do high fiber.
NOTE Confidence: 0.96606445

00:33:27.910 --> 00:33:29.475 What what would you where
NOTE Confidence: 0.96606445

00:33:29.475 --> 00:33:31.475 does this particular recipe fall
NOTE Confidence: 0.96606445

00:33:31.475 --> 00:33:33.255 within that range? And,
NOTE Confidence: 0.98736894

00:33:33.795 --> 00:33:35.235 are there modifications we can
NOTE Confidence: 0.98736894

00:33:35.235 --> 00:33:36.435 make to make it, you
NOTE Confidence: 0.98736894

00:33:36.435 --> 00:33:37.955 know, either more fiber or
NOTE Confidence: 0.98736894

00:33:37.955 --> 00:33:39.255 less fiber, for example?
NOTE Confidence: 0.9578683

00:33:39.555 --> 00:33:40.995 Great question. So the big
NOTE Confidence: 0.9578683

00:33:40.995 --> 00:33:41.815 thing here
NOTE Confidence: 0.9743505

00:33:42.179 --> 00:33:43.940 with the unfried rice, by
NOTE Confidence: 0.9743505

00:33:43.940 --> 00:33:46.220 using the farro, we're bulking

NOTE Confidence: 0.9743505
00:33:46.220 --> 00:33:46.500 our,
NOTE Confidence: 0.9732259
00:33:48.100 --> 00:33:49.159 our fiber content.
NOTE Confidence: 0.9986683
00:33:49.620 --> 00:33:50.820 And I believe we are
NOTE Confidence: 0.9986683
00:33:50.820 --> 00:33:52.740 sitting at seven grams of
NOTE Confidence: 0.9986683
00:33:52.740 --> 00:33:53.240 fiber
NOTE Confidence: 0.9236731
00:33:54.434 --> 00:33:55.475 per serve. That's good for
NOTE Confidence: 0.9236731
00:33:55.475 --> 00:33:57.075 a side dish, right? Yes.
NOTE Confidence: 0.9236731
00:33:57.075 --> 00:33:58.195 For a side dish. So
NOTE Confidence: 0.9236731
00:33:58.195 --> 00:33:59.315 this isn't our main thing.
NOTE Confidence: 0.9236731
00:33:59.315 --> 00:34:00.434 Mhmm. Seven ish grams of
NOTE Confidence: 0.9236731
00:34:00.434 --> 00:34:01.815 fiber using the farro.
NOTE Confidence: 0.9692993
00:34:02.515 --> 00:34:03.715 So we're gonna use that
NOTE Confidence: 0.9692993
00:34:03.715 --> 00:34:05.635 as well as vegetables. Fiber
NOTE Confidence: 0.9692993
00:34:05.635 --> 00:34:06.755 is also found in vegetables.
NOTE Confidence: 0.9692993
00:34:06.755 --> 00:34:08.010 We're gonna have some corn
NOTE Confidence: 0.9692993

00:34:08.170 --> 00:34:09.770 as well as, some frozen
NOTE Confidence: 0.9692993

00:34:09.770 --> 00:34:10.670 peas and carrots.
NOTE Confidence: 0.9749756

00:34:11.050 --> 00:34:11.850 Now I do point out
NOTE Confidence: 0.9749756

00:34:11.850 --> 00:34:13.450 that these are frozen because
NOTE Confidence: 0.9749756

00:34:13.450 --> 00:34:14.730 again, we're thinking of ways
NOTE Confidence: 0.9749756

00:34:14.730 --> 00:34:16.430 to save energy, save time
NOTE Confidence: 0.9638672

00:34:17.050 --> 00:34:18.350 here with Parkinson's.
NOTE Confidence: 0.9717727

00:34:18.890 --> 00:34:20.010 So if you're looking for
NOTE Confidence: 0.9717727

00:34:20.010 --> 00:34:21.370 more low fiber way to
NOTE Confidence: 0.9717727

00:34:21.370 --> 00:34:23.045 do this dish, I'd recommend
NOTE Confidence: 0.9717727

00:34:23.045 --> 00:34:24.645 switching from farro maybe back
NOTE Confidence: 0.9717727

00:34:24.645 --> 00:34:25.145 to
NOTE Confidence: 0.96885043

00:34:25.445 --> 00:34:27.305 a white rice. Okay. Okay.
NOTE Confidence: 0.96885043

00:34:27.365 --> 00:34:28.405 You would use the same
NOTE Confidence: 0.96885043

00:34:28.405 --> 00:34:30.325 amount. Flavor would not really
NOTE Confidence: 0.96885043

00:34:30.325 --> 00:34:31.845 change. Okay. But white rice

NOTE Confidence: 0.96885043

00:34:31.845 --> 00:34:33.045 tends to be lower fiber.

NOTE Confidence: 0.96885043

00:34:33.045 --> 00:34:34.005 It's what we call like,

NOTE Confidence: 0.96885043

00:34:34.005 --> 00:34:35.525 quote, refined grain, which means

NOTE Confidence: 0.96885043

00:34:35.525 --> 00:34:36.645 they're just pulling out some

NOTE Confidence: 0.96885043

00:34:36.645 --> 00:34:38.420 of that fiber as well

NOTE Confidence: 0.96885043

00:34:38.420 --> 00:34:39.140 as some of the B

NOTE Confidence: 0.96885043

00:34:39.140 --> 00:34:41.059 vitamins, but they're enriching it

NOTE Confidence: 0.96885043

00:34:41.059 --> 00:34:42.420 and putting those B vitamins

NOTE Confidence: 0.96885043

00:34:42.420 --> 00:34:43.160 back in.

NOTE Confidence: 0.9537546

00:34:43.539 --> 00:34:44.900 Great. Okay. Yeah. So, you

NOTE Confidence: 0.9537546

00:34:44.900 --> 00:34:46.180 would prepare it just the

NOTE Confidence: 0.9537546

00:34:46.180 --> 00:34:47.539 same. Great question, by the

NOTE Confidence: 0.9537546

00:34:47.539 --> 00:34:48.819 way. We're going to take

NOTE Confidence: 0.9537546

00:34:48.819 --> 00:34:49.940 the tofu. This part, I

NOTE Confidence: 0.9537546

00:34:49.940 --> 00:34:50.980 think, is kind of fun

NOTE Confidence: 0.9537546

00:34:50.980 --> 00:34:52.180 and it doesn't matter how
NOTE Confidence: 0.9537546

00:34:52.180 --> 00:34:53.114 precise you are.
NOTE Confidence: 0.94838256

00:34:53.915 --> 00:34:54.635 We're going to kind of,
NOTE Confidence: 0.94838256

00:34:55.114 --> 00:34:56.635 scramble our tofu here. And,
NOTE Confidence: 0.94838256

00:34:56.635 --> 00:34:57.435 again, this is going to
NOTE Confidence: 0.94838256

00:34:57.435 --> 00:34:58.895 act just like our rice.
NOTE Confidence: 0.9815768

00:34:59.355 --> 00:35:00.315 So, I just went in
NOTE Confidence: 0.9815768

00:35:00.315 --> 00:35:01.275 the pan with just a
NOTE Confidence: 0.9815768

00:35:01.275 --> 00:35:02.315 little bit of,
NOTE Confidence: 1

00:35:03.435 --> 00:35:04.255 olive oil
NOTE Confidence: 0.92456055

00:35:04.875 --> 00:35:05.755 and then we're going to
NOTE Confidence: 0.92456055

00:35:05.755 --> 00:35:06.575 do our tofu.
NOTE Confidence: 0.92084324

00:35:07.719 --> 00:35:08.600 Megan, I will let you
NOTE Confidence: 0.92084324

00:35:08.600 --> 00:35:09.719 man that. We're just trying
NOTE Confidence: 0.92084324

00:35:09.719 --> 00:35:10.120 to get a good little
NOTE Confidence: 0.92084324

00:35:10.120 --> 00:35:11.160 grip. So this is on

NOTE Confidence: 0.92084324
00:35:11.160 --> 00:35:12.200 now, the pan is on?
NOTE Confidence: 0.92084324
00:35:12.200 --> 00:35:13.320 The pan is on and
NOTE Confidence: 0.92084324
00:35:13.320 --> 00:35:14.440 you bring up another good
NOTE Confidence: 0.92084324
00:35:14.440 --> 00:35:15.880 point. We are using an
NOTE Confidence: 0.92084324
00:35:15.880 --> 00:35:17.020 induction burner.
NOTE Confidence: 0.9918823
00:35:17.640 --> 00:35:19.560 Speaking of adaptive equipment and
NOTE Confidence: 0.9918823
00:35:19.560 --> 00:35:20.620 things like that,
NOTE Confidence: 0.9988769
00:35:21.855 --> 00:35:24.015 these induction burners only work
NOTE Confidence: 0.9988769
00:35:24.015 --> 00:35:25.614 when the pan is on
NOTE Confidence: 0.9988769
00:35:25.614 --> 00:35:27.135 the burner. If I was
NOTE Confidence: 0.9988769
00:35:27.135 --> 00:35:28.594 to lift the pan off,
NOTE Confidence: 0.94986135
00:35:29.295 --> 00:35:30.494 the burner kind of shuts
NOTE Confidence: 0.94986135
00:35:30.494 --> 00:35:31.535 off, and this is a
NOTE Confidence: 0.94986135
00:35:31.535 --> 00:35:33.375 great, like, safety mechanism. -So
NOTE Confidence: 0.94986135
00:35:33.375 --> 00:35:34.335 this will shut off if
NOTE Confidence: 0.94986135

00:35:34.335 --> 00:35:35.295 I lift it? -Yeah, you
NOTE Confidence: 0.94986135

00:35:35.295 --> 00:35:36.655 see how it's going to
NOTE Confidence: 0.94986135

00:35:36.655 --> 00:35:37.590 go off, not hot to
NOTE Confidence: 0.94986135

00:35:37.590 --> 00:35:39.030 the touch. No. It's warm,
NOTE Confidence: 0.94986135

00:35:39.030 --> 00:35:39.910 but it's not hot at
NOTE Confidence: 0.94986135

00:35:39.910 --> 00:35:41.050 all. That's incredible.
NOTE Confidence: 0.9805501

00:35:41.989 --> 00:35:42.950 So this would be so
NOTE Confidence: 0.9805501

00:35:42.950 --> 00:35:44.150 good for someone who has
NOTE Confidence: 0.9805501

00:35:44.150 --> 00:35:46.410 maybe cognitive impairment, who's very,
NOTE Confidence: 0.97437745

00:35:46.790 --> 00:35:48.310 you know, very into cooking.
NOTE Confidence: 0.97437745

00:35:48.310 --> 00:35:49.430 They love to cook, but
NOTE Confidence: 0.97437745

00:35:49.430 --> 00:35:50.630 they're worried about, you know,
NOTE Confidence: 0.97437745

00:35:50.630 --> 00:35:52.330 maybe leaving a stove on.
NOTE Confidence: 0.9903022

00:35:52.925 --> 00:35:54.925 Absolutely. What a great adaptive
NOTE Confidence: 0.9903022

00:35:54.925 --> 00:35:55.965 piece of equipment for the
NOTE Confidence: 0.9903022

00:35:55.965 --> 00:35:57.485 kitchen. And do they always

NOTE Confidence: 0.9903022
00:35:57.485 --> 00:35:58.385 come in, like,
NOTE Confidence: 0.9650879
00:35:58.844 --> 00:36:00.065 cooktops like this?
NOTE Confidence: 0.94155276
00:36:00.364 --> 00:36:01.905 That's no. That's a question.
NOTE Confidence: 0.9412692
00:36:02.445 --> 00:36:03.244 Ours does come in a
NOTE Confidence: 0.9412692
00:36:03.244 --> 00:36:04.445 cooktop. In the kitchen, we
NOTE Confidence: 0.9412692
00:36:04.445 --> 00:36:05.885 use induction as well, and
NOTE Confidence: 0.9412692
00:36:05.885 --> 00:36:07.140 they're kind of single burners.
NOTE Confidence: 0.9412692
00:36:07.140 --> 00:36:08.180 Oh, I can see. Yeah.
NOTE Confidence: 0.9412692
00:36:08.180 --> 00:36:09.460 You have, like, single hot
NOTE Confidence: 0.9412692
00:36:09.460 --> 00:36:10.819 plates. Yeah. I think there's
NOTE Confidence: 0.9412692
00:36:10.819 --> 00:36:11.640 a a variety,
NOTE Confidence: 0.9739932
00:36:12.019 --> 00:36:13.140 of things that could happen
NOTE Confidence: 0.9739932
00:36:13.140 --> 00:36:14.420 there. It sounds like you
NOTE Confidence: 0.9739932
00:36:14.420 --> 00:36:16.260 can also if I understand
NOTE Confidence: 0.9739932
00:36:16.260 --> 00:36:17.299 correctly, I think you can
NOTE Confidence: 0.9739932

00:36:17.299 --> 00:36:17.799 also,
NOTE Confidence: 0.98553467
00:36:18.420 --> 00:36:19.799 purchase, like, hot plates.
NOTE Confidence: 0.8078169
00:36:20.105 --> 00:36:21.145 Yeah, like a single one
NOTE Confidence: 0.8078169
00:36:21.145 --> 00:36:22.184 that you can just plug
NOTE Confidence: 0.8078169
00:36:22.184 --> 00:36:22.684 in.
NOTE Confidence: 0.87714845
00:36:22.984 --> 00:36:24.204 So, this is a great
NOTE Confidence: 0.98248935
00:36:24.585 --> 00:36:25.944 So, Danielle, I have never
NOTE Confidence: 0.98248935
00:36:25.944 --> 00:36:27.224 made tofu before. How do
NOTE Confidence: 0.98248935
00:36:27.224 --> 00:36:27.944 I know when this is
NOTE Confidence: 0.98248935
00:36:27.944 --> 00:36:29.944 done? Great. Great question. So,
NOTE Confidence: 0.98248935
00:36:29.944 --> 00:36:30.984 we're just trying to let
NOTE Confidence: 0.98248935
00:36:30.984 --> 00:36:32.184 it, sit in the pan
NOTE Confidence: 0.98248935
00:36:32.184 --> 00:36:32.904 a little bit, and I'm
NOTE Confidence: 0.98248935
00:36:32.904 --> 00:36:34.025 actually gonna it's a little
NOTE Confidence: 0.98248935
00:36:34.025 --> 00:36:34.525 counterintuitive.
NOTE Confidence: 0.9676141
00:36:34.969 --> 00:36:35.609 I want you to let

