

WEBVTT

NOTE duration:"01:26:19.2170000"

NOTE language:en-us

NOTE Confidence: 0.85566276

00:00:00.000 --> 00:00:00.867 Good evening friends.

NOTE Confidence: 0.85566276

00:00:00.867 --> 00:00:02.890 Welcome to the Yale School of Medicine

NOTE Confidence: 0.85566276

00:00:02.947 --> 00:00:04.637 Program for Biomedical Ethics or

NOTE Confidence: 0.85566276

00:00:04.637 --> 00:00:05.989 Evening Ethics seminar series.

NOTE Confidence: 0.85566276

00:00:05.990 --> 00:00:07.026 That slide of Sam.

NOTE Confidence: 0.85566276

00:00:07.026 --> 00:00:09.000 If you could put back the slide,

NOTE Confidence: 0.85566276

00:00:09.000 --> 00:00:11.184 we were just looking at for a moment.

NOTE Confidence: 0.85566276

00:00:11.190 --> 00:00:13.404 I would like to just point out to the

NOTE Confidence: 0.85566276

00:00:13.404 --> 00:00:15.492 folks tonight we have a terrific talk

NOTE Confidence: 0.85566276

00:00:15.492 --> 00:00:17.489 coming up from Sarah Hall the 1st,

NOTE Confidence: 0.85566276

00:00:17.490 --> 00:00:19.324 just to give you guys a chance

NOTE Confidence: 0.85566276

00:00:19.324 --> 00:00:20.510 to take a look.

NOTE Confidence: 0.85566276

00:00:20.510 --> 00:00:22.337 We have a lot of old friends

NOTE Confidence: 0.85566276

00:00:22.337 --> 00:00:24.339 on this call and some new ones.

NOTE Confidence: 0.85566276

00:00:24.340 --> 00:00:26.251 We do these seminars once or twice

NOTE Confidence: 0.85566276

00:00:26.251 --> 00:00:28.346 a month in the evening and you

NOTE Confidence: 0.85566276

00:00:28.346 --> 00:00:30.164 are almost welcome to join us.

NOTE Confidence: 0.85566276

00:00:30.170 --> 00:00:32.378 And you can see here the upcoming talks.

NOTE Confidence: 0.85566276

00:00:32.380 --> 00:00:33.695 They have several later added

NOTE Confidence: 0.85566276

00:00:33.695 --> 00:00:35.010 since we first published our

NOTE Confidence: 0.85566276

00:00:35.059 --> 00:00:36.239 schedule some months back,

NOTE Confidence: 0.85566276

00:00:36.240 --> 00:00:38.165 and these will be of this schedule.

NOTE Confidence: 0.85566276

00:00:38.170 --> 00:00:40.378 Of course will be available on our website.

NOTE Confidence: 0.85566276

00:00:40.380 --> 00:00:41.760 Bio medical ethics at Yale.

NOTE Confidence: 0.85566276

00:00:41.760 --> 00:00:43.416 But you can also see here.

NOTE Confidence: 0.85566276

00:00:43.420 --> 00:00:45.345 We've got some wonderful talks coming up.

NOTE Confidence: 0.85566276

00:00:45.350 --> 00:00:46.725 I'd like to now introduce

NOTE Confidence: 0.85566276

00:00:46.725 --> 00:00:47.825 our speaker for tonight,

NOTE Confidence: 0.85566276

00:00:47.830 --> 00:00:50.590 but to let you know the way this lays out.

NOTE Confidence: 0.85566276

00:00:50.590 --> 00:00:53.070 For those of you who are new is that we  
NOTE Confidence: 0.85566276

00:00:53.139 --> 00:00:55.555 will have a talk for about 45 minutes,  
NOTE Confidence: 0.85566276

00:00:55.560 --> 00:00:57.768 plus or minus or speaker tonight after,  
NOTE Confidence: 0.85566276

00:00:57.770 --> 00:00:59.426 which will have a Q&A portion.  
NOTE Confidence: 0.85566276

00:00:59.430 --> 00:01:01.166 And I invite you at that point  
NOTE Confidence: 0.85566276

00:01:01.166 --> 00:01:02.520 to submit your questions.  
NOTE Confidence: 0.85566276

00:01:02.520 --> 00:01:04.800 Through the Q&A on the zoom and then  
NOTE Confidence: 0.85566276

00:01:04.800 --> 00:01:06.968 I'll ask your questions to Doctor Hull  
NOTE Confidence: 0.85566276

00:01:06.968 --> 00:01:09.700 and we will have a hard stop at 6:30.  
NOTE Confidence: 0.79741716

00:01:11.830 --> 00:01:13.550 I want to thank Doctor  
NOTE Confidence: 0.79741716

00:01:13.550 --> 00:01:14.926 Hall for coming tonight.  
NOTE Confidence: 0.79741716

00:01:14.930 --> 00:01:16.306 We've been looking forward  
NOTE Confidence: 0.79741716

00:01:16.306 --> 00:01:18.370 to this talk for some time,  
NOTE Confidence: 0.79741716

00:01:18.370 --> 00:01:20.428 so let me introduce her Doctor.  
NOTE Confidence: 0.79741716

00:01:20.430 --> 00:01:22.838 Sarah Hall is well, among other things,  
NOTE Confidence: 0.79741716

00:01:22.840 --> 00:01:24.838 one of the associate directors of

NOTE Confidence: 0.79741716

00:01:24.838 --> 00:01:26.620 the Program for Biomedical Ethics,

NOTE Confidence: 0.79741716

00:01:26.620 --> 00:01:27.996 Sarazen Assistant professor of

NOTE Confidence: 0.79741716

00:01:27.996 --> 00:01:29.716 Clinical Medicine here at Yale.

