

WEBVTT

NOTE duration:"00:06:45.7920000"

NOTE language:en-us

NOTE Confidence: 0.91295296

00:00:02.920 --> 00:00:05.188 Hi everybody, this is doctors offer again.

NOTE Confidence: 0.91295296

00:00:05.190 --> 00:00:07.020 Thank you so much for watching

NOTE Confidence: 0.91295296

00:00:07.020 --> 00:00:08.750 another one of my videos.

NOTE Confidence: 0.91295296

00:00:08.750 --> 00:00:11.930 You might be able to tell I got a haircut

NOTE Confidence: 0.91295296

00:00:12.016 --> 00:00:15.022 since the last last time I did one of

NOTE Confidence: 0.91295296

00:00:15.022 --> 00:00:17.861 these and it gets to the point of what

NOTE Confidence: 0.91295296

00:00:17.861 --> 00:00:20.420 I want to talk to you about today,

NOTE Confidence: 0.91295296

00:00:20.420 --> 00:00:23.004 which is sort of getting back to work.

NOTE Confidence: 0.91295296

00:00:23.010 --> 00:00:24.630 Getting back to our life.

NOTE Confidence: 0.91295296

00:00:24.630 --> 00:00:27.054 I recognize that this may not be relevant

NOTE Confidence: 0.91295296

00:00:27.054 --> 00:00:29.160 for everybody who's watching this video,

NOTE Confidence: 0.91295296

00:00:29.160 --> 00:00:31.498 but it is relevant for patients in

NOTE Confidence: 0.91295296

00:00:31.498 --> 00:00:33.658 Connecticut where the numbers are starting

NOTE Confidence: 0.91295296

00:00:33.658 --> 00:00:36.206 to drop and restaurants are starting to.

NOTE Confidence: 0.91295296

00:00:36.210 --> 00:00:37.898 And these conversations are

NOTE Confidence: 0.91295296

00:00:37.898 --> 00:00:40.322 starting to happen, and you know.

NOTE Confidence: 0.91295296

00:00:40.322 --> 00:00:44.130 It definitely gives us a lot to think about,

NOTE Confidence: 0.91295296

00:00:44.130 --> 00:00:46.020 and there's a lot of mystery,

NOTE Confidence: 0.91295296

00:00:46.020 --> 00:00:47.940 and there's a lot of confusion

NOTE Confidence: 0.91295296

00:00:47.940 --> 00:00:50.492 out there an my goal in talking to

NOTE Confidence: 0.91295296

00:00:50.492 --> 00:00:52.980 you today is not so much to tell

NOTE Confidence: 0.91295296

00:00:52.980 --> 00:00:55.143 you what to do in the specifics,

NOTE Confidence: 0.91295296

00:00:55.150 --> 00:00:57.040 specifics of how to do it,

NOTE Confidence: 0.91295296

00:00:57.040 --> 00:00:58.615 because there's a lot of

NOTE Confidence: 0.91295296

00:00:58.615 --> 00:01:00.190 information out there about that.

NOTE Confidence: 0.91295296

00:01:00.190 --> 00:01:03.610 But really, what I want to talk about is.

NOTE Confidence: 0.91295296

00:01:03.610 --> 00:01:05.995 A concept that I've spoken about a number of

NOTE Confidence: 0.91295296

00:01:05.995 --> 00:01:08.287 times with regards to Integrative Medicine,

NOTE Confidence: 0.91295296

00:01:08.290 --> 00:01:11.098 which is how we experience it because it is.