NOTE Confidence: 0.9676141
00:36:35.609 --> 00:36:36.569 it kinda sit for a
NOTE Confidence: 0.9676141
00:36:36.569 --> 00:36:38.010 bit so it can get
NOTE Confidence: 0.9676141
00:36:38.010 --> 00:36:39.369 some nice color and browning
NOTE Confidence: 0.9676141
00:36:39.369 --> 00:36:40.170 on the bottom. And you
NOTE Confidence: 0.9676141
00:36:40.170 --> 00:36:41.369 hear it sizzling a little
NOTE Confidence: 0.9676141
00:36:41.369 --> 00:36:42.809 bit now as it it's
NOTE Confidence: 0.9676141
00:36:42.809 --> 00:36:44.809 getting heated. Yep. The tofu's
NOTE Confidence: 0.9676141
00:36:44.809 --> 00:36:46.569 gonna turn slightly brown. The
NOTE Confidence: 0.9676141
00:36:46.569 --> 00:36:47.450 longer you leave it there,
NOTE Confidence: 0.9676141
00:36:47.450 --> 00:36:48.329 the more brown it would
NOTE Confidence: 0.9676141
00:36:48.329 --> 00:36:49.045 get, just just like a
NOTE Confidence: 0.9676141
00:36:49.045 --> 00:36:50.325 protein or something like that.
NOTE Confidence: 0.9676141
00:36:50.325 --> 00:36:51.285 Mhmm. We're just trying to
NOTE Confidence: 0.9676141
00:36:51.285 --> 00:36:52.885 get a light brown on
NOTE Confidence: 0.9676141
00:36:52.885 --> 00:36:54.005 there, and then we're gonna
NOTE Confidence: 0.9676141

00:36:54.005 --> 00:36:54.885 add the rest of our
NOTE Confidence: 0.9676141

00:36:54.885 --> 00:36:57.065 ingredients to the pan. Okay?
NOTE Confidence: 0.9676141

00:36:57.125 --> 00:36:59.225 Danielle, I love tofu, but,
NOTE Confidence: 0.9819698

00:36:59.925 --> 00:37:00.965 I you know, for those
NOTE Confidence: 0.9819698

00:37:00.965 --> 00:37:02.165 who haven't made it before,
NOTE Confidence: 0.9819698

00:37:02.165 --> 00:37:03.420 did you prep this tofu
NOTE Confidence: 0.9819698

00:37:03.579 --> 00:37:04.859 in any way before you?
NOTE Confidence: 0.9819698

00:37:04.859 --> 00:37:06.460 Great question. This is extra
NOTE Confidence: 0.9819698

00:37:06.460 --> 00:37:07.200 firm tofu.
NOTE Confidence: 0.9734268

00:37:07.500 --> 00:37:08.780 That's what makes it kind
NOTE Confidence: 0.9734268

00:37:08.780 --> 00:37:09.900 of hold its shape before
NOTE Confidence: 0.9734268

00:37:09.900 --> 00:37:11.099 I crumbled it up like
NOTE Confidence: 0.9734268

00:37:11.099 --> 00:37:11.599 that.
NOTE Confidence: 0.99853516

00:37:12.059 --> 00:37:13.020 The way that you would
NOTE Confidence: 0.99853516

00:37:13.020 --> 00:37:14.859 prepare it is just cutting
NOTE Confidence: 0.99853516

00:37:14.859 --> 00:37:16.000 it out of the package.

NOTE Confidence: 0.9226074
00:37:16.460 --> 00:37:17.520 Tofu's actually
NOTE Confidence: 0.9151306
00:37:18.565 --> 00:37:20.245 soybeans that are ground up.
NOTE Confidence: 0.9151306
00:37:20.245 --> 00:37:22.025 Yeah. Okay. So high protein
NOTE Confidence: 0.9151306
00:37:22.085 --> 00:37:23.205 does have some fiber as
NOTE Confidence: 0.9151306
00:37:23.205 --> 00:37:23.705 well.
NOTE Confidence: 0.95387805
00:37:24.165 --> 00:37:25.205 I take that block of
NOTE Confidence: 0.95387805
00:37:25.205 --> 00:37:26.405 tofu, wrap it in some
NOTE Confidence: 0.95387805
00:37:26.405 --> 00:37:28.085 paper towels, and then just
NOTE Confidence: 0.95387805
00:37:28.085 --> 00:37:29.525 put something heavy on top.
NOTE Confidence: 0.95387805
00:37:29.525 --> 00:37:30.965 They do make fancy tofu
NOTE Confidence: 0.95387805
00:37:30.965 --> 00:37:32.485 presses. Oh, interesting. For this
NOTE Confidence: 0.95387805
00:37:32.485 --> 00:37:33.364 day, I have not bought
NOTE Confidence: 0.95387805
00:37:33.364 --> 00:37:35.090 one. I put my cutting
NOTE Confidence: 0.95387805
00:37:35.090 --> 00:37:36.050 board on top of it.
NOTE Confidence: 0.95387805
00:37:36.050 --> 00:37:36.930 I do that or a
NOTE Confidence: 0.95387805

00:37:36.930 --> 00:37:38.370 heavy pan. Yeah. You could
NOTE Confidence: 0.95387805

00:37:38.370 --> 00:37:39.730 put some cans on top.
NOTE Confidence: 0.95387805

00:37:39.730 --> 00:37:40.930 Exactly. You're just trying to
NOTE Confidence: 0.95387805

00:37:40.930 --> 00:37:42.290 pull out any extra water
NOTE Confidence: 0.95387805

00:37:42.290 --> 00:37:43.750 so it can then absorb
NOTE Confidence: 0.95387805

00:37:43.810 --> 00:37:44.850 the flavor of whatever you
NOTE Confidence: 0.95387805

00:37:44.850 --> 00:37:46.495 put in it. And I
NOTE Confidence: 0.95387805

00:37:46.614 --> 00:37:48.135 the reason why I'd never
NOTE Confidence: 0.95387805

00:37:48.135 --> 00:37:49.415 seen it made like this,
NOTE Confidence: 0.95387805

00:37:49.415 --> 00:37:50.055 so now I have a
NOTE Confidence: 0.95387805

00:37:50.055 --> 00:37:51.355 new way to make it,
NOTE Confidence: 0.95387805

00:37:51.415 --> 00:37:52.614 but I'll cube it up
NOTE Confidence: 0.95387805

00:37:52.614 --> 00:37:53.495 and I'll throw it in
NOTE Confidence: 0.95387805

00:37:53.495 --> 00:37:54.775 my air fryer and I'll
NOTE Confidence: 0.95387805

00:37:54.855 --> 00:37:56.135 Nice and crispy protein as
NOTE Confidence: 0.95387805

00:37:56.135 --> 00:37:57.094 well. The air fryer, I'm

NOTE Confidence: 0.95387805
00:37:57.094 --> 00:37:58.855 telling you, undefeated. It's true.
NOTE Confidence: 0.95387805
00:37:58.855 --> 00:37:59.975 Alright. It sounds like you've
NOTE Confidence: 0.95387805
00:37:59.975 --> 00:38:01.050 got some nice browning, so
NOTE Confidence: 0.95387805
00:38:01.050 --> 00:38:01.690 so see if you can
NOTE Confidence: 0.95387805
00:38:01.690 --> 00:38:03.130 get a turn it over
NOTE Confidence: 0.95387805
00:38:03.130 --> 00:38:04.270 just a little bit.
NOTE Confidence: 0.97547495
00:38:06.810 --> 00:38:07.770 You've got a little bit
NOTE Confidence: 0.97547495
00:38:07.770 --> 00:38:08.969 of crisp there, I can
NOTE Confidence: 0.97547495
00:38:08.969 --> 00:38:09.469 see.
NOTE Confidence: 0.9448242
00:38:13.050 --> 00:38:14.090 We went a little far,
NOTE Confidence: 0.9448242
00:38:14.090 --> 00:38:14.989 there we go.
NOTE Confidence: 0.9628462
00:38:16.425 --> 00:38:17.465 And then I'm just gonna
NOTE Confidence: 0.9628462
00:38:17.465 --> 00:38:19.005 go in with some grated
NOTE Confidence: 0.9628462
00:38:19.065 --> 00:38:19.565 ginger,
NOTE Confidence: 0.92532784
00:38:20.025 --> 00:38:21.705 not ginger, I'm sorry, garlic,
NOTE Confidence: 0.92532784

00:38:21.705 --> 00:38:22.605 grated garlic,
NOTE Confidence: 0.991333

00:38:22.985 --> 00:38:24.265 and the reason I grated
NOTE Confidence: 0.991333

00:38:24.265 --> 00:38:25.705 it, I think that using
NOTE Confidence: 0.991333

00:38:25.705 --> 00:38:27.005 a tool like this
NOTE Confidence: 0.98753136

00:38:27.465 --> 00:38:28.344 is gonna be a little
NOTE Confidence: 0.98753136

00:38:28.344 --> 00:38:29.864 bit easier than maybe potentially
NOTE Confidence: 0.98753136

00:38:29.864 --> 00:38:31.380 trying to mince garlic,
NOTE Confidence: 0.951072

00:38:32.339 --> 00:38:33.700 But you can always buy
NOTE Confidence: 0.951072

00:38:33.700 --> 00:38:34.900 the pre minced garlic in
NOTE Confidence: 0.951072

00:38:34.900 --> 00:38:36.420 the jar, okay? And then
NOTE Confidence: 0.951072

00:38:36.420 --> 00:38:37.460 we're just gonna give that
NOTE Confidence: 0.951072

00:38:37.460 --> 00:38:38.039 a stir.
NOTE Confidence: 0.9857585

00:38:39.460 --> 00:38:40.900 And that pre minced garlic
NOTE Confidence: 0.9857585

00:38:40.900 --> 00:38:42.599 also comes in water,
NOTE Confidence: 0.8429091

00:38:42.900 --> 00:38:44.259 which is great. Which is
NOTE Confidence: 0.8429091

00:38:44.259 --> 00:38:45.480 great, some more hydration.

NOTE Confidence: 0.83251953
00:38:46.099 --> 00:38:46.599 Hydration.
NOTE Confidence: 0.98832566
00:38:47.755 --> 00:38:48.875 Alright. Then I'm gonna go
NOTE Confidence: 0.98832566
00:38:48.875 --> 00:38:50.315 in with some spices and
NOTE Confidence: 0.98832566
00:38:50.315 --> 00:38:51.195 herbs here. We have a
NOTE Confidence: 0.98832566
00:38:51.195 --> 00:38:52.795 little bit of pepper, some
NOTE Confidence: 0.98832566
00:38:52.795 --> 00:38:53.695 ground ginger,
NOTE Confidence: 0.9991455
00:38:54.155 --> 00:38:56.094 onion powder, garlic powder.
NOTE Confidence: 0.97296953
00:38:56.555 --> 00:38:57.515 You you see I'm using
NOTE Confidence: 0.97296953
00:38:57.515 --> 00:38:58.655 kind of the same spices
NOTE Confidence: 0.97296953
00:38:58.715 --> 00:38:59.994 over and over Yeah. Because
NOTE Confidence: 0.97296953
00:38:59.994 --> 00:39:01.455 I'm trying to create cohesiveness
NOTE Confidence: 0.9337865
00:39:01.989 --> 00:39:03.350 with the flavors that I'm
NOTE Confidence: 0.9337865
00:39:03.350 --> 00:39:05.030 using. But also ginger. I
NOTE Confidence: 0.9337865
00:39:05.030 --> 00:39:05.750 can smell it. You can
NOTE Confidence: 0.9337865
00:39:05.750 --> 00:39:07.110 smell it. Right? Yes. The
NOTE Confidence: 0.9337865

00:39:07.110 --> 00:39:08.710 onion powder, garlic powder, they're

NOTE Confidence: 0.9337865

00:39:08.710 --> 00:39:10.390 strong flavors, which is something

NOTE Confidence: 0.9337865

00:39:10.550 --> 00:39:11.670 Yeah. That's going to be

NOTE Confidence: 0.9337865

00:39:11.670 --> 00:39:12.650 really great here.