NOTE Confidence: 0.79741716

00:01:29.720 --> 00:01:31.974 She's also one of the favorite instructors

NOTE Confidence: 0.79741716

00:01:31.974 --> 00:01:34.190 at the medical school in cardiology.

NOTE Confidence: 0.79741716

00:01:34.190 --> 00:01:36.934 She teaches a course in the medical students.

NOTE Confidence: 0.79741716

00:01:36.940 --> 00:01:37.972 It's very popular.

NOTE Confidence: 0.79741716

00:01:37.972 --> 00:01:39.348 She's a gifted teacher,

NOTE Confidence: 0.79741716

00:01:39.350 --> 00:01:41.348 and she's also a wonderful bioethicist

NOTE Confidence: 0.79741716

00:01:41.348 --> 00:01:43.130 Senator undergraduate work in Harvard,

NOTE Confidence: 0.79741716

00:01:43.130 --> 00:01:45.095 where she received an AB

NOTE Confidence: 0.79741716

00:01:45.095 --> 00:01:46.274 and biochemical Sciences.

NOTE Confidence: 0.79741716

00:01:46.280 --> 00:01:48.338 And then also studied some French.

NOTE Confidence: 0.79741716

00:01:48.340 --> 00:01:50.556 She got her MD and her MBA or

NOTE Confidence: 0.79741716

00:01:50.556 --> 00:01:52.413 Master of Biomedical Ethics at

NOTE Confidence: 0.79741716

00:01:52.413 --> 00:01:54.873 Penn and our ethics work there.  
NOTE Confidence: 0.79741716

00:01:54.880 --> 00:01:56.600 She was mentored by our  
NOTE Confidence: 0.79741716

00:01:56.600 --> 00:01:57.976 old friend are Kaplan.  
NOTE Confidence: 0.79741716

00:01:57.980 --> 00:02:00.724 She then did her medical residency at Penn,  
NOTE Confidence: 0.79741716

00:02:00.730 --> 00:02:03.002 came to Yale to do a cardiology fellowship  
NOTE Confidence: 0.79741716

00:02:03.002 --> 00:02:04.815 where she developed in particular  
NOTE Confidence: 0.79741716

00:02:04.815 --> 00:02:07.179 expertise in echocardiography and now she  
NOTE Confidence: 0.79741716

00:02:07.179 --> 00:02:09.327 serves on our cardiology faculty here.  
NOTE Confidence: 0.79741716

00:02:09.330 --> 00:02:11.633 In addition to her work in echocardiography  
NOTE Confidence: 0.79741716

00:02:11.633 --> 00:02:13.459 in her teaching of cardiology,  
NOTE Confidence: 0.79741716

00:02:13.460 --> 00:02:15.818 she also serves as a consultant  
NOTE Confidence: 0.79741716

00:02:15.818 --> 00:02:17.914 for the transplant team in  
NOTE Confidence: 0.79741716

00:02:17.914 --> 00:02:19.690 Advanced Heart failure team.  
NOTE Confidence: 0.79741716

00:02:19.690 --> 00:02:21.482 So Sarah is an important part of  
NOTE Confidence: 0.79741716

00:02:21.482 --> 00:02:22.909 the clinical endeavors here at Yale.  
NOTE Confidence: 0.79741716

00:02:22.910 --> 00:02:24.150 She's also an important part

NOTE Confidence: 0.79741716

00:02:24.150 --> 00:02:25.390 of the bioethics program here,

NOTE Confidence: 0.79741716

00:02:25.390 --> 00:02:27.490 and I'm very pleased that she's going

NOTE Confidence: 0.79741716

00:02:27.490 --> 00:02:30.338 to speak to us tonight on some of the

NOTE Confidence: 0.79741716

00:02:30.338 --> 00:02:32.817 ethical issues related to a plant based diet.

NOTE Confidence: 0.79741716

00:02:32.820 --> 00:02:33.078 Vera,

NOTE Confidence: 0.79741716

00:02:33.078 --> 00:02:34.884 thank you so much for doing this.

NOTE Confidence: 0.79741716

00:02:34.890 --> 00:02:36.366 We are very grateful and with

NOTE Confidence: 0.79741716

00:02:36.366 --> 00:02:37.950 that I'm going to turn this

NOTE Confidence: 0.79741716

00:02:37.950 --> 00:02:39.300 over to Doctor Sarah Home.

