WEBVTT

- NOTE duration:"00:06:45.7920000"
- NOTE language:en-us
- NOTE Confidence: 0.91295296
- $00:00:02.920 \rightarrow 00:00:05.188$ 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
- $00:00:07.020 \longrightarrow 00:00:08.750$ 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
- $00:00:15.022 \rightarrow 00:00:17.861$ 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
- $00:00:20.420 \rightarrow 00:00:23.004$ which is sort of getting back to work.
- NOTE Confidence: 0.91295296
- $00:00:23.010 \longrightarrow 00:00:24.630$ Getting back to our life.
- NOTE Confidence: 0.91295296
- $00{:}00{:}24.630 \dashrightarrow 00{:}00{:}27.054$ I recognize that this may not be relevant
- NOTE Confidence: 0.91295296
- $00:00:27.054 \rightarrow 00:00:29.160$ for everybody who's watching this video,
- NOTE Confidence: 0.91295296
- $00:00:29.160 \longrightarrow 00:00:31.498$ but it is relevant for patients in
- NOTE Confidence: 0.91295296
- $00:00:31.498 \longrightarrow 00:00:33.658$ Connecticut where the numbers are starting
- NOTE Confidence: 0.91295296
- $00:00:33.658 \rightarrow 00:00:36.206$ to drop and restaurants are starting to.

- NOTE Confidence: 0.91295296
- $00:00:36.210 \longrightarrow 00:00:37.898$ And these conversations are

 $00{:}00{:}37.898 \dashrightarrow 00{:}00{:}40.322$ starting to happen, and you know.

NOTE Confidence: 0.91295296

 $00:00:40.322 \rightarrow 00:00:44.130$ It definitely gives us a lot to think about,

NOTE Confidence: 0.91295296

 $00:00:44.130 \rightarrow 00:00:46.020$ and there's a lot of mystery,

NOTE Confidence: 0.91295296

 $00{:}00{:}46.020 \dashrightarrow 00{:}00{:}47.940$ and there's a lot of confusion

NOTE Confidence: 0.91295296

 $00:00:47.940 \longrightarrow 00:00:50.492$ out there an my goal in talking to

NOTE Confidence: 0.91295296

 $00:00:50.492 \longrightarrow 00:00:52.980$ you today is not so much to tell

NOTE Confidence: 0.91295296

 $00:00:52.980 \longrightarrow 00:00:55.143$ you what to do in the specifics,

NOTE Confidence: 0.91295296

 $00:00:55.150 \longrightarrow 00:00:57.040$ specifics of how to do it,

NOTE Confidence: 0.91295296

 $00{:}00{:}57{.}040 \dashrightarrow 00{:}00{:}58{.}615$ because there's a lot of

NOTE Confidence: 0.91295296

 $00:00:58.615 \rightarrow 00:01:00.190$ information out there about that.

NOTE Confidence: 0.91295296

 $00{:}01{:}00{.}190 \dashrightarrow 00{:}01{:}03{.}610$ 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

 $00{:}01{:}05{.}995 \dashrightarrow 00{:}01{:}08{.}287$ times with regards to Integrative Medicine,

NOTE Confidence: 0.91295296

 $00:01:08.290 \rightarrow 00:01:11.098$ which is how we experience it because it is.

 $00:01:11.100 \longrightarrow 00:01:13.277$ 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

 $00:01:16.032 \dashrightarrow 00:01:19.190$ you know all these feelings that come up.

NOTE Confidence: 0.91295296

 $00:01:19.190 \dashrightarrow 00:01:21.415$ Integrative medicine gives a lot

NOTE Confidence: 0.91295296

 $00{:}01{:}21{.}415 \dashrightarrow 00{:}01{:}24{.}549$ of tools about how to manage it.