NOTE Confidence: 0.88001204

00:39:13.110 --> 00:39:14.550 Me too with the ginger

NOTE Confidence: 0.88001204

00:39:14.550 --> 00:39:15.590 is that so many of

NOTE Confidence: 0.88001204

00:39:15.590 --> 00:39:17.295 our patients suffer from nausea,

NOTE Confidence: 0.88001204

00:39:17.375 --> 00:39:18.194 for example,

NOTE Confidence: 0.9764186

00:39:19.135 --> 00:39:20.655 whether it's related to taking

NOTE Confidence: 0.9764186

00:39:20.655 --> 00:39:21.395 their carbidopalevodopa,

NOTE Confidence: 0.9991102

00:39:22.575 --> 00:39:23.855 or nausea can be a

NOTE Confidence: 0.9991102

00:39:23.855 --> 00:39:25.075 common sign of gastroparesis,

NOTE Confidence: 0.9879964

00:39:25.375 --> 00:39:26.415 for example, that we were

NOTE Confidence: 0.9879964

00:39:26.415 --> 00:39:28.415 just speaking about. So, and

NOTE Confidence: 0.9879964

00:39:28.415 --> 00:39:29.310 ginger is

NOTE Confidence: 0.755249

00:39:29.870 --> 00:39:30.450 a known,

NOTE Confidence: 0.9295654
00:39:31.070 --> 00:39:32.370 you know, sort of natural
NOTE Confidence: 0.9295654
00:39:32.510 --> 00:39:33.730 remedy, right? Absolutely.
NOTE Confidence: 0.82476807
00:39:34.110 --> 00:39:34.690 For nausea?
NOTE Confidence: 0.92185545
00:39:35.550 --> 00:39:37.390 Wow, this looks amazing. So
NOTE Confidence: 0.92185545
00:39:37.390 --> 00:39:38.430 good. I wish you could
NOTE Confidence: 0.92185545
00:39:38.430 --> 00:39:39.630 smell it, everybody at home.
NOTE Confidence: 0.92185545
00:39:39.630 --> 00:39:41.010 This is amazing. Hopefully, they're
NOTE Confidence: 0.92185545
00:39:41.230 --> 00:39:42.850 cooking along with us. Right.
NOTE Confidence: 0.9786857
00:39:44.045 --> 00:39:45.485 And if not, this should
NOTE Confidence: 0.9786857
00:39:45.485 --> 00:39:46.605 get you going to try.
NOTE Confidence: 0.9786857
00:39:46.605 --> 00:39:47.965 Look how beautiful that is
NOTE Confidence: 0.9786857
00:39:47.965 --> 00:39:49.325 too. So we just added
NOTE Confidence: 0.9786857
00:39:49.325 --> 00:39:51.165 our veggies into the mix
NOTE Confidence: 0.9786857
00:39:51.165 --> 00:39:52.925 there. Yeah. If they're frozen,
NOTE Confidence: 0.9786857
00:39:52.925 --> 00:39:53.885 what you're gonna want to
NOTE Confidence: 0.9786857

00:39:53.885 --> 00:39:55.585 do is let that ice
NOTE Confidence: 0.9786857
00:39:55.725 --> 00:39:57.325 just defrost off of there.
NOTE Confidence: 0.9786857
00:39:57.325 --> 00:39:58.969 So they're cooked. We're just
NOTE Confidence: 0.9786857
00:39:58.969 --> 00:40:00.569 trying to warm them up.
NOTE Confidence: 0.9786857
00:40:00.569 --> 00:40:01.069 Okay.
NOTE Confidence: 0.96118164
00:40:01.930 --> 00:40:03.130 Danielle, will the,
NOTE Confidence: 0.9940956
00:40:03.770 --> 00:40:05.930 participants at home and those
NOTE Confidence: 0.9940956
00:40:05.930 --> 00:40:07.130 who view the video later,
NOTE Confidence: 0.9940956
00:40:07.130 --> 00:40:08.250 will they have access to
NOTE Confidence: 0.9940956
00:40:08.250 --> 00:40:09.690 this recipe? They will have
NOTE Confidence: 0.9940956
00:40:09.690 --> 00:40:10.969 access to the recipe with
NOTE Confidence: 0.9940956
00:40:10.969 --> 00:40:12.569 the nutrition facts of everything
NOTE Confidence: 0.9940956
00:40:12.569 --> 00:40:13.450 that we made today. So
NOTE Confidence: 0.9940956
00:40:13.450 --> 00:40:14.385 the salad dressing,
NOTE Confidence: 0.96169496
00:40:14.785 --> 00:40:16.385 as well as the unfried
NOTE Confidence: 0.96169496
00:40:16.385 --> 00:40:17.265 rice as well as the

NOTE Confidence: 0.96169496
00:40:17.265 --> 00:40:18.485 honey walnut. Awesome.
NOTE Confidence: 0.92519414
00:40:19.105 --> 00:40:20.065 Alright. And then we're just
NOTE Confidence: 0.92519414
00:40:20.065 --> 00:40:20.864 going to go ahead and
NOTE Confidence: 0.92519414
00:40:20.864 --> 00:40:22.645 add in your precooked grain.
NOTE Confidence: 0.92519414
00:40:22.705 --> 00:40:24.065 If you're using the farro,
NOTE Confidence: 0.92519414
00:40:24.065 --> 00:40:24.945 I might have to scoop
NOTE Confidence: 0.92519414
00:40:24.945 --> 00:40:25.745 that one out.
NOTE Confidence: 0.9956146
00:40:26.065 --> 00:40:27.265 If you're using the farro,
NOTE Confidence: 0.9956146
00:40:27.265 --> 00:40:28.325 you can do that.
NOTE Confidence: 0.99700373
00:40:28.690 --> 00:40:29.730 If you're using the rice,
NOTE Confidence: 0.99700373
00:40:29.730 --> 00:40:30.530 you can do that as
NOTE Confidence: 0.99700373
00:40:30.530 --> 00:40:31.030 well.
NOTE Confidence: 0.9420166
00:40:31.570 --> 00:40:33.590 Now, I precooked my farro
NOTE Confidence: 0.9420166
00:40:33.650 --> 00:40:34.150 before
NOTE Confidence: 0.8833008
00:40:34.610 --> 00:40:35.090 today's,
NOTE Confidence: 0.99332684

00:40:35.650 --> 00:40:36.150 webinar.
NOTE Confidence: 0.89453125
00:40:36.610 --> 00:40:38.310 You can actually though
NOTE Confidence: 0.9197998
00:40:38.930 --> 00:40:40.530 find cooked grains in the
NOTE Confidence: 0.9197998
00:40:40.530 --> 00:40:41.830 freezer section. Yeah.
NOTE Confidence: 0.9985026
00:40:42.425 --> 00:40:43.805 It is a game changer.
NOTE Confidence: 0.9668085
00:40:44.744 --> 00:40:46.105 Usually they don't have any
NOTE Confidence: 0.9668085
00:40:46.105 --> 00:40:47.705 additives, not even salt. They're
NOTE Confidence: 0.9668085
00:40:47.705 --> 00:40:48.744 just precooked and they can
NOTE Confidence: 0.9668085
00:40:48.744 --> 00:40:49.785 save you some time and
NOTE Confidence: 0.9668085
00:40:49.785 --> 00:40:50.285 energy.
NOTE Confidence: 0.96233577
00:40:50.665 --> 00:40:52.185 Or if you're gonna make
NOTE Confidence: 0.96233577
00:40:52.185 --> 00:40:53.465 rice at any point or
NOTE Confidence: 0.96233577
00:40:53.465 --> 00:40:54.744 any grain, you can make
NOTE Confidence: 0.96233577
00:40:54.744 --> 00:40:55.705 a big batch and freeze
NOTE Confidence: 0.96233577
00:40:55.705 --> 00:40:56.525 it. Yeah.
NOTE Confidence: 0.96315104
00:40:58.420 --> 00:40:59.700 Danielle, when it comes to

NOTE Confidence: 0.96315104
00:40:59.700 --> 00:41:02.100 free, like frozen food, I've
NOTE Confidence: 0.96315104
00:41:02.100 --> 00:41:03.880 heard, for example, that vegetables,
NOTE Confidence: 0.9959542
00:41:04.980 --> 00:41:07.160 actually have, you know, potentially
NOTE Confidence: 0.9959542
00:41:07.300 --> 00:41:08.040 a higher,
NOTE Confidence: 1
00:41:08.739 --> 00:41:09.239 nutritional
NOTE Confidence: 0.996521
00:41:09.540 --> 00:41:11.140 value when they're when you
NOTE Confidence: 0.996521
00:41:11.140 --> 00:41:12.200 buy them frozen
NOTE Confidence: 0.9806083
00:41:12.714 --> 00:41:14.234 then definitely canned. I don't
NOTE Confidence: 0.9806083
00:41:14.234 --> 00:41:14.895 know about,
NOTE Confidence: 0.91308594
00:41:15.355 --> 00:41:16.815 if they're fresh.
NOTE Confidence: 0.93687856
00:41:17.515 --> 00:41:18.315 I don't know how they
NOTE Confidence: 0.93687856
00:41:18.315 --> 00:41:19.835 compare. But the in terms
NOTE Confidence: 0.93687856
00:41:19.835 --> 00:41:20.155 of,
NOTE Confidence: 0.96394855
00:41:20.875 --> 00:41:22.635 preserving the nutritional value of
NOTE Confidence: 0.96394855
00:41:22.635 --> 00:41:23.135 frozen
NOTE Confidence: 0.99194336

00:41:23.515 --> 00:41:24.015 vegetables,
NOTE Confidence: 0.96690917
00:41:24.954 --> 00:41:26.340 it does pretty well, right?
NOTE Confidence: 0.96690917
00:41:26.580 --> 00:41:27.940 Yeah. So we do not
NOTE Confidence: 0.96690917
00:41:27.940 --> 00:41:29.860 discriminate against vegetables in any
NOTE Confidence: 0.96690917
00:41:29.860 --> 00:41:31.460 way. If you are eating
NOTE Confidence: 0.96690917
00:41:31.460 --> 00:41:32.660 fruits and vegetables, it is
NOTE Confidence: 0.96690917
00:41:32.660 --> 00:41:33.620 a good thing, whether they
NOTE Confidence: 0.96690917
00:41:33.620 --> 00:41:35.320 are fresh, frozen, or canned.
NOTE Confidence: 0.96690917
00:41:35.540 --> 00:41:36.420 So the big thing with
NOTE Confidence: 0.96690917
00:41:36.420 --> 00:41:37.620 canned that people are concerned
NOTE Confidence: 0.96690917
00:41:37.620 --> 00:41:39.160 about is the added sodium.
NOTE Confidence: 0.5654297
00:41:39.620 --> 00:41:39.940 Okay.
NOTE Confidence: 0.9941406
00:41:40.739 --> 00:41:41.239 And
NOTE Confidence: 0.9830769
00:41:41.675 --> 00:41:42.635 sure, there may be some
NOTE Confidence: 0.9830769
00:41:42.635 --> 00:41:43.915 additional sodium, but eating the
NOTE Confidence: 0.9830769
00:41:43.915 --> 00:41:45.755 vegetable is very beneficial. If

NOTE Confidence: 0.9830769
00:41:45.755 --> 00:41:47.195 you rinse your canned vegetables,
NOTE Confidence: 0.9830769
00:41:47.195 --> 00:41:47.915 you can get up to
NOTE Confidence: 0.9830769
00:41:47.915 --> 00:41:49.114 fifty percent of the sodium
NOTE Confidence: 0.9830769
00:41:49.114 --> 00:41:50.475 off, which is a great
NOTE Confidence: 0.9830769
00:41:50.475 --> 00:41:52.395 tip. For frozen, to your
NOTE Confidence: 0.9830769
00:41:52.395 --> 00:41:52.895 point,
NOTE Confidence: 0.99884444
00:41:53.355 --> 00:41:54.955 frozen vegetables and fruits are
NOTE Confidence: 0.99884444
00:41:54.955 --> 00:41:56.255 picked at their peak ripeness.
NOTE Confidence: 0.96861774
00:41:56.555 --> 00:41:57.739 As Soon as it's ready,
NOTE Confidence: 0.96861774
00:41:57.960 --> 00:41:59.480 they pick them, then they
NOTE Confidence: 0.96861774
00:41:59.480 --> 00:42:00.920 flash freeze them. So usually
NOTE Confidence: 0.96861774
00:42:00.920 --> 00:42:02.040 that means we're going into
NOTE Confidence: 0.96861774
00:42:02.040 --> 00:42:03.640 hot water to preserve the
NOTE Confidence: 0.96861774
00:42:03.640 --> 00:42:05.160 color and the nutrients, and
NOTE Confidence: 0.96861774
00:42:05.160 --> 00:42:06.520 then into ice water, which
NOTE Confidence: 0.96861774

00:42:06.520 --> 00:42:07.800 is why the broccoli is
NOTE Confidence: 0.96861774

00:42:07.800 --> 00:42:09.320 so perfectly green and that
NOTE Confidence: 0.96861774

00:42:09.320 --> 00:42:10.315 sort of thing.
NOTE Confidence: 0.8774414

00:42:10.775 --> 00:42:12.235 And then they are transported
NOTE Confidence: 0.8774414

00:42:12.375 --> 00:42:12.875 frozen.
NOTE Confidence: 0.98291016

00:42:13.335 --> 00:42:14.395 So they maintain
NOTE Confidence: 0.97750974

00:42:14.695 --> 00:42:16.695 that nutritional value until they
NOTE Confidence: 0.97750974

00:42:16.695 --> 00:42:17.415 get to you and you're
NOTE Confidence: 0.97750974

00:42:17.415 --> 00:42:19.095 ready to use them. Compared
NOTE Confidence: 0.97750974

00:42:19.095 --> 00:42:20.695 to fresh produce sometimes, if
NOTE Confidence: 0.97750974

00:42:20.695 --> 00:42:22.235 it's traveling a long way,
NOTE Confidence: 0.968797

00:42:22.670 --> 00:42:23.469 they're picking it a little
NOTE Confidence: 0.968797

00:42:23.469 --> 00:42:24.830 bit early. So by the
NOTE Confidence: 0.968797

00:42:24.830 --> 00:42:26.050 time it gets to you,
NOTE Confidence: 0.968797

00:42:26.270 --> 00:42:27.310 it could be at peak.
NOTE Confidence: 0.968797

00:42:27.310 --> 00:42:28.830 It could be past peak.