NOTE Confidence: 0.89734674

00:02:41.060 --> 00:02:43.100 Thank you so much Mark for that very

NOTE Confidence: 0.89734674

00:02:43.100 --> 00:02:44.375 kind introduction. I'm just going

NOTE Confidence: 0.89734674

00:02:44.375 --> 00:02:46.160 to go ahead and share my screen.

NOTE Confidence: 0.83884156

00:02:50.160 --> 00:02:52.240 Alright, can everyone say,

NOTE Confidence: 0.83884156

00:02:52.240 --> 00:02:55.360 well, I guess you looks fine,

NOTE Confidence: 0.83884156

00:02:55.360 --> 00:02:58.508 perfect alright so so as as Mark

NOTE Confidence: 0.83884156

00:02:58.508 --> 00:03:01.595 said today I would like to talk  
NOTE Confidence: 0.83884156

00:03:01.595 --> 00:03:05.767 to you about some of the various  
NOTE Confidence: 0.83884156

00:03:05.767 --> 00:03:08.359 ethical considerations in nutrition,  
NOTE Confidence: 0.83884156

00:03:08.360 --> 00:03:11.768 specifically what I will argue are in fact  
NOTE Confidence: 0.83884156

00:03:11.768 --> 00:03:14.590 the moral imperatives of transitioning  
NOTE Confidence: 0.83884156

00:03:14.590 --> 00:03:17.720 Tord more plant based nutrition.  
NOTE Confidence: 0.85505944

00:03:20.210 --> 00:03:22.901 So I'm just going to start off by declaring  
NOTE Confidence: 0.85505944

00:03:22.901 --> 00:03:25.269 that I have no conflicts of interest,  
NOTE Confidence: 0.85505944

00:03:25.270 --> 00:03:26.470 although I should clarify.  
NOTE Confidence: 0.85505944

00:03:26.470 --> 00:03:28.915 I'm sorry I'm just trying to set up  
NOTE Confidence: 0.85505944

00:03:28.915 --> 00:03:30.679 my screen here that despite having  
NOTE Confidence: 0.85505944

00:03:30.679 --> 00:03:32.529 no financial conflicts of interest,  
NOTE Confidence: 0.85505944

00:03:32.530 --> 00:03:35.114 I do have a great deal of confluence  
NOTE Confidence: 0.85505944

00:03:35.114 --> 00:03:37.588 of interest in that area in this area,  
NOTE Confidence: 0.85505944

00:03:37.590 --> 00:03:39.646 and what I mean by that is that  
NOTE Confidence: 0.85505944

00:03:39.646 --> 00:03:41.345 I'm deeply concerned about the

NOTE Confidence: 0.85505944

00:03:41.345 --> 00:03:43.589 welfare of both people and animals.

NOTE Confidence: 0.85505944

00:03:43.590 --> 00:03:45.504 I'm passionate about heart health and

NOTE Confidence: 0.85505944

00:03:45.504 --> 00:03:47.070 I'm passionate about delicious food.

NOTE Confidence: 0.85505944

00:03:47.070 --> 00:03:49.986 So and I think all of these things are.

NOTE Confidence: 0.85505944

00:03:49.990 --> 00:03:51.970 Very relevant to the arguments

NOTE Confidence: 0.85505944

00:03:51.970 --> 00:03:54.630 that I'm going to make tonight.

NOTE Confidence: 0.85505944

00:03:54.630 --> 00:03:57.382 I should also note that when I speak

NOTE Confidence: 0.85505944

00:03:57.382 --> 00:04:00.519 about we on a societal level or society,

NOTE Confidence: 0.85505944

00:04:00.520 --> 00:04:01.908 unless I state otherwise,

NOTE Confidence: 0.85505944

00:04:01.908 --> 00:04:03.643 I'm speaking from an American

NOTE Confidence: 0.85505944

00:04:03.643 --> 00:04:05.669 or Western frame of reference,

NOTE Confidence: 0.85505944

00:04:05.670 --> 00:04:07.987 but I will attempt to be as

NOTE Confidence: 0.85505944

00:04:07.987 --> 00:04:10.089 clear as possible going forward.

NOTE Confidence: 0.8722494

00:04:13.040 --> 00:04:15.568 Alright, so first I'd like us to sort

NOTE Confidence: 0.8722494

00:04:15.568 --> 00:04:18.621 of walk through some of the common

NOTE Confidence: 0.8722494



00:04:18.621 --> 00:04:20.971 philosophical arguments that I typically  
NOTE Confidence: 0.8722494

00:04:21.048 --> 00:04:23.358 hear that argue in favor of continuing  
NOTE Confidence: 0.8722494

00:04:23.358 --> 00:04:26.235 to eat a Western diet that is very  
NOTE Confidence: 0.8722494

00:04:26.235 --> 00:04:28.120 heavy in animal product consumption,  
NOTE Confidence: 0.8722494

00:04:28.120 --> 00:04:31.180 and then try to show you why I think  
NOTE Confidence: 0.8722494

00:04:31.180 --> 00:04:32.964 these arguments are fundamentally  
NOTE Confidence: 0.8722494