NOTE Confidence: 0.91295296

 $00{:}01{:}24.550 \dashrightarrow 00{:}01{:}27.654$ So what we do is we incorporate traditions

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 $00{:}01{:}27.654 \dashrightarrow 00{:}01{:}30.373$ that have existed for thousands of

NOTE Confidence: 0.91295296

 $00:01:30.373 \dashrightarrow 00:01:32.698$ years and sometimes that Serbs.

NOTE Confidence: 0.91295296

 $00{:}01{:}32.700 \dashrightarrow 00{:}01{:}34.420$ Sometimes that's physical practices

NOTE Confidence: 0.91295296

00:01:34.420 --> 00:01:35.280 like yoga,

NOTE Confidence: 0.91295296

 $00{:}01{:}35{.}280 \dashrightarrow 00{:}01{:}37{.}890$ 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

 $00{:}01{:}41{.}418 \dashrightarrow 00{:}01{:}43{.}980$ to talk about today incorporates that

NOTE Confidence: 0.91295296

 $00:01:44.062 \dashrightarrow 00:01:47.170$ spiritual philosophy in how we approach.

NOTE Confidence: 0.91295296

 $00:01:47.170 \longrightarrow 00:01:50.458$ Getting out an.

NOTE Confidence: 0.91295296

 $00:01:50.460 \rightarrow 00:01:52.776$ Restarting our lives to certain degree,

- NOTE Confidence: 0.91295296
- 00:01:52.780 --> 00:01:53.578 you know.
- NOTE Confidence: 0.91295296
- $00{:}01{:}53{.}578 \dashrightarrow 00{:}01{:}55{.}972$ So you know the first question
- NOTE Confidence: 0.91295296
- $00:01:55.972 \dashrightarrow 00:01:58.866$ that often comes up is what can I
- NOTE Confidence: 0.91295296
- $00:01:58.866 \dashrightarrow 00:02:01.523$ do to protect myself and we talk
- NOTE Confidence: 0.91295296
- $00{:}02{:}01{.}523 \dashrightarrow 00{:}02{:}04{.}132$ about social distancing a lot, and.
- NOTE Confidence: 0.91295296
- $00{:}02{:}04{.}132 \dashrightarrow 00{:}02{:}06{.}340$ I hate that word.
- NOTE Confidence: 0.91295296
- $00:02:06.340 \rightarrow 00:02:08.524$ I hate the term social distancing
- NOTE Confidence: 0.91295296
- $00:02:08.524 \longrightarrow 00:02:10.595$ because I've had some really
- NOTE Confidence: 0.91295296
- $00{:}02{:}10.595 \dashrightarrow 00{:}02{:}12.767$ meaningful interactions over zoom.
- NOTE Confidence: 0.91295296
- $00:02:12.770 \longrightarrow 00:02:15.740$ I've had some really in meaningful
- NOTE Confidence: 0.91295296
- $00:02:15.740 \longrightarrow 00:02:18.569$ interactions from 6 feet away and.
- NOTE Confidence: 0.91295296
- $00:02:18.570 \rightarrow 00:02:20.964$ 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
- $00{:}02{:}23.170 \dashrightarrow 00{:}02{:}25.260$ so I'm not socially distancing.
- NOTE Confidence: 0.91295296
- $00:02:25.260 \dashrightarrow 00:02:26.928$ 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
- $00:02:32.780 \longrightarrow 00:02:35.288$ or if you're at high risk.
- NOTE Confidence: 0.91295296
- $00{:}02{:}35{.}290 \dashrightarrow 00{:}02{:}37{.}792$ I really do recommend maintaining that
- NOTE Confidence: 0.91295296
- $00:02:37.792 \rightarrow 00:02:39.934$ physical distance that you're keeping
- NOTE Confidence: 0.91295296
- $00:02:39.934 \rightarrow 00:02:41.979$ 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
- $00:02:43.018 \rightarrow 00:02:45.094$ working on Ways and learning ways
- NOTE Confidence: 0.91295296
- $00:02:45.094 \rightarrow 00:02:47.579$ to nurture these relationships and
- NOTE Confidence: 0.91295296
- $00:02:47.579 \rightarrow 00:02:50.159$ 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
- $00:02:53.139 \rightarrow 00:02:55.678$ learning that throughout this process,
- NOTE Confidence: 0.91295296
- $00:02:55.680 \longrightarrow 00:02:56.534$ you know.
- NOTE Confidence: 0.91295296
- $00:02:56.534 \rightarrow 00:02:58.669$ Another very specific topic that