NOTE Confidence: 0.968797

00:42:28.830 --> 00:42:30.110 Right. Unless you're getting your

NOTE Confidence: 0.968797

00:42:30.110 --> 00:42:31.469 food locally and you know,

NOTE Confidence: 0.968797

00:42:31.469 --> 00:42:32.350 you know, this is ripe

NOTE Confidence: 0.968797

00:42:32.350 --> 00:42:33.230 and I'm gonna eat it

NOTE Confidence: 0.968797

00:42:33.230 --> 00:42:34.750 very soon. Wow. Good to

NOTE Confidence: 0.968797

00:42:34.750 --> 00:42:35.710 know. So eating your fruits

NOTE Confidence: 0.968797

00:42:35.710 --> 00:42:37.185 and vegetables in any way,

NOTE Confidence: 0.968797

00:42:37.185 --> 00:42:38.385 we love that. Mhmm. We're

NOTE Confidence: 0.968797

00:42:38.385 --> 00:42:39.585 okay with it. I will

NOTE Confidence: 0.968797

00:42:39.585 --> 00:42:41.105 say that, again, going back

NOTE Confidence: 0.968797

00:42:41.105 --> 00:42:41.985 to those people who have

NOTE Confidence: 0.968797

00:42:41.985 --> 00:42:43.745 blood pressure issues, you're allowed

NOTE Confidence: 0.968797

00:42:43.745 --> 00:42:44.864 to have if you're having

NOTE Confidence: 0.968797

00:42:44.864 --> 00:42:46.145 low blood pressure, you're allowed

NOTE Confidence: 0.968797

00:42:46.145 --> 00:42:46.864 to have a little more

NOTE Confidence: 0.968797

00:42:46.864 --> 00:42:47.825 sodium. We always say no
NOTE Confidence: 0.968797

00:42:47.825 --> 00:42:49.299 sodium, no sodium, but that's
NOTE Confidence: 0.968797

00:42:49.299 --> 00:42:50.180 for people with high blood
NOTE Confidence: 0.968797

00:42:50.180 --> 00:42:51.700 pressure and in Parkinson's, low
NOTE Confidence: 0.968797

00:42:51.700 --> 00:42:53.059 blood pressure is more often
NOTE Confidence: 0.968797

00:42:53.059 --> 00:42:54.279 an issue. Yeah,
NOTE Confidence: 0.9754503

00:42:55.380 --> 00:42:56.660 I'm just taking a peek
NOTE Confidence: 0.9754503

00:42:56.660 --> 00:42:57.880 at our shrimp here.
NOTE Confidence: 0.798584

00:42:58.180 --> 00:42:58.839 All right.
NOTE Confidence: 0.92944336

00:43:01.164 --> 00:43:01.984 Getting a little,
NOTE Confidence: 0.9151367

00:43:02.525 --> 00:43:04.944 a little smoky. Oh, okay.
NOTE Confidence: 0.93066406

00:43:05.805 --> 00:43:07.265 All right, you can see
NOTE Confidence: 0.9739685

00:43:07.644 --> 00:43:09.005 they're starting to crisp up
NOTE Confidence: 0.9739685

00:43:09.005 --> 00:43:09.825 a little bit.
NOTE Confidence: 0.94275844

00:43:10.204 --> 00:43:11.244 I'm going to pop them
NOTE Confidence: 0.94275844

00:43:11.244 --> 00:43:12.525 right back in just a

NOTE Confidence: 0.94275844
00:43:12.525 --> 00:43:13.424 little bit more.
NOTE Confidence: 0.9553816
00:43:14.960 --> 00:43:15.839 And while we're doing that,
NOTE Confidence: 0.9553816
00:43:15.839 --> 00:43:17.440 we're gonna make the honey
NOTE Confidence: 0.9553816
00:43:17.440 --> 00:43:18.960 walnut sauce for the shrimp
NOTE Confidence: 0.9553816
00:43:18.960 --> 00:43:19.760 and then our dish is
NOTE Confidence: 0.9553816
00:43:19.760 --> 00:43:20.559 gonna be ready to go.
NOTE Confidence: 0.9553816
00:43:20.559 --> 00:43:22.480 Okay. All right. Okay. So
NOTE Confidence: 0.9553816
00:43:22.480 --> 00:43:24.339 I'm just heating a small,
NOTE Confidence: 0.9937744
00:43:24.960 --> 00:43:26.799 frying pan over medium heat
NOTE Confidence: 0.9937744
00:43:26.799 --> 00:43:27.299 here.
NOTE Confidence: 0.97304094
00:43:27.635 --> 00:43:28.435 And the first thing we're
NOTE Confidence: 0.97304094
00:43:28.435 --> 00:43:29.714 gonna do is toast our
NOTE Confidence: 0.97304094
00:43:29.714 --> 00:43:30.214 walnuts.
NOTE Confidence: 0.9453963
00:43:30.675 --> 00:43:32.035 So, walnuts, I think, are
NOTE Confidence: 0.9453963
00:43:32.035 --> 00:43:32.835 one of the things that
NOTE Confidence: 0.9453963

00:43:32.835 --> 00:43:33.954 everybody knows is good for
NOTE Confidence: 0.9453963

00:43:33.954 --> 00:43:35.795 brain health. We even sometimes
NOTE Confidence: 0.9453963

00:43:35.795 --> 00:43:36.594 joke it looks like a
NOTE Confidence: 0.9453963

00:43:36.594 --> 00:43:38.594 little brain. Right? Walnuts look
NOTE Confidence: 0.9453963

00:43:38.594 --> 00:43:39.734 like a little brain.
NOTE Confidence: 0.33459473

00:43:40.594 --> 00:43:41.255 That makes
NOTE Confidence: 0.8872181

00:43:42.515 --> 00:43:43.680 more now. Now. Yep. Rich
NOTE Confidence: 0.8872181

00:43:43.680 --> 00:43:45.359 in omega-3s, which is really
NOTE Confidence: 0.8872181

00:43:45.359 --> 00:43:45.859 great.
NOTE Confidence: 0.96638256

00:43:46.480 --> 00:43:47.440 So we're gonna put our
NOTE Confidence: 0.96638256

00:43:47.440 --> 00:43:48.719 walnuts in the pan. If
NOTE Confidence: 0.96638256

00:43:48.719 --> 00:43:50.480 you are toasting nuts, this
NOTE Confidence: 0.96638256

00:43:50.480 --> 00:43:51.440 is one of the things
NOTE Confidence: 0.96638256

00:43:51.440 --> 00:43:52.500 that is not a passive
NOTE Confidence: 0.96638256

00:43:52.560 --> 00:43:54.080 task. You want to stay
NOTE Confidence: 0.96638256

00:43:54.080 --> 00:43:55.280 very close. Yeah.

NOTE Confidence: 0.99247545
00:43:55.680 --> 00:43:56.960 It does not take long
NOTE Confidence: 0.99247545
00:43:56.960 --> 00:43:58.905 for them to, start to
NOTE Confidence: 0.99247545
00:43:59.145 --> 00:44:00.745 smell a little bit. Okay.
NOTE Confidence: 0.99247545
00:44:00.745 --> 00:44:01.945 We don't want to burn
NOTE Confidence: 0.99247545
00:44:01.945 --> 00:44:03.545 them or brown them. We're
NOTE Confidence: 0.99247545
00:44:03.545 --> 00:44:04.105 just trying to get a
NOTE Confidence: 0.99247545
00:44:04.105 --> 00:44:04.985 little bit of heat to
NOTE Confidence: 0.99247545
00:44:04.985 --> 00:44:06.285 release some extra flavor.
NOTE Confidence: 0.96309406
00:44:06.905 --> 00:44:07.625 So we're just going to
NOTE Confidence: 0.96309406
00:44:07.625 --> 00:44:08.585 let them get heated on
NOTE Confidence: 0.96309406
00:44:08.585 --> 00:44:09.405 one side.
NOTE Confidence: 0.9682385
00:44:10.265 --> 00:44:11.945 While we're, while we are
NOTE Confidence: 0.9682385
00:44:11.945 --> 00:44:13.410 doing that, I'm going to
NOTE Confidence: 0.9682385
00:44:13.410 --> 00:44:15.030 take another bowl here
NOTE Confidence: 0.9313558
00:44:15.569 --> 00:44:16.530 and we're just going to
NOTE Confidence: 0.9313558

00:44:16.530 --> 00:44:17.030 combine,
NOTE Confidence: 0.98271483
00:44:19.730 --> 00:44:21.109 we are going to combine
NOTE Confidence: 0.98217773
00:44:21.890 --> 00:44:22.869 our honey
NOTE Confidence: 0.9807826
00:44:23.489 --> 00:44:24.450 with a little bit of
NOTE Confidence: 0.9807826
00:44:24.450 --> 00:44:25.270 lemon juice.
NOTE Confidence: 0.86625165
00:44:27.375 --> 00:44:28.594 Kind of borrow that spatula
NOTE Confidence: 0.86625165
00:44:28.655 --> 00:44:29.155 there.
NOTE Confidence: 0.94158065
00:44:30.255 --> 00:44:31.614 Little bit of lemon juice
NOTE Confidence: 0.94158065
00:44:31.614 --> 00:44:32.735 with some honey. This is
NOTE Confidence: 0.94158065
00:44:32.735 --> 00:44:34.515 our honey walnut, right?
NOTE Confidence: 0.9676717
00:44:36.895 --> 00:44:38.895 And a small amount of
NOTE Confidence: 0.9676717
00:44:38.895 --> 00:44:40.735 mayonnaise. Now, you can use
NOTE Confidence: 0.9676717
00:44:40.735 --> 00:44:41.555 Greek yogurt,
NOTE Confidence: 0.969689
00:44:42.530 --> 00:44:43.489 but a tiny bit of
NOTE Confidence: 0.969689
00:44:43.489 --> 00:44:44.369 mayonnaise, this is going to
NOTE Confidence: 0.969689
00:44:44.369 --> 00:44:45.190 give it that

NOTE Confidence: 0.58496094
00:44:45.570 --> 00:44:46.070 glossy
NOTE Confidence: 0.99316406
00:44:47.489 --> 00:44:47.989 sweetness.
NOTE Confidence: 0.99506295
00:44:48.530 --> 00:44:49.650 The mayonnaise is going to
NOTE Confidence: 0.99506295
00:44:49.650 --> 00:44:50.950 give it the glossiness
NOTE Confidence: 0.98339844
00:44:51.329 --> 00:44:52.150 that you
NOTE Confidence: 0.81152344
00:44:52.530 --> 00:44:53.829 notice is telltale.
NOTE Confidence: 0.9449381
00:44:54.450 --> 00:44:55.329 And then the honey is
NOTE Confidence: 0.9449381
00:44:55.329 --> 00:44:56.450 the sweetness. So we're not
NOTE Confidence: 0.9449381
00:44:56.450 --> 00:44:57.989 adding a ton of sugar.
NOTE Confidence: 0.988539
00:44:58.905 --> 00:45:00.265 Right? Usually this is prepared
NOTE Confidence: 0.988539
00:45:00.265 --> 00:45:01.864 with brown sugar and the
NOTE Confidence: 0.988539
00:45:01.864 --> 00:45:03.625 walnuts are candied and that
NOTE Confidence: 0.988539
00:45:03.625 --> 00:45:04.445 sort of thing.
NOTE Confidence: 0.9730347
00:45:04.825 --> 00:45:06.185 So we're just mixing that
NOTE Confidence: 0.9730347
00:45:06.185 --> 00:45:07.305 up and then I'm going
NOTE Confidence: 0.9730347

00:45:07.305 --> 00:45:08.185 in with a little bit
NOTE Confidence: 0.9730347

00:45:08.185 --> 00:45:09.885 of ground ginger. So again,
NOTE Confidence: 0.9844971

00:45:11.100 --> 00:45:12.080 anti nausea,
NOTE Confidence: 0.96221924

00:45:13.020 --> 00:45:14.400 lots of strong flavor.
NOTE Confidence: 0.9557931

00:45:15.500 --> 00:45:16.940 And as our nuts get
NOTE Confidence: 0.9557931

00:45:16.940 --> 00:45:18.080 toasted here.
NOTE Confidence: 0.9737549

00:45:19.740 --> 00:45:20.780 Is it okay to leave
NOTE Confidence: 0.9737549

00:45:20.780 --> 00:45:21.760 the nuts, Danielle?
NOTE Confidence: 0.9500399

00:45:22.140 --> 00:45:23.020 You can leave them there.
NOTE Confidence: 0.9500399

00:45:23.020 --> 00:45:23.820 I would just give the
NOTE Confidence: 0.9500399

00:45:23.820 --> 00:45:25.245 pan a little shake just
NOTE Confidence: 0.9500399

00:45:25.245 --> 00:45:26.485 so that they're rotating the
NOTE Confidence: 0.9500399

00:45:26.485 --> 00:45:27.305 heat around.
NOTE Confidence: 0.9517122

00:45:28.005 --> 00:45:29.605 Sure. Now, any suggestions maybe
NOTE Confidence: 0.9517122

00:45:29.605 --> 00:45:31.045 in terms of timing for
NOTE Confidence: 0.9517122

00:45:31.045 --> 00:45:32.565 those who do have issues

NOTE Confidence: 0.9517122
00:45:32.565 --> 00:45:33.685 with their sense of smell
NOTE Confidence: 0.9517122
00:45:33.685 --> 00:45:35.125 to know when the walnuts
NOTE Confidence: 0.9517122
00:45:35.125 --> 00:45:36.485 are done? I was going
NOTE Confidence: 0.9517122
00:45:36.485 --> 00:45:38.005 to say smell indicator is
NOTE Confidence: 0.9517122
00:45:38.005 --> 00:45:39.844 number one. Usually one or
NOTE Confidence: 0.9517122
00:45:39.844 --> 00:45:41.160 two minutes per side and
NOTE Confidence: 0.9517122
00:45:41.160 --> 00:45:42.280 they're gonna be done. So
NOTE Confidence: 0.9517122
00:45:42.280 --> 00:45:43.560 if you're shaking the pan
NOTE Confidence: 0.9517122
00:45:43.560 --> 00:45:44.760 there, you're good to go.
NOTE Confidence: 0.9517122
00:45:44.760 --> 00:45:45.260 And
NOTE Confidence: 0.98585665
00:45:46.119 --> 00:45:47.079 you see ours started to
NOTE Confidence: 0.98585665
00:45:47.079 --> 00:45:48.700 brown a tiny bit. Yeah.
NOTE Confidence: 0.98585665
00:45:48.760 --> 00:45:49.880 So I think we are
NOTE Confidence: 0.98585665
00:45:49.880 --> 00:45:51.400 good to go here. So
NOTE Confidence: 0.98585665
00:45:51.400 --> 00:45:52.520 you can actually leave it
NOTE Confidence: 0.98585665

00:45:52.520 --> 00:45:53.579 on the heat. Okay.
NOTE Confidence: 0.9553667

00:45:54.805 --> 00:45:55.685 And then we're going to
NOTE Confidence: 0.9553667

00:45:55.685 --> 00:45:57.705 go into our pan with
NOTE Confidence: 0.9553667

00:45:57.765 --> 00:45:58.265 our,
NOTE Confidence: 0.92586845

00:45:58.885 --> 00:46:00.725 honey walnut sauce here, or
NOTE Confidence: 0.92586845