00:04:32.964 --> 00:04:36.135 flawed and why we we need to  
NOTE Confidence: 0.8722494

00:04:36.225 --> 00:04:38.899 change the way that we eat first.  
NOTE Confidence: 0.8722494

00:04:38.900 --> 00:04:41.796 Animals exist only as means to an end.  
NOTE Confidence: 0.8722494

00:04:41.800 --> 00:04:44.688 That is to say our end as humans.  
NOTE Confidence: 0.8722494

00:04:44.690 --> 00:04:47.102 Because only humans are beings that  
NOTE Confidence: 0.8722494

00:04:47.102 --> 00:04:49.612 have possessed the sufficient dignity to  
NOTE Confidence: 0.8722494

00:04:49.612 --> 00:04:52.120 warrant being considered ends in ourselves.  
NOTE Confidence: 0.8722494

00:04:52.120 --> 00:04:54.225 We evolved to eat animals  
NOTE Confidence: 0.8722494

00:04:54.225 --> 00:04:55.909 and it's only natural.  
NOTE Confidence: 0.8722494

00:04:55.910 --> 00:04:58.566 We need to eat meat to be healthy.

NOTE Confidence: 0.8722494

00:04:58.570 --> 00:05:00.665 And nutritional choices are purely

NOTE Confidence: 0.8722494

00:05:00.665 --> 00:05:03.170 a matter of personal choice as

NOTE Confidence: 0.8722494

00:05:03.170 --> 00:05:05.198 they do not affect other people.

NOTE Confidence: 0.8722494

00:05:05.200 --> 00:05:07.300 So let's start with some of

NOTE Confidence: 0.8722494

00:05:07.300 --> 00:05:08.700 the animal rights arguments.

NOTE Confidence: 0.8722494

00:05:08.700 --> 00:05:11.150 As many of you probably already know,

NOTE Confidence: 0.8722494

00:05:11.150 --> 00:05:13.586 and this was touched upon during professor

NOTE Confidence: 0.8722494

00:05:13.586 --> 00:05:15.349 singers talk earlier this season,

NOTE Confidence: 0.8722494

00:05:15.350 --> 00:05:17.450 and I do apologize that there

NOTE Confidence: 0.8722494

00:05:17.450 --> 00:05:18.850 may be some overlap,

NOTE Confidence: 0.8722494

00:05:18.850 --> 00:05:21.482 but I also realize there may be people

NOTE Confidence: 0.8722494

00:05:21.482 --> 00:05:23.750 here who didn't hear that talk.

NOTE Confidence: 0.8722494

00:05:23.750 --> 00:05:25.718 The meat industry is really rife

NOTE Confidence: 0.8722494

00:05:25.718 --> 00:05:27.476 with examples of cruelty well

NOTE Confidence: 0.8722494

00:05:27.476 --> 00:05:28.996 far beyond slaughter itself.

NOTE Confidence: 0.8722494

00:05:29.000 --> 00:05:31.667 I'd just like to post here a  
NOTE Confidence: 0.8722494

00:05:31.667 --> 00:05:33.651 trigger warning that I'm about  
NOTE Confidence: 0.8722494

00:05:33.651 --> 00:05:35.925 to show a few graphic images.  
NOTE Confidence: 0.8722494

00:05:35.930 --> 00:05:37.842 So I just want to make sure that  
NOTE Confidence: 0.8722494

00:05:37.842 --> 00:05:38.770 everyone's adequately prepared.  
NOTE Confidence: 0.8309571

00:05:40.980 --> 00:05:43.381 So the practice of debeaking is something  
NOTE Confidence: 0.8309571

00:05:43.381 --> 00:05:45.847 that's widely done in the poultry industry.  
NOTE Confidence: 0.8309571

00:05:45.850 --> 00:05:48.682 You can see here it is. It's pretty.  
NOTE Confidence: 0.8309571

00:05:48.682 --> 00:05:50.537 It's pretty gruesome that basically  
NOTE Confidence: 0.8309571

00:05:50.537 --> 00:05:52.957 the tips of the beaks of birds  
NOTE Confidence: 0.8309571

00:05:52.957 --> 00:05:54.811 used in poultry farming are cut  
NOTE Confidence: 0.8309571

00:05:54.882 --> 00:05:56.988 off with a guillotine like device,  
NOTE Confidence: 0.8309571

00:05:56.990 --> 00:05:59.566 and that's done primarily as a money  
NOTE Confidence: 0.8309571

00:05:59.566 --> 00:06:01.782 saving endeavour because it because when  
NOTE Confidence: 0.8309571

00:06:01.782 --> 00:06:03.882 poultry are in crowded conditions they  
NOTE Confidence: 0.8309571

00:06:03.882 --> 00:06:06.483 get stressed and they fight and they can

NOTE Confidence: 0.8309571

00:06:06.483 --> 00:06:08.990 injure and even kill each other that way

NOTE Confidence: 0.8309571

00:06:08.990 --> 00:06:11.599 and too and that causes financial loss.

NOTE Confidence: 0.8309571

00:06:11.600 --> 00:06:13.760 And because the financial.