- NOTE Confidence: 0.91295296
- $00{:}02{:}58.669 \dashrightarrow 00{:}03{:}00.908$ comes up is masks an I,

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

 $00{:}03{:}04.700 \dashrightarrow 00{:}03{:}06.420$ 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

 $00:03:07.796 \longrightarrow 00:03:09.860$ but why do we wear them?

NOTE Confidence: 0.91295296

 $00:03:09.860 \rightarrow 00:03:11.232$ Well, first and foremost,

NOTE Confidence: 0.91295296

 $00:03:11.232 \rightarrow 00:03:12.947$ obviously is to protect ourselves.

NOTE Confidence: 0.91295296

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

NOTE Confidence: 0.91295296

 $00:03:13.578 \dashrightarrow 00:03:16.090$ we do know that we aring these masks can

NOTE Confidence: 0.92240787

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

NOTE Confidence: 0.92240787

 $00{:}03{:}17{.}770 \dashrightarrow 00{:}03{:}19{.}490$ but even more important is

NOTE Confidence: 0.92240787

 $00:03:19.490 \longrightarrow 00:03:21.210$ 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

 $00:03:23.808 \dashrightarrow 00:03:27.080$ care of those in our community an.

- $00:03:27.080 \longrightarrow 00:03:28.588$ Masks help do that.
- NOTE Confidence: 0.92240787
- $00{:}03{:}28.588 \dashrightarrow 00{:}03{:}31.866$ 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
- $00:03:34.595 \rightarrow 00:03:37.509$ of being in service to other people.
- NOTE Confidence: 0.92240787
- $00{:}03{:}37{.}510 \dashrightarrow 00{:}03{:}39{.}094$ An wearing that mask.
- NOTE Confidence: 0.92240787
- $00:03:39.094 \dashrightarrow 00:03:41.830$ You're taking care of those around you,
- NOTE Confidence: 0.92240787
- $00:03:41.830 \longrightarrow 00:03:43.398$ and that's a really,
- NOTE Confidence: 0.92240787
- $00:03:43.398 \longrightarrow 00:03:44.574$ really powerful thing.
- NOTE Confidence: 0.92240787
- $00:03:44.580 \dashrightarrow 00:03:48.117$ And not only is a powerful healing for you,
- NOTE Confidence: 0.92240787
- $00:03:48.120 \longrightarrow 00:03:49.692$ 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
- $00:03:52.050 \rightarrow 00:03:55.460$ really should strongly consider doing.
- NOTE Confidence: 0.92240787
- 00:03:55.460 --> 00:03:57.390 Um?
- NOTE Confidence: 0.92240787
- $00:03:57.390 \longrightarrow 00:04:00.000$ You know another big big topic
- NOTE Confidence: 0.92240787
- $00:04:00.000 \rightarrow 00:04:03.352$ that comes up is where this is end
- NOTE Confidence: 0.92240787
- $00:04:03.352 \longrightarrow 00:04:06.202$ and I don't have a good answer

 $00{:}04{:}06{.}202 \dashrightarrow 00{:}04{:}09{.}058$ and nobody has a good answer.

NOTE Confidence: 0.92240787

 $00:04:09.060 \longrightarrow 00:04:11.250$ But what we want to think

NOTE Confidence: 0.92240787

 $00:04:11.250 \rightarrow 00:04:13.650$ about is where we right now.