00:46:00.725 --> 00:46:01.545 honey sauce.
NOTE Confidence: 0.9654857

00:46:02.965 --> 00:46:04.005 Soon to be honey walnut.
NOTE Confidence: 0.9654857

00:46:04.005 --> 00:46:05.385 Soon to be honey walnut.
NOTE Confidence: 0.9654857

00:46:05.445 --> 00:46:06.565 We're going to go right
NOTE Confidence: 0.9654857

00:46:06.565 --> 00:46:07.625 into the pan.
NOTE Confidence: 0.97335565

00:46:09.170 --> 00:46:10.130 And we're just trying to
NOTE Confidence: 0.97335565

00:46:10.130 --> 00:46:11.010 warm it up just a
NOTE Confidence: 0.97335565

00:46:11.010 --> 00:46:12.530 little bit and you'll see
NOTE Confidence: 0.97335565

00:46:12.530 --> 00:46:13.489 it start to turn to
NOTE Confidence: 0.97335565

00:46:13.489 --> 00:46:14.450 a glaze. So this is
NOTE Confidence: 0.97335565

00:46:14.450 --> 00:46:15.650 something that you're gonna you're

NOTE Confidence: 0.97335565
00:46:15.650 --> 00:46:16.690 going to want to stay
NOTE Confidence: 0.97335565
00:46:16.690 --> 00:46:17.510 very close
NOTE Confidence: 0.9718628
00:46:18.930 --> 00:46:19.970 to your pan here. So
NOTE Confidence: 0.9718628
00:46:19.970 --> 00:46:21.030 we're just coating
NOTE Confidence: 1
00:46:21.330 --> 00:46:21.989 the nuts
NOTE Confidence: 0.9500209
00:46:24.744 --> 00:46:25.625 And then we are going
NOTE Confidence: 0.9500209
00:46:25.625 --> 00:46:26.825 to go into the pan
NOTE Confidence: 0.9500209
00:46:26.825 --> 00:46:28.605 with our crispy shrimp.
NOTE Confidence: 0.9817098
00:46:30.025 --> 00:46:31.405 You can smell the lemon
NOTE Confidence: 0.9817098
00:46:31.464 --> 00:46:32.905 and the ginger coming off
NOTE Confidence: 0.9817098
00:46:32.905 --> 00:46:33.565 of this.
NOTE Confidence: 0.99487936
00:46:34.105 --> 00:46:35.385 And you're just looking for
NOTE Confidence: 0.99487936
00:46:35.385 --> 00:46:36.984 the mayonnaise to kind of
NOTE Confidence: 0.99487936
00:46:36.984 --> 00:46:38.045 melt or just
NOTE Confidence: 0.9696452
00:46:38.390 --> 00:46:39.430 fall apart a little bit.
NOTE Confidence: 0.9696452

00:46:39.430 --> 00:46:40.469 You see it's very,
NOTE Confidence: 0.9470215

00:46:41.030 --> 00:46:42.310 liquid in the pan. Right,
NOTE Confidence: 0.9470215

00:46:42.310 --> 00:46:43.350 yeah. So then you could
NOTE Confidence: 0.9470215

00:46:43.350 --> 00:46:44.550 turn your heat off and
NOTE Confidence: 0.9470215

00:46:44.550 --> 00:46:45.530 pull this off
NOTE Confidence: 0.92045087

00:46:45.830 --> 00:46:46.950 and we're gonna get ready
NOTE Confidence: 0.92045087

00:46:46.950 --> 00:46:48.630 to plate up our final
NOTE Confidence: 0.92045087

00:46:48.630 --> 00:46:49.370 dish here.
NOTE Confidence: 0.9997907

00:46:50.310 --> 00:46:51.270 I was trying to see
NOTE Confidence: 0.9997907

00:46:51.270 --> 00:46:52.710 if we had any questions
NOTE Confidence: 0.9997907

00:46:52.710 --> 00:46:53.930 in the chat today
NOTE Confidence: 0.99189454

00:46:56.755 --> 00:46:58.275 about what we are talking
NOTE Confidence: 0.99189454

00:46:58.275 --> 00:47:00.035 about or any specific questions
NOTE Confidence: 0.99189454

00:47:00.035 --> 00:47:01.575 that you guys might have.
NOTE Confidence: 0.9807129

00:47:07.550 --> 00:47:08.750 Do you guys see any
NOTE Confidence: 0.9807129

00:47:08.750 --> 00:47:09.969 questions in the chat?

NOTE Confidence: 0.88549805
00:47:11.710 --> 00:47:12.750 I might have to get
NOTE Confidence: 0.88549805
00:47:12.750 --> 00:47:13.570 a little closer.
NOTE Confidence: 0.941476
00:47:17.550 --> 00:47:19.070 Yeah, I do see one
NOTE Confidence: 0.941476
00:47:19.070 --> 00:47:20.050 actually, Danielle.
NOTE Confidence: 0.55249023
00:47:23.605 --> 00:47:24.425 What here,
NOTE Confidence: 0.8231201
00:47:28.085 --> 00:47:29.145 Someone's asking
NOTE Confidence: 0.992103
00:47:29.525 --> 00:47:30.885 what they should eat if
NOTE Confidence: 0.992103
00:47:30.885 --> 00:47:33.045 they have difficulty cooking or
NOTE Confidence: 0.992103
00:47:33.045 --> 00:47:34.405 shopping. So let's start with
NOTE Confidence: 0.992103
00:47:34.405 --> 00:47:35.845 shopping. For example, we didn't
NOTE Confidence: 0.992103
00:47:35.845 --> 00:47:36.965 really touch on that too
NOTE Confidence: 0.992103
00:47:36.965 --> 00:47:37.465 much.
NOTE Confidence: 0.9763997
00:47:37.765 --> 00:47:38.579 Do you have
NOTE Confidence: 0.65844727
00:47:39.359 --> 00:47:39.859 any,
NOTE Confidence: 0.9764133
00:47:40.640 --> 00:47:41.440 do you have as a
NOTE Confidence: 0.9764133

00:47:41.440 --> 00:47:42.880 nutritionist? So, you know, in
NOTE Confidence: 0.9764133

00:47:42.880 --> 00:47:44.000 terms of, you know, people
NOTE Confidence: 0.9764133

00:47:44.000 --> 00:47:45.599 can get grocery deliveries, they
NOTE Confidence: 0.9764133

00:47:45.599 --> 00:47:46.900 can get meal deliveries.
NOTE Confidence: 0.96431476

00:47:48.000 --> 00:47:48.799 Would, do you have any
NOTE Confidence: 0.96431476

00:47:48.799 --> 00:47:50.160 suggestions to that end in
NOTE Confidence: 0.96431476

00:47:50.160 --> 00:47:50.799 terms of,
NOTE Confidence: 0.9991862

00:47:51.359 --> 00:47:52.704 how to make shopping more
NOTE Confidence: 0.9991862

00:47:52.704 --> 00:47:53.204 accessible?
NOTE Confidence: 0.973584

00:47:53.665 --> 00:47:55.045 Yeah. When I think about
NOTE Confidence: 0.9935547

00:47:55.344 --> 00:47:56.944 grocery shopping and trying to
NOTE Confidence: 0.9935547

00:47:56.944 --> 00:47:58.305 make it easier, thinking of
NOTE Confidence: 0.9935547

00:47:58.305 --> 00:47:59.605 ways to make it easier,
NOTE Confidence: 0.9935547

00:47:59.825 --> 00:48:01.364 meal delivery is really great.
NOTE Confidence: 0.96256196

00:48:01.905 --> 00:48:03.905 Looking at ways to get
NOTE Confidence: 0.96256196

00:48:03.905 --> 00:48:05.105 things that are pre prepared

NOTE Confidence: 0.96256196
00:48:05.105 --> 00:48:06.385 for you. We talked about
NOTE Confidence: 0.96256196
00:48:06.385 --> 00:48:07.830 maybe the precut lettuce, the
NOTE Confidence: 0.96256196
00:48:07.830 --> 00:48:09.270 frozen veggies, those sorts of
NOTE Confidence: 0.96256196
00:48:09.270 --> 00:48:09.770 things.
NOTE Confidence: 0.9676269
00:48:10.390 --> 00:48:11.770 Those are always great tips.
NOTE Confidence: 0.9361794
00:48:12.150 --> 00:48:13.270 But I think the the
NOTE Confidence: 0.9361794
00:48:13.270 --> 00:48:14.390 what kind of falls in
NOTE Confidence: 0.9361794
00:48:14.390 --> 00:48:15.270 line with what we talked
NOTE Confidence: 0.9361794
00:48:15.270 --> 00:48:16.870 about today. You want small
NOTE Confidence: 0.9361794
00:48:16.870 --> 00:48:17.770 frequent meals,
NOTE Confidence: 0.98298526
00:48:18.630 --> 00:48:20.310 with your protein, with as
NOTE Confidence: 0.98298526
00:48:20.310 --> 00:48:21.510 much fiber as you can
NOTE Confidence: 0.98298526
00:48:21.510 --> 00:48:23.285 have or tolerate.
NOTE Confidence: 0.9785285
00:48:24.785 --> 00:48:25.625 So that's kind of what
NOTE Confidence: 0.9785285
00:48:25.625 --> 00:48:26.385 I would say. What what
NOTE Confidence: 0.9785285

00:48:26.385 --> 00:48:28.404 would you guys say? Do
NOTE Confidence: 0.9785285

00:48:28.464 --> 00:48:29.925 you have any suggestions?
NOTE Confidence: 0.9314404

00:48:30.305 --> 00:48:31.984 I'm saying, my suggestions are
NOTE Confidence: 0.9314404

00:48:31.984 --> 00:48:33.105 exactly what you said. I
NOTE Confidence: 0.9314404

00:48:33.105 --> 00:48:34.305 think it's the same for
NOTE Confidence: 0.9314404

00:48:34.305 --> 00:48:35.505 busy people as it is
NOTE Confidence: 0.9314404

00:48:35.505 --> 00:48:36.964 for people who have difficulty.
NOTE Confidence: 0.9827745

00:48:37.650 --> 00:48:38.869 And I think we're lucky
NOTE Confidence: 0.9827745

00:48:38.930 --> 00:48:40.869 in that the pandemic actually
NOTE Confidence: 0.9827745

00:48:40.930 --> 00:48:42.210 helped us with this because
NOTE Confidence: 0.9827745

00:48:42.210 --> 00:48:43.430 people became really
NOTE Confidence: 0.9946289

00:48:43.809 --> 00:48:45.569 comfortable with the mail order
NOTE Confidence: 0.9946289

00:48:45.569 --> 00:48:46.069 and
NOTE Confidence: 0.93741864

00:48:46.450 --> 00:48:47.829 the online. I mean, nowadays,
NOTE Confidence: 0.93741864

00:48:47.969 --> 00:48:49.250 honestly, you can get whole
NOTE Confidence: 0.93741864

00:48:49.250 --> 00:48:50.789 foods even sent to you,

NOTE Confidence: 0.996521
00:48:51.569 --> 00:48:52.869 through the mail. So
NOTE Confidence: 0.99167705
00:48:53.344 --> 00:48:54.464 those are sort of my
NOTE Confidence: 0.99167705
00:48:54.464 --> 00:48:55.585 suggestions. What do you think,
NOTE Confidence: 0.99167705
00:48:55.585 --> 00:48:56.085 Megan?
NOTE Confidence: 0.86676025
00:48:59.025 --> 00:49:00.244 Yeah. No, I think,
NOTE Confidence: 0.95888674
00:49:00.545 --> 00:49:02.085 just as you said, the,
NOTE Confidence: 0.8343099
00:49:03.344 --> 00:49:05.045 getting the convenient
NOTE Confidence: 0.91352844
00:49:05.440 --> 00:49:06.800 foods right. It's so easy
NOTE Confidence: 0.91352844
00:49:06.800 --> 00:49:07.940 to get nutritious,
NOTE Confidence: 0.95949835
00:49:08.320 --> 00:49:09.920 healthy foods that are also
NOTE Confidence: 0.95949835
00:49:09.920 --> 00:49:11.200 convenient. Right. And that's kind
NOTE Confidence: 0.95949835
00:49:11.200 --> 00:49:12.000 of been a theme that
NOTE Confidence: 0.95949835
00:49:12.000 --> 00:49:13.300 we've talked about throughout.
NOTE Confidence: 0.9627318
00:49:14.800 --> 00:49:17.620 And the, meal delivery options,
NOTE Confidence: 0.9627318
00:49:17.680 --> 00:49:19.155 if they are, you know,
NOTE Confidence: 0.9627318

00:49:19.235 --> 00:49:20.675 again, I rely on this
NOTE Confidence: 0.9627318

00:49:20.675 --> 00:49:21.715 type of thing, like Blue
NOTE Confidence: 0.9627318

00:49:21.715 --> 00:49:22.215 Apron,
NOTE Confidence: 0.9550781

00:49:23.075 --> 00:49:24.435 for example, is one of
NOTE Confidence: 0.9550781

00:49:24.435 --> 00:49:24.935 them.
NOTE Confidence: 0.9605631

00:49:26.275 --> 00:49:27.395 But there's so many out
NOTE Confidence: 0.9605631

00:49:27.395 --> 00:49:28.515 there to choose from. You
NOTE Confidence: 0.9605631

00:49:28.515 --> 00:49:29.895 can and they can even,
NOTE Confidence: 0.9837582

00:49:31.075 --> 00:49:32.355 you can get certain meals
NOTE Confidence: 0.9837582

00:49:32.355 --> 00:49:33.989 to match, you know, specific
NOTE Confidence: 0.9837582

00:49:34.050 --> 00:49:35.170 diets, like if you're gluten
NOTE Confidence: 0.9837582

00:49:35.170 --> 00:49:36.690 free, for example. Yeah.
NOTE Confidence: 0.99609375