NOTE Confidence: 0.91295296

00:01:11.100 --> 00:01:13.277 It is nerve wracking and it is.
NOTE Confidence: 0.91295296

00:01:13.280 --> 00:01:16.032 It is a little bit panic inducing and
NOTE Confidence: 0.91295296

00:01:16.032 --> 00:01:19.190 you know all these feelings that come up.
NOTE Confidence: 0.91295296

00:01:19.190 --> 00:01:21.415 Integrative medicine gives a lot
NOTE Confidence: 0.91295296

00:01:21.415 --> 00:01:24.549 of tools about how to manage it.
NOTE Confidence: 0.91295296

00:01:24.550 --> 00:01:27.654 So what we do is we incorporate traditions
NOTE Confidence: 0.91295296

00:01:27.654 --> 00:01:30.373 that have existed for thousands of
NOTE Confidence: 0.91295296

00:01:30.373 --> 00:01:32.698 years and sometimes that Serbs.
NOTE Confidence: 0.91295296

00:01:32.700 --> 00:01:34.420 Sometimes that's physical practices
NOTE Confidence: 0.91295296

00:01:34.420 --> 00:01:35.280 like yoga,
NOTE Confidence: 0.91295296

00:01:35.280 --> 00:01:37.890 but sometimes it's just a spiritual
NOTE Confidence: 0.91295296

00:01:37.890 --> 00:01:41.418 philosophy and a lot of what I'm going
NOTE Confidence: 0.91295296

00:01:41.418 --> 00:01:43.980 to talk about today incorporates that
NOTE Confidence: 0.91295296

00:01:44.062 --> 00:01:47.170 spiritual philosophy in how we approach.
NOTE Confidence: 0.91295296

00:01:47.170 --> 00:01:50.458 Getting out an.
NOTE Confidence: 0.91295296

00:01:50.460 --> 00:01:52.776 Restarting our lives to certain degree,

NOTE Confidence: 0.91295296

00:01:52.780 --> 00:01:53.578 you know.

NOTE Confidence: 0.91295296

00:01:53.578 --> 00:01:55.972 So you know the first question

NOTE Confidence: 0.91295296

00:01:55.972 --> 00:01:58.866 that often comes up is what can I

NOTE Confidence: 0.91295296

00:01:58.866 --> 00:02:01.523 do to protect myself and we talk

NOTE Confidence: 0.91295296

00:02:01.523 --> 00:02:04.132 about social distancing a lot, and.

NOTE Confidence: 0.91295296

00:02:04.132 --> 00:02:06.340 I hate that word.

NOTE Confidence: 0.91295296

00:02:06.340 --> 00:02:08.524 I hate the term social distancing

NOTE Confidence: 0.91295296

00:02:08.524 --> 00:02:10.595 because I've had some really

NOTE Confidence: 0.91295296

00:02:10.595 --> 00:02:12.767 meaningful interactions over zoom.

NOTE Confidence: 0.91295296

00:02:12.770 --> 00:02:15.740 I've had some really in meaningful

NOTE Confidence: 0.91295296

00:02:15.740 --> 00:02:18.569 interactions from 6 feet away and.

NOTE Confidence: 0.91295296

00:02:18.570 --> 00:02:20.964 You know that space hasn't necessarily

NOTE Confidence: 0.91295296

00:02:20.964 --> 00:02:23.170 prevented those relationships from happening,

NOTE Confidence: 0.91295296

00:02:23.170 --> 00:02:25.260 so I'm not socially distancing.

NOTE Confidence: 0.91295296

00:02:25.260 --> 00:02:26.928 I'm physically distancing Ann,

NOTE Confidence: 0.91295296

00:02:26.928 --> 00:02:28.179 I really do,
NOTE Confidence: 0.91295296

00:02:28.180 --> 00:02:28.928 you know,
NOTE Confidence: 0.91295296

00:02:28.928 --> 00:02:30.798 especially if your immune system
NOTE Confidence: 0.91295296

00:02:30.798 --> 00:02:32.780 is suppressed from chemotherapy,
NOTE Confidence: 0.91295296

00:02:32.780 --> 00:02:35.288 or if you're at high risk.
NOTE Confidence: 0.91295296

00:02:35.290 --> 00:02:37.792 I really do recommend maintaining that
NOTE Confidence: 0.91295296

00:02:37.792 --> 00:02:39.934 physical distance that you're keeping
NOTE Confidence: 0.91295296

00:02:39.934 --> 00:02:41.979 that you're keeping from people,
NOTE Confidence: 0.91295296