NOTE Confidence: 0.92240787

 $00{:}04{:}13.650 \dashrightarrow 00{:}04{:}15.491$ Where are we living in the present

NOTE Confidence: 0.92240787

 $00:04:15.491 \rightarrow 00:04:17.409$ or living in the present moment?

NOTE Confidence: 0.92240787

 $00{:}04{:}17{.}410 \dashrightarrow 00{:}04{:}19{.}800$ Tools and techniques like yoga

NOTE Confidence: 0.92240787

 $00:04:19.800 \longrightarrow 00:04:22.190$ and tools and techniques like

NOTE Confidence: 0.92240787

 $00:04:22.271 \rightarrow 00:04:25.043$ meditation are really going to help

NOTE Confidence: 0.92240787

 $00{:}04{:}25{.}043 \dashrightarrow 00{:}04{:}27{.}768$ you build the practice of being

NOTE Confidence: 0.92240787

 $00:04:27.768 \rightarrow 00:04:30.156$ present in the moment you know.

NOTE Confidence: 0.92240787

 $00{:}04{:}30{.}160 \dashrightarrow 00{:}04{:}32{.}408$ Afan tell my patients that it's it's not

NOTE Confidence: 0.92240787

 $00{:}04{:}32{.}408 \dashrightarrow 00{:}04{:}34{.}566$ 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

 $00:04:36.628 \rightarrow 00:04:38.392$ into our mind. We can't control.

NOTE Confidence: 0.92240787

 $00:04:38.392 \longrightarrow 00:04:40.156$ You know where our mind goes,

 $00:04:40.160 \longrightarrow 00:04:41.920$ but we can control.

NOTE Confidence: 0.92240787

 $00:04:41.920 \longrightarrow 00:04:43.680$ Is that second thought?

NOTE Confidence: 0.92240787

 $00:04:43.680 \longrightarrow 00:04:46.368$ With the ability to take that first

NOTE Confidence: 0.92240787

 $00:04:46.368 \rightarrow 00:04:49.446$ thought and do what we want with it so.

NOTE Confidence: 0.92240787

 $00:04:49.450 \longrightarrow 00:04:51.706$ Do we let it run a mok?

NOTE Confidence: 0.92240787

 $00{:}04{:}51{.}710 \dashrightarrow 00{:}04{:}54{.}176$ Or do we sit there with it and really

NOTE Confidence: 0.92240787

 $00:04:54.176 \longrightarrow 00:04:56.122$ analyze it and really think about

NOTE Confidence: 0.92240787

 $00{:}04{:}56{.}122 \dashrightarrow 00{:}04{:}58{.}185$ 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

 $00:04:59.334 \rightarrow 00:05:02.075$ is is it gives you that skill.

NOTE Confidence: 0.92240787

 $00:05:02.075 \longrightarrow 00:05:04.685$ So definitely go over to air.

NOTE Confidence: 0.92240787

 $00{:}05{:}04.690 \dashrightarrow 00{:}05{:}07.165$ Go over to the to our video archive and

NOTE Confidence: 0.92240787

 $00{:}05{:}07{.}165 \dashrightarrow 00{:}05{:}09{.}202$ check out some mindfulness meditation

NOTE Confidence: 0.92240787

 $00:05:09.202 \rightarrow 00:05:12.230$ techniques because I think they'll be really,

NOTE Confidence: 0.92240787

 $00:05:12.230 \longrightarrow 00:05:15.452$ really beneficial to you in sort

NOTE Confidence: 0.92240787

 $00:05:15.452 \rightarrow 00:05:17.980$ of building that practice up.

- NOTE Confidence: 0.92240787
- 00:05:17.980 --> 00:05:19.228 Because I'm an immunologist,

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

 $00:05:22.352 \rightarrow 00:05:23.600$ system during this time?

NOTE Confidence: 0.92240787

 $00:05:23.600 \dashrightarrow 00:05:26.088$ 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

 $00:05:27.650 \longrightarrow 00:05:29.210$ self care is super important.