00:49:37.650 --> 00:49:38.150 So,
NOTE Confidence: 0.9926758

00:49:39.250 --> 00:49:40.150 they are
NOTE Confidence: 0.95857745

00:49:41.010 --> 00:49:42.150 a great option.
NOTE Confidence: 0.9229213

00:49:43.170 --> 00:49:44.290 Obviously they are a little

NOTE Confidence: 0.9229213
00:49:44.290 --> 00:49:45.030 bit expensive,
NOTE Confidence: 0.8820801
00:49:48.454 --> 00:49:49.894 week, for example, delivered.
NOTE Confidence: 0.9674712
00:49:50.375 --> 00:49:52.214 And everything is precut, everything
NOTE Confidence: 0.9674712
00:49:52.214 --> 00:49:52.954 is prepackaged
NOTE Confidence: 0.9358368
00:49:53.255 --> 00:49:54.694 and measured out for you.
NOTE Confidence: 0.9358368
00:49:54.694 --> 00:49:55.815 And it's just a matter
NOTE Confidence: 0.9358368
00:49:55.815 --> 00:49:56.855 of, you know, putting it
NOTE Confidence: 0.9358368
00:49:56.855 --> 00:49:57.355 together.
NOTE Confidence: 0.93188477
00:49:58.454 --> 00:50:00.055 Now I'm gonna add one
NOTE Confidence: 0.93188477
00:50:00.055 --> 00:50:02.530 additional element to this, which
NOTE Confidence: 0.9061279
00:50:03.070 --> 00:50:04.609 is the the stores
NOTE Confidence: 0.9894816
00:50:04.910 --> 00:50:06.590 have actually also helped to
NOTE Confidence: 0.9894816
00:50:06.590 --> 00:50:07.710 make things a little bit
NOTE Confidence: 0.9894816
00:50:07.710 --> 00:50:08.530 easier. That's
NOTE Confidence: 0.80403644
00:50:09.070 --> 00:50:10.430 so true. A little plug
NOTE Confidence: 0.80403644

00:50:10.430 --> 00:50:10.930 in
NOTE Confidence: 0.9968533

00:50:11.230 --> 00:50:12.350 for getting out of your
NOTE Confidence: 0.9968533

00:50:12.350 --> 00:50:13.810 house when you can
NOTE Confidence: 0.99902344

00:50:14.415 --> 00:50:14.915 Because
NOTE Confidence: 0.93303573

00:50:15.535 --> 00:50:17.535 sometimes interacting even with the
NOTE Confidence: 0.93303573

00:50:17.535 --> 00:50:18.675 grocery clerk,
NOTE Confidence: 0.9807617

00:50:19.215 --> 00:50:20.594 the person at the checkout,
NOTE Confidence: 0.9968262

00:50:21.055 --> 00:50:22.575 you know, having these different
NOTE Confidence: 0.9968262

00:50:22.575 --> 00:50:24.035 types of social interactions,
NOTE Confidence: 0.9859794

00:50:24.495 --> 00:50:25.775 having to think a little
NOTE Confidence: 0.9859794

00:50:25.775 --> 00:50:26.515 bit harder,
NOTE Confidence: 0.9911499

00:50:27.110 --> 00:50:29.190 These things are very important
NOTE Confidence: 0.9911499

00:50:29.190 --> 00:50:30.170 for our cognition
NOTE Confidence: 0.991272

00:50:30.550 --> 00:50:32.150 as we age and as
NOTE Confidence: 0.991272

00:50:32.150 --> 00:50:33.290 we have difficulties.
NOTE Confidence: 0.9392212

00:50:34.070 --> 00:50:35.830 Now help yourself though. Everyone

NOTE Confidence: 0.9392212
00:50:35.830 --> 00:50:37.350 should have a list that
NOTE Confidence: 0.9392212
00:50:37.350 --> 00:50:38.550 they keep out so they
NOTE Confidence: 0.9392212
00:50:38.550 --> 00:50:40.090 remember to look at it.
NOTE Confidence: 0.99316406
00:50:40.585 --> 00:50:41.085 And,
NOTE Confidence: 0.99658203
00:50:41.945 --> 00:50:42.605 you know,
NOTE Confidence: 0.9805587
00:50:42.905 --> 00:50:44.905 there are carts that you
NOTE Confidence: 0.9805587
00:50:44.905 --> 00:50:46.505 can also use to ride
NOTE Confidence: 0.9805587
00:50:46.505 --> 00:50:47.945 around in if mobility is
NOTE Confidence: 0.9805587
00:50:47.945 --> 00:50:49.485 really an issue. Absolutely.
NOTE Confidence: 0.98057973
00:50:49.785 --> 00:50:51.225 So I definitely would put
NOTE Confidence: 0.98057973
00:50:51.225 --> 00:50:52.425 a plug in for when
NOTE Confidence: 0.98057973
00:50:52.425 --> 00:50:54.205 you can get out. Great.
NOTE Confidence: 0.98057973
00:50:54.460 --> 00:50:56.380 Now oftentimes, driving can be
NOTE Confidence: 0.98057973
00:50:56.380 --> 00:50:57.040 an issue.
NOTE Confidence: 0.9988064
00:50:57.340 --> 00:50:58.380 And one thing I would
NOTE Confidence: 0.9988064

00:50:58.380 --> 00:50:59.760 just say is that
NOTE Confidence: 0.9652507

00:51:00.140 --> 00:51:01.440 for some people,
NOTE Confidence: 1

00:51:01.980 --> 00:51:03.120 they might have
NOTE Confidence: 1

00:51:03.580 --> 00:51:04.480 family members
NOTE Confidence: 0.99609375

00:51:04.940 --> 00:51:05.680 or friends
NOTE Confidence: 0.97750604

00:51:06.060 --> 00:51:07.820 who actually feel honored that
NOTE Confidence: 0.97750604

00:51:07.820 --> 00:51:09.344 you're relying upon them and
NOTE Confidence: 0.97750604

00:51:09.344 --> 00:51:10.225 would be happy to give
NOTE Confidence: 0.97750604

00:51:10.225 --> 00:51:11.585 you a lift for that
NOTE Confidence: 0.97750604

00:51:11.585 --> 00:51:13.045 one hour for the grocery
NOTE Confidence: 0.97750604

00:51:13.105 --> 00:51:15.585 store excursion. So definitely something
NOTE Confidence: 0.97750604

00:51:15.585 --> 00:51:16.785 to think about. In regard
NOTE Confidence: 0.97750604

00:51:16.785 --> 00:51:17.445 to cooking,
NOTE Confidence: 0.9967041

00:51:17.825 --> 00:51:19.025 do the things that make
NOTE Confidence: 0.9967041

00:51:19.025 --> 00:51:20.165 your life easy.
NOTE Confidence: 0.9714484

00:51:20.625 --> 00:51:21.969 Take a stool and make

NOTE Confidence: 0.9714484

00:51:21.969 --> 00:51:22.850 sure there's a stool in

NOTE Confidence: 0.9714484

00:51:22.850 --> 00:51:23.650 the kitchen. And if you

NOTE Confidence: 0.9714484

00:51:23.650 --> 00:51:24.770 can't stand for a period

NOTE Confidence: 0.9714484

00:51:24.770 --> 00:51:25.650 of time, you sit down

NOTE Confidence: 0.9714484

00:51:25.650 --> 00:51:26.930 and you cook. Mhmm. You

NOTE Confidence: 0.9714484

00:51:26.930 --> 00:51:28.530 know, things like that. Yeah.

NOTE Confidence: 0.9714484

00:51:28.530 --> 00:51:29.989 So Also having,

NOTE Confidence: 0.97979736

00:51:30.450 --> 00:51:31.650 tape on the floor. If

NOTE Confidence: 0.97979736

00:51:31.650 --> 00:51:32.850 there's some areas where you're

NOTE Confidence: 0.97979736

00:51:32.850 --> 00:51:34.290 noticing that you tend to

NOTE Confidence: 0.97979736

00:51:34.290 --> 00:51:34.790 freeze

NOTE Confidence: 0.93222654

00:51:35.895 --> 00:51:37.594 areas where you're noticing that

NOTE Confidence: 0.92826706

00:51:38.455 --> 00:51:38.591 you're having a difficult time

NOTE Confidence: 0.92826706

00:51:38.591 --> 00:51:40.695 turning around, having visual brightly

NOTE Confidence: 0.92826706

00:51:40.695 --> 00:51:41.195 colored

NOTE Confidence: 0.96643066

00:51:41.495 --> 00:51:42.614 tape on the floor that
NOTE Confidence: 0.96643066

00:51:42.614 --> 00:51:43.915 you know to step over,
NOTE Confidence: 0.910226

00:51:44.775 --> 00:51:46.455 can be very helpful as
NOTE Confidence: 0.910226

00:51:46.455 --> 00:51:47.675 well. Yes,
NOTE Confidence: 0.98779297

00:51:48.055 --> 00:51:48.555 absolutely.
NOTE Confidence: 0.99960935

00:51:49.590 --> 00:51:51.530 I think there is another
NOTE Confidence: 0.9526367

00:51:51.830 --> 00:51:52.330 question.
NOTE Confidence: 0.5649414

00:51:54.150 --> 00:51:54.650 So
NOTE Confidence: 0.8988037

00:51:55.750 --> 00:51:56.890 one of the questions
NOTE Confidence: 0.9589081

00:51:57.190 --> 00:51:58.150 I think that we're seeing
NOTE Confidence: 0.9589081

00:51:58.150 --> 00:51:59.190 there is how do you
NOTE Confidence: 0.9589081

00:51:59.190 --> 00:52:01.030 maintain energy levels throughout the
NOTE Confidence: 0.9589081

00:52:01.030 --> 00:52:01.530 day?
NOTE Confidence: 0.9556568

00:52:02.484 --> 00:52:04.005 Well Great question. I think
NOTE Confidence: 0.9556568

00:52:04.005 --> 00:52:04.885 that kind of goes back
NOTE Confidence: 0.9556568

00:52:04.885 --> 00:52:05.765 to what we were talking

NOTE Confidence: 0.9556568

00:52:05.765 --> 00:52:07.125 about with the small frequent

NOTE Confidence: 0.9556568

00:52:07.125 --> 00:52:09.205 meals. Yes. Making sure that

NOTE Confidence: 0.9556568

00:52:09.205 --> 00:52:10.025 you are

NOTE Confidence: 0.8970947

00:52:10.724 --> 00:52:12.405 eating and eating balanced, even

NOTE Confidence: 0.8970947

00:52:12.405 --> 00:52:13.305 if it's small,

NOTE Confidence: 0.93025714

00:52:13.605 --> 00:52:14.665 getting your protein.

NOTE Confidence: 0.98898655

00:52:15.080 --> 00:52:16.920 Carbohydrates are your body's preferred

NOTE Confidence: 0.98898655

00:52:16.920 --> 00:52:19.080 energy source. So having something

NOTE Confidence: 0.98898655

00:52:19.080 --> 00:52:19.820 like that,

NOTE Confidence: 0.97324914

00:52:20.120 --> 00:52:21.719 having something with fiber, with

NOTE Confidence: 0.97324914

00:52:21.719 --> 00:52:22.460 your carbohydrates

NOTE Confidence: 0.9525391

00:52:22.920 --> 00:52:24.300 can help keep that energy

NOTE Confidence: 0.9961853

00:52:24.840 --> 00:52:26.600 sustained for longer, which is

NOTE Confidence: 0.9961853

00:52:26.600 --> 00:52:27.344 what we want.

NOTE Confidence: 0.8908488

00:52:27.984 --> 00:52:30.244 Absolutely. And then hydration.

NOTE Confidence: 0.70200604

00:52:30.545 --> 00:52:32.005 Oh my goodness. Hydration.
NOTE Confidence: 0.69143337

00:52:33.585 --> 00:52:34.885 I love hydration.
NOTE Confidence: 0.8886719

00:52:35.344 --> 00:52:36.244 The other love.
NOTE Confidence: 0.5983073

00:52:37.185 --> 00:52:37.685 Snapping?
NOTE Confidence: 0.91023993

00:52:38.864 --> 00:52:40.510 You're allowed to nap. Keep
NOTE Confidence: 0.91023993

00:52:40.510 --> 00:52:41.790 it as a power nap.
NOTE Confidence: 0.91023993

00:52:41.790 --> 00:52:43.310 Maybe thirty minutes or less.
NOTE Confidence: 0.91023993

00:52:43.310 --> 00:52:44.989 Yeah. But how about exercise?
NOTE Confidence: 0.91023993

00:52:44.989 --> 00:52:47.470 Everybody says exercise. Absolutely. Exercise,
NOTE Confidence: 0.91023993

00:52:47.470 --> 00:52:49.070 but actually gives energy. And
NOTE Confidence: 0.91023993

00:52:49.070 --> 00:52:50.930 you wanna focus your exercise
NOTE Confidence: 0.97462046

00:52:51.470 --> 00:52:52.795 in the earlier parts of
NOTE Confidence: 0.97462046

00:52:52.795 --> 00:52:54.075 the day, not before you're
NOTE Confidence: 0.97462046

00:52:54.075 --> 00:52:54.715 going to go to bed
NOTE Confidence: 0.97462046

00:52:54.715 --> 00:52:55.835 and you get all active.
NOTE Confidence: 0.97462046

00:52:55.835 --> 00:52:56.815 Yep. Absolutely.