NOTE Confidence: 0.8309571

00:06:13.760 --> 00:06:15.380 Bottom line is.

NOTE Confidence: 0.8309571

00:06:15.380 --> 00:06:18.900 Really, the only bottom line in much of

NOTE Confidence: 0.8309571

00:06:18.900 --> 00:06:22.899 the food and the factory farming industry.

NOTE Confidence: 0.8309571

00:06:22.900 --> 00:06:24.916 That's why this procedure is done,

NOTE Confidence: 0.8309571

00:06:24.920 --> 00:06:26.930 but it's a very painful procedure.

NOTE Confidence: 0.8309571

00:06:26.930 --> 00:06:28.600 It often leads to disability

NOTE Confidence: 0.8309571

00:06:28.600 --> 00:06:30.665 and can sometimes even lead to

NOTE Confidence: 0.8309571

00:06:30.665 --> 00:06:32.305 death in these birds actually.

NOTE Confidence: 0.8309571

00:06:32.310 --> 00:06:34.382 But but since it leads to less

NOTE Confidence: 0.8309571

00:06:34.382 --> 00:06:36.000 death than not debeaking,

NOTE Confidence: 0.8309571

00:06:36.000 --> 00:06:36.788 it's done,

NOTE Confidence: 0.8309571

00:06:36.788 --> 00:06:39.152 even though again with no anesthesia

NOTE Confidence: 0.8309571

00:06:39.152 --> 00:06:41.667 or pain medication of any kind.  
NOTE Confidence: 0.8309571

00:06:41.670 --> 00:06:44.386 Our check calling is another practice that's  
NOTE Confidence: 0.8309571

00:06:44.386 --> 00:06:47.668 in the not so much the poultry industry,  
NOTE Confidence: 0.8309571

00:06:47.670 --> 00:06:50.238 but the egg industry specifically because  
NOTE Confidence: 0.8309571

00:06:50.238 --> 00:06:53.270 only female chicks grow up to produce eggs.  
NOTE Confidence: 0.8309571

00:06:53.270 --> 00:06:55.270 Male chicks are therefore useless.  
NOTE Confidence: 0.8309571

00:06:55.270 --> 00:06:58.470 So in egg and in the egg industry,  
NOTE Confidence: 0.8309571

00:06:58.470 --> 00:07:00.870 often the male chicks are killed  
NOTE Confidence: 0.8309571

00:07:00.870 --> 00:07:02.470 either shortly after birth,  
NOTE Confidence: 0.8309571

00:07:02.470 --> 00:07:05.122 either through suffocation by being placed  
NOTE Confidence: 0.8309571

00:07:05.122 --> 00:07:08.870 in a bag like you can see on the left,  
NOTE Confidence: 0.8309571

00:07:08.870 --> 00:07:12.598 or by being ground up alive as there.  
NOTE Confidence: 0.8309571

00:07:12.600 --> 00:07:13.640 Conveyed into a grinder,  
NOTE Confidence: 0.8309571

00:07:13.640 --> 00:07:15.200 much like you see on the  
NOTE Confidence: 0.8309571

00:07:15.262 --> 00:07:16.697 conveyor belt on the right,  
NOTE Confidence: 0.8309571

00:07:16.700 --> 00:07:18.055 because it costs too much

NOTE Confidence: 0.8309571

00:07:18.055 --> 00:07:19.700 money to care for the man,

NOTE Confidence: 0.8309571

00:07:19.700 --> 00:07:21.060 it's cheaper to kill them.

NOTE Confidence: 0.78013515

00:07:23.350 --> 00:07:26.218 Gestation crates are how many commercial

NOTE Confidence: 0.78013515

00:07:26.218 --> 00:07:29.030 South spend their lives in a crate,

NOTE Confidence: 0.78013515

00:07:29.030 --> 00:07:32.526 often too small for them even to turn

NOTE Confidence: 0.78013515

00:07:32.526 --> 00:07:35.860 around in, but with enough access

NOTE Confidence: 0.78013515

00:07:35.860 --> 00:07:39.550 such that their piglets can can.

NOTE Confidence: 0.78013515

00:07:39.550 --> 00:07:41.902 Can feed and so that they can grow

NOTE Confidence: 0.78013515

00:07:41.902 --> 00:07:44.468 up and this is how many factory

NOTE Confidence: 0.78013515

00:07:44.468 --> 00:07:46.880 pigs just spend their entire lives.

NOTE Confidence: 0.79456204

00:07:49.350 --> 00:07:51.345 And cyclic pregnancy is the

NOTE Confidence: 0.79456204

00:07:51.345 --> 00:07:53.340 practice of the dairy industry.