00:02:41.980 --> 00:02:43.018 but you know,
NOTE Confidence: 0.91295296

00:02:43.018 --> 00:02:45.094 working on Ways and learning ways
NOTE Confidence: 0.91295296

00:02:45.094 --> 00:02:47.579 to nurture these relationships and
NOTE Confidence: 0.91295296

00:02:47.579 --> 00:02:50.159 having these connections to people.
NOTE Confidence: 0.91295296

00:02:50.160 --> 00:02:53.139 Can be done and an and I think we're
NOTE Confidence: 0.91295296

00:02:53.139 --> 00:02:55.678 learning that throughout this process,
NOTE Confidence: 0.91295296

00:02:55.680 --> 00:02:56.534 you know.
NOTE Confidence: 0.91295296

00:02:56.534 --> 00:02:58.669 Another very specific topic that

NOTE Confidence: 0.91295296

00:02:58.669 --> 00:03:00.908 comes up is masks an I,

NOTE Confidence: 0.91295296

00:03:00.910 --> 00:03:03.087 you know I'll be the first to

NOTE Confidence: 0.91295296

00:03:03.087 --> 00:03:04.700 tell you they're annoying.

NOTE Confidence: 0.91295296

00:03:04.700 --> 00:03:06.420 I don't like them either.

NOTE Confidence: 0.91295296

00:03:06.420 --> 00:03:07.796 They make me uncomfortable,

NOTE Confidence: 0.91295296

00:03:07.796 --> 00:03:09.860 but why do we wear them?

NOTE Confidence: 0.91295296

00:03:09.860 --> 00:03:11.232 Well, first and foremost,

NOTE Confidence: 0.91295296

00:03:11.232 --> 00:03:12.947 obviously is to protect ourselves.

NOTE Confidence: 0.91295296

00:03:12.950 --> 00:03:13.578 You know,

NOTE Confidence: 0.91295296

00:03:13.578 --> 00:03:16.090 we do know that wearing these masks can

NOTE Confidence: 0.92240787

00:03:16.163 --> 00:03:17.767 be helpful for ourselves,

NOTE Confidence: 0.92240787

00:03:17.770 --> 00:03:19.490 but even more important is

NOTE Confidence: 0.92240787

00:03:19.490 --> 00:03:21.210 being in service to others.

NOTE Confidence: 0.92240787

00:03:21.210 --> 00:03:23.808 Watching out for others and taking

NOTE Confidence: 0.92240787

00:03:23.808 --> 00:03:27.080 care of those in our community an.

NOTE Confidence: 0.92240787

00:03:27.080 --> 00:03:28.588 Masks help do that.
NOTE Confidence: 0.92240787

00:03:28.588 --> 00:03:31.866 So much of these of these traditional
NOTE Confidence: 0.92240787

00:03:31.866 --> 00:03:34.595 practices, like yoga, is this idea
NOTE Confidence: 0.92240787

00:03:34.595 --> 00:03:37.509 of being in service to other people.
NOTE Confidence: 0.92240787

00:03:37.510 --> 00:03:39.094 An wearing that mask.
NOTE Confidence: 0.92240787

00:03:39.094 --> 00:03:41.830 You're taking care of those around you,
NOTE Confidence: 0.92240787

00:03:41.830 --> 00:03:43.398 and that's a really,
NOTE Confidence: 0.92240787

00:03:43.398 --> 00:03:44.574 really powerful thing.
NOTE Confidence: 0.92240787

00:03:44.580 --> 00:03:48.117 And not only is a powerful healing for you,
NOTE Confidence: 0.92240787

00:03:48.120 --> 00:03:49.692 it's nurturing for you,
NOTE Confidence: 0.92240787

00:03:49.692 --> 00:03:52.050 and it's something that you really,
NOTE Confidence: 0.92240787

00:03:52.050 --> 00:03:55.460 really should strongly consider doing.
NOTE Confidence: 0.92240787

00:03:55.460 --> 00:03:57.390 Um?
NOTE Confidence: 0.92240787

00:03:57.390 --> 00:04:00.000 You know another big big topic
NOTE Confidence: 0.92240787

00:04:00.000 --> 00:04:03.352 that comes up is where this is end
NOTE Confidence: 0.92240787

00:04:03.352 --> 00:04:06.202 and I don't have a good answer

NOTE Confidence: 0.92240787

00:04:06.202 --> 00:04:09.058 and nobody has a good answer.