NOTE Confidence: 0.9776236
00:52:57.995 --> 00:52:59.114 The other thing I love
NOTE Confidence: 0.9776236
00:52:59.114 --> 00:53:01.275 to tell people is, first
NOTE Confidence: 0.9776236
00:53:01.275 --> 00:53:02.075 of all, we got to
NOTE Confidence: 0.9776236
00:53:02.075 --> 00:53:03.835 focus on the sleep. If
NOTE Confidence: 0.9776236
00:53:03.835 --> 00:53:04.955 you're not getting good sleep,
NOTE Confidence: 0.9776236
00:53:04.955 --> 00:53:05.594 you're not going to be
NOTE Confidence: 0.9776236
00:53:05.594 --> 00:53:06.715 able to maintain your energy
NOTE Confidence: 0.9776236
00:53:06.715 --> 00:53:08.040 levels. But when you do
NOTE Confidence: 0.9776236
00:53:08.040 --> 00:53:09.640 wake up, help your body
NOTE Confidence: 0.9776236
00:53:09.640 --> 00:53:11.239 wake up. So sit under
NOTE Confidence: 0.9776236
00:53:11.239 --> 00:53:11.980 some light.
NOTE Confidence: 0.97858995
00:53:12.600 --> 00:53:14.280 If you have a chair
NOTE Confidence: 0.97858995
00:53:14.280 --> 00:53:15.239 that gets a lot of
NOTE Confidence: 0.97858995
00:53:15.239 --> 00:53:17.080 direct sunlight for your breakfast,
NOTE Confidence: 0.97858995
00:53:17.080 --> 00:53:18.440 that would be ideal in
NOTE Confidence: 0.97858995

00:53:18.440 --> 00:53:19.420 the early morning.
NOTE Confidence: 0.960319

00:53:19.935 --> 00:53:21.614 But if you don't, like,
NOTE Confidence: 0.960319

00:53:21.614 --> 00:53:22.815 in the wintertime, this has
NOTE Confidence: 0.960319

00:53:22.815 --> 00:53:24.515 been a particularly tough winter,
NOTE Confidence: 0.9534505

00:53:24.815 --> 00:53:26.335 get a ten thousand luxe
NOTE Confidence: 0.9534505

00:53:26.335 --> 00:53:28.035 light box and have your
NOTE Confidence: 0.9534505

00:53:28.094 --> 00:53:28.835 have your,
NOTE Confidence: 0.91212267

00:53:29.775 --> 00:53:31.535 breakfast under that. It tells
NOTE Confidence: 0.91212267

00:53:31.535 --> 00:53:33.060 your brain to wake up,
NOTE Confidence: 0.91212267

00:53:33.219 --> 00:53:34.340 and that kinda kick starts
NOTE Confidence: 0.91212267

00:53:34.340 --> 00:53:35.380 your day so they under
NOTE Confidence: 0.91212267

00:53:35.620 --> 00:53:36.739 so your brain understands the
NOTE Confidence: 0.91212267

00:53:36.739 --> 00:53:38.180 circadian rhythm. I was just
NOTE Confidence: 0.91212267

00:53:38.180 --> 00:53:39.460 gonna say, again, there's so
NOTE Confidence: 0.91212267

00:53:39.460 --> 00:53:41.320 those circadian rhythms. That's right.
NOTE Confidence: 0.91212267

00:53:41.380 --> 00:53:42.580 You gotta train your body.

NOTE Confidence: 0.91212267
00:53:42.580 --> 00:53:43.080 Yeah.
NOTE Confidence: 0.9635824
00:53:43.940 --> 00:53:45.080 Alright. Woah.
NOTE Confidence: 0.97143555
00:53:45.380 --> 00:53:46.120 Great question.
NOTE Confidence: 0.7413635
00:53:46.820 --> 00:53:47.805 I just played it up
NOTE Confidence: 0.7413635
00:53:47.805 --> 00:53:49.105 our final dish
NOTE Confidence: 0.9470757
00:53:49.484 --> 00:53:51.344 here. So here is your
NOTE Confidence: 0.9470757
00:53:51.484 --> 00:53:53.185 unfried rice with farro
NOTE Confidence: 0.9550697
00:53:53.724 --> 00:53:55.244 with your protein, which is
NOTE Confidence: 0.9550697
00:53:55.244 --> 00:53:56.685 your honey walnut shrimp, as
NOTE Confidence: 0.9550697
00:53:56.685 --> 00:53:57.885 well as some tofu under
NOTE Confidence: 0.9550697
00:53:57.885 --> 00:53:59.005 there. We just topped it
NOTE Confidence: 0.9550697
00:53:59.005 --> 00:54:00.285 with those green onions that
NOTE Confidence: 0.9550697
00:54:00.285 --> 00:54:01.585 Megan cut up earlier.
NOTE Confidence: 0.9952714
00:54:01.900 --> 00:54:02.940 And then you've got your
NOTE Confidence: 0.9952714
00:54:02.940 --> 00:54:04.540 appetizer or your side dish
NOTE Confidence: 0.9952714

00:54:04.540 --> 00:54:06.060 for even more veggies with
NOTE Confidence: 0.9952714

00:54:06.060 --> 00:54:07.760 your carrot ginger dressing.
NOTE Confidence: 0.8855428

00:54:08.700 --> 00:54:10.060 So if you'd like, I
NOTE Confidence: 0.8855428

00:54:10.060 --> 00:54:11.340 can plate it into your
NOTE Confidence: 0.8855428

00:54:11.340 --> 00:54:12.540 bowl there. Oh, are you?
NOTE Confidence: 0.8855428

00:54:12.540 --> 00:54:13.500 And we can kind of
NOTE Confidence: 0.8855428

00:54:13.500 --> 00:54:14.300 see you snacking it. I
NOTE Confidence: 0.8855428

00:54:14.300 --> 00:54:15.924 think it's the perfect dish
NOTE Confidence: 0.8855428

00:54:15.924 --> 00:54:17.045 to try the to try
NOTE Confidence: 0.8855428

00:54:17.045 --> 00:54:18.045 the way to do it.
NOTE Confidence: 0.8855428

00:54:18.244 --> 00:54:19.924 Jazz. I love it. Alright.
NOTE Confidence: 0.8855428

00:54:19.924 --> 00:54:21.125 Now, I'm just gonna point
NOTE Confidence: 0.8855428

00:54:21.125 --> 00:54:22.645 out one thing here, which
NOTE Confidence: 0.8855428

00:54:22.645 --> 00:54:25.065 is I didn't cut anything.
NOTE Confidence: 0.95026505

00:54:25.605 --> 00:54:27.625 And I basically sat around
NOTE Confidence: 0.95026505

00:54:27.684 --> 00:54:28.969 here smiling

NOTE Confidence: 0.9959961
00:54:29.430 --> 00:54:31.290 and enjoying really good company.
NOTE Confidence: 0.9976074
00:54:31.670 --> 00:54:33.130 So if you're that person
NOTE Confidence: 0.8886719
00:54:33.830 --> 00:54:34.890 who maybe isn't
NOTE Confidence: 0.98982316
00:54:35.430 --> 00:54:36.710 the one who's going to
NOTE Confidence: 0.98982316
00:54:36.710 --> 00:54:37.750 be doing a ton, you
NOTE Confidence: 0.98982316
00:54:37.750 --> 00:54:39.109 can still enjoy your time
NOTE Confidence: 0.98982316
00:54:39.109 --> 00:54:40.550 sharing in the kitchen. Right?
NOTE Confidence: 0.98982316
00:54:40.550 --> 00:54:41.510 It's a great time to
NOTE Confidence: 0.98982316
00:54:41.510 --> 00:54:43.270 socialize. Yeah. I think even
NOTE Confidence: 0.98982316
00:54:43.270 --> 00:54:44.845 if you're not doing the
NOTE Confidence: 0.98982316
00:54:44.845 --> 00:54:46.605 preparing, if you have a
NOTE Confidence: 0.98982316
00:54:46.605 --> 00:54:48.045 care partner or somebody that's
NOTE Confidence: 0.98982316
00:54:48.045 --> 00:54:48.925 taking care of that for
NOTE Confidence: 0.98982316
00:54:48.925 --> 00:54:49.965 you, it can be fun
NOTE Confidence: 0.98982316
00:54:49.965 --> 00:54:50.705 and engaging
NOTE Confidence: 0.9535682

00:54:51.085 --> 00:54:52.125 to be where the action
NOTE Confidence: 0.9535682

00:54:52.125 --> 00:54:53.565 is and maybe help with
NOTE Confidence: 0.9535682

00:54:53.565 --> 00:54:55.165 small tasks. Yes. Maybe your
NOTE Confidence: 0.9535682

00:54:55.165 --> 00:54:56.205 task is to drink your
NOTE Confidence: 0.9535682

00:54:56.205 --> 00:54:58.045 water and provide conversation. I,
NOTE Confidence: 0.9535682

00:54:58.045 --> 00:54:59.430 it always helps to have,
NOTE Confidence: 0.9535682

00:54:59.510 --> 00:55:01.349 have that. Maybe you're doing
NOTE Confidence: 0.9535682

00:55:01.349 --> 00:55:02.710 adding everything to the blender
NOTE Confidence: 0.9535682

00:55:02.869 --> 00:55:04.309 Yeah. Where you're toasting the
NOTE Confidence: 0.9535682

00:55:04.309 --> 00:55:05.589 nuts there. I love that.
NOTE Confidence: 0.9535682

00:55:05.589 --> 00:55:06.309 And it's a good way
NOTE Confidence: 0.9535682

00:55:06.309 --> 00:55:08.469 to connect. Absolutely. Very important.
NOTE Confidence: 0.9535682

00:55:08.469 --> 00:55:10.250 Have something that's separate from
NOTE Confidence: 0.95652616

00:55:10.630 --> 00:55:11.910 being a care partner or
NOTE Confidence: 0.95652616

00:55:11.910 --> 00:55:13.589 being somebody, you know, that
NOTE Confidence: 0.95652616

00:55:13.670 --> 00:55:15.234 with Parkinson's. It's a great

NOTE Confidence: 0.95652616
00:55:15.234 --> 00:55:16.515 way to just enjoy life,
NOTE Confidence: 0.95652616
00:55:16.515 --> 00:55:17.714 which is what we ultimately
NOTE Confidence: 0.95652616
00:55:17.714 --> 00:55:18.775 want to do. Absolutely.
NOTE Confidence: 0.9930556
00:55:19.395 --> 00:55:20.675 Because pleasure is important in
NOTE Confidence: 0.9930556
00:55:20.675 --> 00:55:21.815 a variety of ways.
NOTE Confidence: 0.95047
00:55:22.355 --> 00:55:23.955 And speaking of pleasure, this
NOTE Confidence: 0.95047
00:55:23.955 --> 00:55:25.795 is fantastic. Isn't it great?
NOTE Confidence: 0.95047
00:55:25.795 --> 00:55:26.915 I wasn't even hearing what
NOTE Confidence: 0.95047
00:55:26.915 --> 00:55:27.795 you were saying because I
NOTE Confidence: 0.95047
00:55:27.795 --> 00:55:29.750 was enjoying the flavors.
NOTE Confidence: 0.94975585
00:55:30.130 --> 00:55:31.989 They're so strong, but so
NOTE Confidence: 0.81811523
00:55:32.450 --> 00:55:32.950 complimentary.
NOTE Confidence: 0.9968262
00:55:33.250 --> 00:55:34.070 It's delicious.
NOTE Confidence: 0.95751953
00:55:34.370 --> 00:55:34.770 Wow.
NOTE Confidence: 0.96687824
00:55:35.250 --> 00:55:36.390 But the textures,
NOTE Confidence: 0.99902344

00:55:36.690 --> 00:55:37.430 the textures
NOTE Confidence: 0.7910156

00:55:37.730 --> 00:55:38.950 too make it
NOTE Confidence: 0.96632606

00:55:39.330 --> 00:55:40.850 just interesting to eat, right?
NOTE Confidence: 0.96632606

00:55:40.850 --> 00:55:42.050 The walnuts have that little
NOTE Confidence: 0.96632606

00:55:42.050 --> 00:55:43.030 bit of a crunch.
NOTE Confidence: 0.9912923

00:55:43.415 --> 00:55:45.175 There's some chewiness going on.
NOTE Confidence: 0.9912923

00:55:45.175 --> 00:55:46.315 This is just outstanding.
NOTE Confidence: 0.96966887

00:55:46.614 --> 00:55:47.734 Thank you for sharing this.
NOTE Confidence: 0.96966887

00:55:47.734 --> 00:55:49.094 Of course. Of course. And
NOTE Confidence: 0.96966887

00:55:49.094 --> 00:55:50.055 then I I thought you
NOTE Confidence: 0.96966887

00:55:50.055 --> 00:55:51.015 were going down a different
NOTE Confidence: 0.96966887

00:55:51.015 --> 00:55:51.974 path when you said I'm
NOTE Confidence: 0.96966887

00:55:51.974 --> 00:55:53.655 not cutting anything. There was
NOTE Confidence: 0.96966887

00:55:53.655 --> 00:55:55.094 minimal cutting that we did
NOTE Confidence: 0.96966887

00:55:55.094 --> 00:55:56.215 today. I saw that. And
NOTE Confidence: 0.96966887

00:55:56.215 --> 00:55:58.500 that was intentional. Yes. So

NOTE Confidence: 0.96966887
00:55:58.500 --> 00:55:59.860 whether you're busy or, again,
NOTE Confidence: 0.96966887
00:55:59.860 --> 00:56:01.400 maybe you have limited mobility
NOTE Confidence: 0.98619497
00:56:02.100 --> 00:56:03.380 Yes. There's a way to
NOTE Confidence: 0.98619497
00:56:03.380 --> 00:56:05.460 still prepare healthy, delicious food
NOTE Confidence: 0.98619497
00:56:05.540 --> 00:56:06.040 Absolutely.
NOTE Confidence: 0.99641925
00:56:06.580 --> 00:56:07.400 To do that.
NOTE Confidence: 0.8221628
00:56:07.940 --> 00:56:09.219 Well, thank you for coming
NOTE Confidence: 0.8221628
00:56:09.219 --> 00:56:10.020 today. Thank you. This is
NOTE Confidence: 0.8221628
00:56:10.020 --> 00:56:11.380 wonderful so much. Thank you
NOTE Confidence: 0.8221628
00:56:11.380 --> 00:56:12.705 for teaching us. Yeah.
NOTE Confidence: 0.86778563
00:56:13.665 --> 00:56:14.522 Absolutely. I can't wait to
NOTE Confidence: 0.86778563
00:56:14.522 --> 00:56:15.745 do this recipe at home.
NOTE Confidence: 0.86778563
00:56:15.745 --> 00:56:16.785 I learned how to make
NOTE Confidence: 0.86778563
00:56:16.785 --> 00:56:18.485 tofu today, which is fantastic.
NOTE Confidence: 0.978479
00:56:18.785 --> 00:56:19.825 I never would have done
NOTE Confidence: 0.978479