NOTE Confidence: 0.79456204

00:07:53.340 --> 00:07:55.993 A lot of people I think aren't

NOTE Confidence: 0.79456204

00:07:55.993 --> 00:07:58.529 aware that just like most ma'am,

NOTE Confidence: 0.79456204

00:07:58.530 --> 00:08:00.660 are all mammals really not female

NOTE Confidence: 0.79456204

00:08:00.660 --> 00:08:02.920 mammals just don't lactate indefinitely.  
NOTE Confidence: 0.79456204

00:08:02.920 --> 00:08:05.224 Female mammals need to be pregnant  
NOTE Confidence: 0.79456204

00:08:05.224 --> 00:08:08.099 and give birth in order to lactate.  
NOTE Confidence: 0.79456204

00:08:08.100 --> 00:08:10.100 And cows are no exception.  
NOTE Confidence: 0.79456204

00:08:10.100 --> 00:08:12.935 So in order for cows to produce  
NOTE Confidence: 0.79456204

00:08:12.935 --> 00:08:14.889 an adequate amount of milk,  
NOTE Confidence: 0.79456204

00:08:14.890 --> 00:08:16.318 there cyclically impregnated,  
NOTE Confidence: 0.79456204

00:08:16.318 --> 00:08:18.698 typically about once a year.  
NOTE Confidence: 0.79456204

00:08:18.700 --> 00:08:21.076 And their babies are taken away  
NOTE Confidence: 0.79456204

00:08:21.076 --> 00:08:23.170 from them shortly after birth.  
NOTE Confidence: 0.79456204

00:08:23.170 --> 00:08:25.200 Even though cows form very  
NOTE Confidence: 0.79456204

00:08:25.200 --> 00:08:27.230 strong bond with their calves.  
NOTE Confidence: 0.79456204

00:08:27.230 --> 00:08:30.694 So that because that that milk is valuable  
NOTE Confidence: 0.79456204

00:08:30.694 --> 00:08:34.124 and it can be sold for money to us.  
NOTE Confidence: 0.79456204

00:08:34.130 --> 00:08:36.308 And again because maximizing profits is  
NOTE Confidence: 0.79456204

00:08:36.308 --> 00:08:39.166 that the number One Financial imperative of

NOTE Confidence: 0.79456204

00:08:39.166 --> 00:08:41.836 Agri business or factory factory farming,

NOTE Confidence: 0.79456204

00:08:41.840 --> 00:08:44.348 I should say.

NOTE Confidence: 0.79456204

00:08:44.350 --> 00:08:46.300 That that's how it's done.

NOTE Confidence: 0.79456204

00:08:46.300 --> 00:08:49.164 And then this happens in a cycle until

NOTE Confidence: 0.79456204

00:08:49.164 --> 00:08:51.877 cows are considered spent and can't

NOTE Confidence: 0.79456204

00:08:51.877 --> 00:08:54.757 give anymore milk and then typically

NOTE Confidence: 0.79456204

00:08:54.833 --> 00:08:57.498 their their slaughtered after that.

NOTE Confidence: 0.79456204

00:08:57.500 --> 00:09:00.085 So what are the relevant

NOTE Confidence: 0.79456204

00:09:00.085 --> 00:09:02.670 ethical arguments at play here?

NOTE Confidence: 0.79456204

00:09:02.670 --> 00:09:04.886 I think very simply we can start from

NOTE Confidence: 0.79456204

00:09:04.886 --> 00:09:06.874 a welfare ethics framework applying

NOTE Confidence: 0.79456204

00:09:06.874 --> 00:09:08.694 the principle of nonmaleficence

NOTE Confidence: 0.79456204

00:09:08.694 --> 00:09:10.687 that that certainly those of

NOTE Confidence: 0.79456204

00:09:10.687 --> 00:09:12.668 you in health care at this talk

NOTE Confidence: 0.79456204

00:09:12.668 --> 00:09:14.248 tonight have understand very well,

NOTE Confidence: 0.79456204



00:09:14.248 --> 00:09:16.180 but I think it's really kind  
NOTE Confidence: 0.79456204

00:09:16.238 --> 00:09:17.758 of intuitive for everyone,  
NOTE Confidence: 0.79456204

00:09:17.760 --> 00:09:19.992 which is basically the idea that  
NOTE Confidence: 0.79456204

00:09:19.992 --> 00:09:21.841 since animals clearly have the  
NOTE Confidence: 0.79456204

00:09:21.841 --> 00:09:23.913 ability to feel pain or suffer and  
NOTE Confidence: 0.79456204

00:09:23.913 --> 00:09:26.339 not only is that just simply obvious,  
NOTE Confidence: 0.79456204

00:09:26.340 --> 00:09:28.050 that's also been well documented.  
NOTE Confidence: 0.79456204

00:09:28.050 --> 00:09:28.440 That,  
NOTE Confidence: 0.79456204

00:09:28.440 --> 00:09:30.780 based on this alone that there's  
NOTE Confidence: 0.79456204

00:09:30.780 --> 00:09:33.140 a strong argument to be made that.  
NOTE Confidence: 0.79456204

00:09:33.140 --> 00:09:36.890 Their suffering should be minimized.  
NOTE Confidence: 0.79456204

00:09:36.890 --> 00:09:40.266 I would also argue that going beyond that,  
NOTE Confidence: 0.79456204

00:09:40.270 --> 00:09:42.496 animals have to some degree at  
NOTE Confidence: 0.79456204

00:09:42.496 --> 00:09:44.566 least an intrinsic value rather  
NOTE Confidence: 0.79456204

00:09:44.566 --> 00:09:46.618 than simply instrumental value.  
NOTE Confidence: 0.79456204

00:09:46.620 --> 00:09:49.548 That is to say that their value will

NOTE Confidence: 0.79456204

00:09:49.548 --> 00:09:52.246 beans as ends in themselves worthy

NOTE Confidence: 0.79456204

00:09:52.246 --> 00:09:55.072 of dignity if not full autonomy,

NOTE Confidence: 0.79456204

00:09:55.080 --> 00:09:57.900 rather than simply being things

NOTE Confidence: 0.79456204

00:09:57.900 --> 00:10:00.720 that are at our disposal.