NOTE Confidence: 0.92240787

00:04:09.060 --> 00:04:11.250 But what we want to think

NOTE Confidence: 0.92240787

00:04:11.250 --> 00:04:13.650 about is where we right now.

NOTE Confidence: 0.92240787

00:04:13.650 --> 00:04:15.491 Where are we living in the present

NOTE Confidence: 0.92240787

00:04:15.491 --> 00:04:17.409 or living in the present moment?

NOTE Confidence: 0.92240787

00:04:17.410 --> 00:04:19.800 Tools and techniques like yoga

NOTE Confidence: 0.92240787

00:04:19.800 --> 00:04:22.190 and tools and techniques like

NOTE Confidence: 0.92240787

00:04:22.271 --> 00:04:25.043 meditation are really going to help

NOTE Confidence: 0.92240787

00:04:25.043 --> 00:04:27.768 you build the practice of being

NOTE Confidence: 0.92240787

00:04:27.768 --> 00:04:30.156 present in the moment you know.

NOTE Confidence: 0.92240787

00:04:30.160 --> 00:04:32.408 Afan tell my patients that it's it's not

NOTE Confidence: 0.92240787

00:04:32.408 --> 00:04:34.566 about that first thought that comes up.

NOTE Confidence: 0.92240787

00:04:34.570 --> 00:04:36.628 You know we can't control what pops

NOTE Confidence: 0.92240787

00:04:36.628 --> 00:04:38.392 into our mind. We can't control.

NOTE Confidence: 0.92240787

00:04:38.392 --> 00:04:40.156 You know where our mind goes,

NOTE Confidence: 0.92240787

00:04:40.160 --> 00:04:41.920 but we can control.
NOTE Confidence: 0.92240787

00:04:41.920 --> 00:04:43.680 Is that second thought?
NOTE Confidence: 0.92240787

00:04:43.680 --> 00:04:46.368 With the ability to take that first
NOTE Confidence: 0.92240787

00:04:46.368 --> 00:04:49.446 thought and do what we want with it so.
NOTE Confidence: 0.92240787

00:04:49.450 --> 00:04:51.706 Do we let it run amok?
NOTE Confidence: 0.92240787

00:04:51.710 --> 00:04:54.176 Or do we sit there with it and really
NOTE Confidence: 0.92240787

00:04:54.176 --> 00:04:56.122 analyze it and really think about
NOTE Confidence: 0.92240787

00:04:56.122 --> 00:04:58.185 it and what meditation does and
NOTE Confidence: 0.92240787

00:04:58.185 --> 00:04:59.334 mindfulness meditation specifically
NOTE Confidence: 0.92240787

00:04:59.334 --> 00:05:02.075 is is it gives you that skill.
NOTE Confidence: 0.92240787

00:05:02.075 --> 00:05:04.685 So definitely go over to air.
NOTE Confidence: 0.92240787

00:05:04.690 --> 00:05:07.165 Go over to the to our video archive and
NOTE Confidence: 0.92240787

00:05:07.165 --> 00:05:09.202 check out some mindfulness meditation
NOTE Confidence: 0.92240787

00:05:09.202 --> 00:05:12.230 techniques because I think they'll be really,
NOTE Confidence: 0.92240787

00:05:12.230 --> 00:05:15.452 really beneficial to you in sort
NOTE Confidence: 0.92240787

00:05:15.452 --> 00:05:17.980 of building that practice up.

NOTE Confidence: 0.92240787

00:05:17.980 --> 00:05:19.228 Because I'm an immunologist,

NOTE Confidence: 0.92240787

00:05:19.228 --> 00:05:20.476 people always ask me.