NOTE Confidence: 0.92240787

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

NOTE Confidence: 0.92240787

 $00:05:30.224 \longrightarrow 00:05:32.252$ taking the time to be well

NOTE Confidence: 0.92240787

 $00:05:32.252 \rightarrow 00:05:33.938$ and be can't yourself.

NOTE Confidence: 0.92240787

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

NOTE Confidence: 0.92240787

 $00{:}05{:}34.710 \dashrightarrow 00{:}05{:}36.635$ We see elevated inflammatory markers

NOTE Confidence: 0.92240787

 $00:05:36.635 \dashrightarrow 00:05:39.120$ in the sickest patients with covid,

NOTE Confidence: 0.92240787

 $00{:}05{:}39{.}120 \dashrightarrow 00{:}05{:}41{.}325$ but we also see it in patients

NOTE Confidence: 0.92240787

 $00:05:41.325 \rightarrow 00:05:43.472$ who are stressed her eating poorly

 $00:05:43.472 \longrightarrow 00:05:45.357$ who are getting poor sleep.

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 $00:05:45.360 \longrightarrow 00:05:47.100$ So think about eating well.

NOTE Confidence: 0.92240787

 $00:05:47.100 \dashrightarrow 00:05:48.830$ Think about eating food that's

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 $00:05:48.830 \rightarrow 00:05:50.214$ going to nurse you.

NOTE Confidence: 0.92240787

 $00:05:50.220 \rightarrow 00:05:52.649$ Think about getting a good nights rest.

NOTE Confidence: 0.92240787

 $00{:}05{:}52{.}650 \dashrightarrow 00{:}05{:}55{.}290$ A good night's sleep and then

NOTE Confidence: 0.92240787

 $00:05:55.290 \longrightarrow 00:05:57.554$ think about finding ways to

NOTE Confidence: 0.92240787

 $00:05:57.554 \dashrightarrow 00:06:00.068$ 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

 $00:06:01.498 \longrightarrow 00:06:04.830$ Is is full videos just for that?

NOTE Confidence: 0.92240787

 $00{:}06{:}04.830 \dashrightarrow 00{:}06{:}08.043$ You know we're all in this together

NOTE Confidence: 0.92240787

 $00:06:08.043 \rightarrow 00:06:10.660$ we're all navigating this together.

NOTE Confidence: 0.92240787

 $00:06:10.660 \dashrightarrow 00:06:13.576$ You know we're community and yoga.

NOTE Confidence: 0.92240787

 $00{:}06{:}13.580 \dashrightarrow 00{:}06{:}16.010$ Yoga has lots of concepts.

NOTE Confidence: 0.92240787

 $00{:}06{:}16.010 \dashrightarrow 00{:}06{:}18.440$ It's not just about stretching

NOTE Confidence: 0.92240787

 $00:06:18.440 \longrightarrow 00:06:20.870$ and and these body movements,

- NOTE Confidence: 0.92240787
- $00:06:20.870 \longrightarrow 00:06:23.295$ but there's this concept of

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

NOTE Confidence: 0.92240787

 $00{:}06{:}25{.}240 \dashrightarrow 00{:}06{:}28{.}156$ It means taking care of ourselves.

NOTE Confidence: 0.92240787

 $00:06:28.160 \dashrightarrow 00:06:32.048$ And it means taking care of each other.

NOTE Confidence: 0.92240787

 $00:06:32.050 \longrightarrow 00:06:35.536$ So be well, take care of yourselves.

NOTE Confidence: 0.92240787

 $00{:}06{:}35{.}540 \dashrightarrow 00{:}06{:}37{.}706$ Thank you so much for list ening

NOTE Confidence: 0.92240787

 $00{:}06{:}37{.}706 \dashrightarrow 00{:}06{:}39{.}150$ again and I hope

NOTE Confidence: 0.9340208

 $00:06:39.225 \longrightarrow 00:06:41.025$ I see all real soon by e.