NOTE Confidence: 0.79456204

00:10:00.720 --> 00:10:02.827 Because why is it that that we

NOTE Confidence: 0.79456204

00:10:02.827 --> 00:10:04.897 think that only humans are ends

NOTE Confidence: 0.79456204

00:10:04.897 --> 00:10:06.357 in itself in ourselves?

NOTE Confidence: 0.79456204

00:10:06.360 --> 00:10:08.704 Is it based on our ability to form

NOTE Confidence: 0.79456204

00:10:08.704 --> 00:10:10.469 relationships and to express empathy

NOTE Confidence: 0.79456204

00:10:10.469 --> 00:10:12.334 by exhibiting pro social behavior?

NOTE Confidence: 0.79456204

00:10:12.340 --> 00:10:14.776 Is it based on our superior intelligence

NOTE Confidence: 0.79456204

00:10:14.776 --> 00:10:17.449 because it seems to me that these are

NOTE Confidence: 0.79456204

00:10:17.449 --> 00:10:19.391 the things that intuitively we used

NOTE Confidence: 0.79456204

00:10:19.391 --> 00:10:21.638 to argue for this sort of speciesism,

NOTE Confidence: 0.79456204

00:10:21.640 --> 00:10:24.112 where humans have have sort of these these

NOTE Confidence: 0.79456204

00:10:24.112 --> 00:10:26.618 rights that far extend beyond animal rights,

NOTE Confidence: 0.79456204

00:10:26.620 --> 00:10:26.954 and,

NOTE Confidence: 0.79456204

00:10:26.954 --> 00:10:27.288 well,

NOTE Confidence: 0.79456204

00:10:27.288 --> 00:10:29.626 I'm certainly not trying to argue that

NOTE Confidence: 0.79456204

00:10:29.626 --> 00:10:31.666 animals necessarily have to have an.

NOTE Confidence: 0.79456204

00:10:31.670 --> 00:10:34.127 Equal legal or moral standing to people,

NOTE Confidence: 0.79456204

00:10:34.130 --> 00:10:36.559 but that they are deserving of some

NOTE Confidence: 0.79456204

00:10:36.559 --> 00:10:38.010 recognition of intrinsic value.

NOTE Confidence: 0.79456204

00:10:38.010 --> 00:10:40.418 Based on the fact that they too

NOTE Confidence: 0.79456204

00:10:40.418 --> 00:10:43.290 share much of this in common with us.

NOTE Confidence: 0.79456204

00:10:43.290 --> 00:10:45.050 That's not just my feeling,

NOTE Confidence: 0.79456204

00:10:45.050 --> 00:10:47.018 although I think that many people

NOTE Confidence: 0.79456204

00:10:47.018 --> 00:10:48.774 who know animals would understand

NOTE Confidence: 0.79456204

00:10:48.774 --> 00:10:50.679 this intuitively to be true.

NOTE Confidence: 0.79456204

00:10:50.680 --> 00:10:52.435 But this is actually been

NOTE Confidence: 0.79456204

00:10:52.435 --> 00:10:53.488 studied somewhat extensively.

NOTE Confidence: 0.79456204

00:10:53.490 --> 00:10:55.272 I'll be at less extensively in

NOTE Confidence: 0.79456204

00:10:55.272 --> 00:10:57.303 farm animals because of some of

NOTE Confidence: 0.79456204

00:10:57.303 --> 00:10:58.867 the ethical controversies that

NOTE Confidence: 0.79456204

00:10:58.867 --> 00:11:00.431 creates then another intelligent

NOTE Confidence: 0.79456204

00:11:00.488 --> 00:11:01.700 animals like primates.

NOTE Confidence: 0.79456204

00:11:01.700 --> 00:11:02.380 For example,

NOTE Confidence: 0.79456204

00:11:02.380 --> 00:11:03.740 and so this is,

NOTE Confidence: 0.85237515

00:11:03.740 --> 00:11:06.141 this is a table from a review

NOTE Confidence: 0.85237515

00:11:06.141 --> 00:11:07.819 that was published in 2019.