NOTE Confidence: 0.92240787

00:05:20.480 --> 00:05:22.352 How do I optimize my immune

NOTE Confidence: 0.92240787

00:05:22.352 --> 00:05:23.600 system during this time?

NOTE Confidence: 0.92240787

00:05:23.600 --> 00:05:26.088 And we've spoken about it a little bit.

NOTE Confidence: 0.92240787

00:05:26.090 --> 00:05:27.650 You know first of all,

NOTE Confidence: 0.92240787

00:05:27.650 --> 00:05:29.210 self care is super important.

NOTE Confidence: 0.92240787

00:05:29.210 --> 00:05:30.224 You know, really,

NOTE Confidence: 0.92240787

00:05:30.224 --> 00:05:32.252 taking the time to be well

NOTE Confidence: 0.92240787

00:05:32.252 --> 00:05:33.938 and be can't yourself.

NOTE Confidence: 0.92240787

00:05:33.940 --> 00:05:34.710 You know?

NOTE Confidence: 0.92240787

00:05:34.710 --> 00:05:36.635 We see elevated inflammatory markers

NOTE Confidence: 0.92240787

00:05:36.635 --> 00:05:39.120 in the sickest patients with covid,

NOTE Confidence: 0.92240787

00:05:39.120 --> 00:05:41.325 but we also see it in patients

NOTE Confidence: 0.92240787

00:05:41.325 --> 00:05:43.472 who are stressed her eating poorly

NOTE Confidence: 0.92240787

00:05:43.472 --> 00:05:45.357 who are getting poor sleep.
NOTE Confidence: 0.92240787

00:05:45.360 --> 00:05:47.100 So think about eating well.
NOTE Confidence: 0.92240787

00:05:47.100 --> 00:05:48.830 Think about eating food that's
NOTE Confidence: 0.92240787

00:05:48.830 --> 00:05:50.214 going to nurse you.
NOTE Confidence: 0.92240787

00:05:50.220 --> 00:05:52.649 Think about getting a good nights rest.
NOTE Confidence: 0.92240787

00:05:52.650 --> 00:05:55.290 A good night's sleep and then
NOTE Confidence: 0.92240787

00:05:55.290 --> 00:05:57.554 think about finding ways to
NOTE Confidence: 0.92240787

00:05:57.554 --> 00:06:00.068 decrease the stress in your life.
NOTE Confidence: 0.92240787

00:06:00.070 --> 00:06:01.498 Jenner video archive.
NOTE Confidence: 0.92240787

00:06:01.498 --> 00:06:04.830 Is is full videos just for that?
NOTE Confidence: 0.92240787

00:06:04.830 --> 00:06:08.043 You know we're all in this together
NOTE Confidence: 0.92240787

00:06:08.043 --> 00:06:10.660 we're all navigating this together.
NOTE Confidence: 0.92240787

00:06:10.660 --> 00:06:13.576 You know we're community and yoga.
NOTE Confidence: 0.92240787

00:06:13.580 --> 00:06:16.010 Yoga has lots of concepts.
NOTE Confidence: 0.92240787

00:06:16.010 --> 00:06:18.440 It's not just about stretching
NOTE Confidence: 0.92240787

00:06:18.440 --> 00:06:20.870 and and these body movements,

NOTE Confidence: 0.92240787

00:06:20.870 --> 00:06:23.295 but there's this concept of

NOTE Confidence: 0.92240787

00:06:23.295 --> 00:06:25.235 Shiva which means service.

NOTE Confidence: 0.92240787

00:06:25.240 --> 00:06:28.156 It means taking care of ourselves.

NOTE Confidence: 0.92240787

00:06:28.160 --> 00:06:32.048 And it means taking care of each other.

NOTE Confidence: 0.92240787

00:06:32.050 --> 00:06:35.536 So be well, take care of yourselves.

NOTE Confidence: 0.92240787

00:06:35.540 --> 00:06:37.706 Thank you so much for listening

NOTE Confidence: 0.92240787

00:06:37.706 --> 00:06:39.150 again and I hope

NOTE Confidence: 0.9340208

00:06:39.225 --> 00:06:41.025 I see all real soon bye.