00:56:19.825 --> 00:56:20.785 that had I not been
NOTE Confidence: 0.978479

00:56:20.785 --> 00:56:21.745 here, so thank you for
NOTE Confidence: 0.978479

00:56:21.745 --> 00:56:22.705 that. Of course. And thank
NOTE Confidence: 0.978479

00:56:22.705 --> 00:56:23.585 you to all of you
NOTE Confidence: 0.978479

00:56:23.585 --> 00:56:24.864 who joined us today. I
NOTE Confidence: 0.978479

00:56:24.864 --> 00:56:26.385 hope you learned something. I
NOTE Confidence: 0.978479

00:56:26.385 --> 00:56:27.685 hope you found it enjoyable,
NOTE Confidence: 0.94050676

00:56:28.100 --> 00:56:29.860 and happy eating. I think
NOTE Confidence: 0.94050676

00:56:29.860 --> 00:56:30.980 we might have one Q
NOTE Confidence: 0.94050676

00:56:30.980 --> 00:56:32.180 and A. Let's see if
NOTE Confidence: 0.94050676

00:56:32.180 --> 00:56:33.400 I can grab it.
NOTE Confidence: 0.78674316

00:56:34.820 --> 00:56:37.239 One more. One more. Oh,
NOTE Confidence: 0.9124756

00:56:38.900 --> 00:56:40.580 someone mentioned where could we
NOTE Confidence: 0.9124756

00:56:40.580 --> 00:56:42.739 get adaptive equipment like the
NOTE Confidence: 0.9124756

00:56:42.739 --> 00:56:43.640 rocker knife
NOTE Confidence: 0.9241791

00:56:44.155 --> 00:56:45.675 or the glove or any

NOTE Confidence: 0.9241791
00:56:45.675 --> 00:56:46.955 of those? I'm so glad
NOTE Confidence: 0.9241791
00:56:46.955 --> 00:56:48.235 someone asked. You can get
NOTE Confidence: 0.9241791
00:56:48.235 --> 00:56:50.075 these type any, you know,
NOTE Confidence: 0.9241791
00:56:50.075 --> 00:56:51.775 online store. I don't wanna,
NOTE Confidence: 0.9241791
00:56:51.835 --> 00:56:52.875 you know, just point to
NOTE Confidence: 0.9241791
00:56:52.875 --> 00:56:53.675 any one,
NOTE Confidence: 0.98057723
00:56:54.155 --> 00:56:55.995 particular brand, but Amazon is,
NOTE Confidence: 0.98057723
00:56:55.995 --> 00:56:56.975 you know, so ubiquitous
NOTE Confidence: 0.94084287
00:56:57.275 --> 00:56:58.155 and it's so easy. It
NOTE Confidence: 0.94084287
00:56:58.155 --> 00:56:59.115 just gets shipped right to
NOTE Confidence: 0.94084287
00:56:59.115 --> 00:57:00.370 the house. And,
NOTE Confidence: 0.9194824
00:57:00.670 --> 00:57:02.670 I think all of these
NOTE Confidence: 0.9194824
00:57:02.830 --> 00:57:04.750 yes, everything that I showed
NOTE Confidence: 0.9194824
00:57:04.750 --> 00:57:06.770 here today is in fact,
NOTE Confidence: 0.98502606
00:57:07.230 --> 00:57:08.690 available on Amazon.
NOTE Confidence: 0.9318293

00:57:09.550 --> 00:57:10.430 And you can you don't
NOTE Confidence: 0.9318293

00:57:10.430 --> 00:57:11.310 have to use, like, the
NOTE Confidence: 0.9318293

00:57:11.310 --> 00:57:12.705 correct terms even to search
NOTE Confidence: 0.9318293

00:57:12.705 --> 00:57:14.145 necessarily. Yeah. No. I mean
NOTE Confidence: 0.9318293

00:57:14.385 --> 00:57:15.125 just adaptive.
NOTE Confidence: 0.92477757

00:57:15.585 --> 00:57:17.105 Yep. If Yeah. Yeah. You
NOTE Confidence: 0.92477757

00:57:17.105 --> 00:57:19.125 look up adaptive Parkinson's,
NOTE Confidence: 0.99487305

00:57:20.065 --> 00:57:20.645 you know,
NOTE Confidence: 0.96943194

00:57:21.425 --> 00:57:24.085 eating utensils or, adaptive Parkinson's
NOTE Confidence: 0.96943194

00:57:24.300 --> 00:57:26.380 cooking. Or adaptive cooking equipment.
NOTE Confidence: 0.96943194

00:57:26.380 --> 00:57:27.420 Yeah. You know, some of
NOTE Confidence: 0.96943194

00:57:27.420 --> 00:57:28.380 the things we didn't even
NOTE Confidence: 0.96943194

00:57:28.380 --> 00:57:29.820 show. Like, one of my
NOTE Confidence: 0.96943194

00:57:29.820 --> 00:57:31.580 favorite things is that,
NOTE Confidence: 0.95788574

00:57:31.980 --> 00:57:33.260 little holder that you put
NOTE Confidence: 0.95788574

00:57:33.260 --> 00:57:34.140 on top of, like, an

NOTE Confidence: 0.95788574

00:57:34.140 --> 00:57:35.340 onion and you cut in

NOTE Confidence: 0.95788574

00:57:35.340 --> 00:57:37.020 between the slices. Like, so

NOTE Confidence: 0.95788574

00:57:37.020 --> 00:57:38.220 many. So you might actually

NOTE Confidence: 0.95788574

00:57:38.220 --> 00:57:39.260 find things that we didn't

NOTE Confidence: 0.95788574

00:57:39.260 --> 00:57:40.755 even show you that are

NOTE Confidence: 0.95788574

00:57:40.755 --> 00:57:42.694 easy, deliver to your house.

NOTE Confidence: 0.86499023

00:57:43.234 --> 00:57:44.055 And inexpensive,

NOTE Confidence: 0.9677174

00:57:44.355 --> 00:57:46.095 also really important. They're inexpensive.

NOTE Confidence: 0.9677174

00:57:46.095 --> 00:57:47.795 Yeah. Yeah. Yeah. But honestly,

NOTE Confidence: 0.9677174

00:57:47.795 --> 00:57:49.315 talking to other people who

NOTE Confidence: 0.9677174

00:57:49.315 --> 00:57:50.994 have Parkinson's disease, if you

NOTE Confidence: 0.9677174

00:57:50.994 --> 00:57:51.875 can be a member of

NOTE Confidence: 0.9677174

00:57:51.875 --> 00:57:53.154 a support group or a

NOTE Confidence: 0.9677174

00:57:53.154 --> 00:57:54.515 community of other people who

NOTE Confidence: 0.9677174

00:57:54.515 --> 00:57:56.220 have Parkinson's disease, It's the

NOTE Confidence: 0.9677174

00:57:56.220 --> 00:57:57.740 best way to learn about,
NOTE Confidence: 0.9677174

00:57:57.740 --> 00:57:58.780 you know, the tools people
NOTE Confidence: 0.9677174

00:57:58.780 --> 00:58:00.380 are doing, the adaptations that
NOTE Confidence: 0.9677174

00:58:00.380 --> 00:58:01.260 they're making in their own
NOTE Confidence: 0.9677174

00:58:01.260 --> 00:58:01.760 home.
NOTE Confidence: 0.97111005

00:58:02.220 --> 00:58:03.420 And let me put a
NOTE Confidence: 0.97111005

00:58:03.420 --> 00:58:04.880 plug in for the partnership
NOTE Confidence: 0.97111005

00:58:04.940 --> 00:58:05.820 that we have with all
NOTE Confidence: 0.97111005

00:58:05.820 --> 00:58:06.880 the different expertise.
NOTE Confidence: 0.9069417

00:58:07.420 --> 00:58:10.080 Right? And so your registered
NOTE Confidence: 0.9069417

00:58:10.220 --> 00:58:10.720 dietitian,
NOTE Confidence: 0.90292966

00:58:12.105 --> 00:58:13.645 at the Yale Teaching Kitchen,
NOTE Confidence: 0.98286134

00:58:14.105 --> 00:58:16.265 we invite you to have
NOTE Confidence: 0.98286134

00:58:16.265 --> 00:58:18.665 a free cooking class. Right?
NOTE Confidence: 0.98286134

00:58:18.665 --> 00:58:20.605 Join join us in house.
NOTE Confidence: 0.9987305

00:58:21.065 --> 00:58:22.825 And if your doctor can

NOTE Confidence: 0.9987305
00:58:22.825 --> 00:58:24.605 send you to your occupational
NOTE Confidence: 0.9679711
00:58:24.905 --> 00:58:26.510 therapist, This is exactly what
NOTE Confidence: 0.9679711
00:58:26.510 --> 00:58:28.349 they do. We think occupation
NOTE Confidence: 0.9679711
00:58:28.349 --> 00:58:29.630 as work, but actually it's
NOTE Confidence: 0.9679711
00:58:29.630 --> 00:58:30.990 work at home. Like, how
NOTE Confidence: 0.9679711
00:58:30.990 --> 00:58:32.030 do we live our lives
NOTE Confidence: 0.9679711
00:58:32.030 --> 00:58:33.390 and become functional? So they
NOTE Confidence: 0.9679711
00:58:33.390 --> 00:58:35.310 have so many tips and
NOTE Confidence: 0.9679711
00:58:35.310 --> 00:58:36.910 so much expertise. So definitely
NOTE Confidence: 0.9679711
00:58:36.910 --> 00:58:38.050 visit with them and say,
NOTE Confidence: 0.9679711
00:58:38.190 --> 00:58:39.890 I have trouble doing x.
NOTE Confidence: 0.9679711
00:58:40.185 --> 00:58:41.225 What do you suggest? And
NOTE Confidence: 0.9679711
00:58:41.225 --> 00:58:42.105 they'll come up with, you
NOTE Confidence: 0.9679711
00:58:42.105 --> 00:58:43.485 know, seventy five
NOTE Confidence: 0.9792901
00:58:43.945 --> 00:58:45.065 examples of things that you
NOTE Confidence: 0.9792901

00:58:45.065 --> 00:58:47.145 should do. Yes. Occupational therapists

NOTE Confidence: 0.9792901

00:58:47.145 --> 00:58:48.585 are incredible. I feel like

NOTE Confidence: 0.9792901

00:58:48.585 --> 00:58:50.525 their whole job is dedicated

NOTE Confidence: 0.9792901

00:58:50.585 --> 00:58:52.105 to improving people's quality of

NOTE Confidence: 0.9792901

00:58:52.105 --> 00:58:53.085 life in the home.

NOTE Confidence: 0.9817871

00:58:53.385 --> 00:58:54.925 So, yeah, I second that.

NOTE Confidence: 0.92231447

00:58:55.850 --> 00:58:57.770 And Danielle, thank you. Again,

NOTE Confidence: 0.92231447

00:58:57.770 --> 00:58:58.650 like I said, I can't

NOTE Confidence: 0.92231447

00:58:58.650 --> 00:58:59.530 wait to dig in a

NOTE Confidence: 0.92231447

00:58:59.530 --> 00:59:01.070 little bit more after this.

NOTE Confidence: 0.6533203

00:59:01.930 --> 00:59:02.430 Well,

NOTE Confidence: 0.99238855

00:59:04.010 --> 00:59:04.970 we will send you guys

NOTE Confidence: 0.99238855

00:59:04.970 --> 00:59:06.410 the recipes that we prepared

NOTE Confidence: 0.99238855

00:59:06.410 --> 00:59:07.930 today. Thank you again for

NOTE Confidence: 0.99238855

00:59:07.930 --> 00:59:08.830 joining us.

NOTE Confidence: 0.9720818

00:59:09.234 --> 00:59:10.675 Our next virtual program is

NOTE Confidence: 0.9720818
00:59:10.675 --> 00:59:12.055 going to be next month
NOTE Confidence: 0.9720818
00:59:12.315 --> 00:59:14.515 on May sixth and we
NOTE Confidence: 0.9720818
00:59:14.515 --> 00:59:15.335 are doing,
NOTE Confidence: 0.86279297
00:59:15.875 --> 00:59:16.375 IBD,
NOTE Confidence: 0.98541486
00:59:16.675 --> 00:59:17.955 I believe. Chef Max will
NOTE Confidence: 0.98541486
00:59:17.955 --> 00:59:18.915 be in the kitchen for
NOTE Confidence: 0.98541486
00:59:18.915 --> 00:59:20.195 that one. And if you're
NOTE Confidence: 0.98541486
00:59:20.195 --> 00:59:21.315 around this weekend and you
NOTE Confidence: 0.98541486
00:59:21.315 --> 00:59:22.275 want to join us, we
NOTE Confidence: 0.98541486
00:59:22.275 --> 00:59:22.935 are doing,
NOTE Confidence: 0.96368086
00:59:23.400 --> 00:59:24.839 a liver health day here
NOTE Confidence: 0.96368086
00:59:24.839 --> 00:59:26.119 at eight Divine. So we'll
NOTE Confidence: 0.96368086
00:59:26.119 --> 00:59:27.319 be here in person, so
NOTE Confidence: 0.96368086
00:59:27.319 --> 00:59:28.200 feel free to check us
NOTE Confidence: 0.96368086
00:59:28.200 --> 00:59:29.799 out then as well. But
NOTE Confidence: 0.96368086

00:59:29.799 --> 00:59:30.839 if not, we hope to

NOTE Confidence: 0.96368086

00:59:30.839 --> 00:59:31.799 see you in the kitchen

NOTE Confidence: 0.96368086

00:59:31.799 --> 00:59:32.859 very, very soon.

NOTE Confidence: 0.9925537

00:59:33.799 --> 00:59:35.420 Thank you. Thank you.