NOTE Confidence: 0.85237515

00:11:07.820 --> 00:11:09.860 I don't expect you to read

NOTE Confidence: 0.85237515

00:11:09.860 --> 00:11:11.220 through the whole table,

NOTE Confidence: 0.85237515

00:11:11.220 --> 00:11:13.398 but it's just to illustrate the

NOTE Confidence: 0.85237515

00:11:13.398 --> 00:11:14.850 various physical cognitive capacities

NOTE Confidence: 0.85237515

00:11:14.910 --> 00:11:16.755 that several different farm animals

NOTE Confidence: 0.85237515

00:11:16.755 --> 00:11:18.600 have been demonstrated to possess.

NOTE Confidence: 0.85237515

00:11:18.600 --> 00:11:19.884 And more importantly,  
NOTE Confidence: 0.85237515

00:11:19.884 --> 00:11:21.596 this table here describes  
NOTE Confidence: 0.85237515

00:11:21.596 --> 00:11:24.116 some of the socio cognitive  
NOTE Confidence: 0.85237515

00:11:24.116 --> 00:11:26.436 capacities that animals possess,  
NOTE Confidence: 0.85237515

00:11:26.440 --> 00:11:28.900 including most notably the ability  
NOTE Confidence: 0.85237515

00:11:28.900 --> 00:11:30.868 to distinguish between between  
NOTE Confidence: 0.85237515

00:11:30.868 --> 00:11:32.808 different and recognize humans.  
NOTE Confidence: 0.85237515

00:11:32.810 --> 00:11:36.240 Recognize other animals of their own species.  
NOTE Confidence: 0.85237515

00:11:36.240 --> 00:11:38.200 The ability to communicate  
NOTE Confidence: 0.85237515

00:11:38.200 --> 00:11:39.670 within their species,  
NOTE Confidence: 0.85237515

00:11:39.670 --> 00:11:42.995 and also with humans the ability to  
NOTE Confidence: 0.85237515

00:11:42.995 --> 00:11:46.129 learn both from again other members  
NOTE Confidence: 0.85237515

00:11:46.129 --> 00:11:49.357 of their species an from humans.  
NOTE Confidence: 0.85237515

00:11:49.360 --> 00:11:50.724 Um, and you know,  
NOTE Confidence: 0.85237515

00:11:50.724 --> 00:11:53.657 these are the very things that I think  
NOTE Confidence: 0.85237515

00:11:53.657 --> 00:11:56.492 make us unique and special and worthy

NOTE Confidence: 0.85237515

00:11:56.492 --> 00:11:58.365 individuals as people and animals

NOTE Confidence: 0.85237515

00:11:58.365 --> 00:12:02.248 really share a lot of those traits with us.

NOTE Confidence: 0.85237515

00:12:02.248 --> 00:12:04.036 Um, this study,

NOTE Confidence: 0.85237515

00:12:04.040 --> 00:12:07.150 which was actually just published

NOTE Confidence: 0.85237515

00:12:07.150 --> 00:12:11.200 last month in a psychology Journal.

NOTE Confidence: 0.85237515

00:12:11.200 --> 00:12:12.640 Demonstrated that pigs actually

NOTE Confidence: 0.85237515

00:12:12.640 --> 00:12:15.220 can be trained to play video games.

NOTE Confidence: 0.85237515

00:12:15.220 --> 00:12:17.410 Moving a joystick with their snout,

NOTE Confidence: 0.85237515

00:12:17.410 --> 00:12:20.056 and I think that this quote is

NOTE Confidence: 0.85237515

00:12:20.056 --> 00:12:21.596 really particularly salient to

NOTE Confidence: 0.85237515

00:12:21.596 --> 00:12:23.606 to this argument that I'm making,

NOTE Confidence: 0.85237515

00:12:23.610 --> 00:12:27.258 so I'm going to read it to you.

NOTE Confidence: 0.85237515

00:12:27.260 --> 00:12:29.210 Their high level there being the

NOTE Confidence: 0.85237515

00:12:29.210 --> 00:12:30.911 pigs social motivation to perform

NOTE Confidence: 0.85237515

00:12:30.911 --> 00:12:32.636 the task was also noteworthy.

NOTE Confidence: 0.85237515

00:12:32.640 --> 00:12:34.170 Although food rewards associated with  
NOTE Confidence: 0.85237515

00:12:34.170 --> 00:12:36.670 the task were likely a motivating factor,  
NOTE Confidence: 0.85237515

00:12:36.670 --> 00:12:38.590 the social contact the pigs  
NOTE Confidence: 0.85237515

00:12:38.590 --> 00:12:40.510 experience with their trainer also  
NOTE Confidence: 0.85237515

00:12:40.572 --> 00:12:42.427 appeared to be very important.  
NOTE Confidence: 0.85237515

00:12:42.430 --> 00:12:42.818 Occasionally,  
NOTE Confidence: 0.85237515

00:12:42.818 --> 00:12:44.758 equipment failures resulted in non  
NOTE Confidence: 0.85237515

00:12:44.758 --> 00:12:46.310 reward following correct responses,  
NOTE Confidence: 0.85237515

00:12:46.310 --> 00:12:49.280 meaning that food was not given.  
NOTE Confidence: 0.85237515

00:12:49.280 --> 00:12:51.284 On these occasions the pigs continued  
NOTE Confidence: 0.85237515

00:12:51.284 --> 00:12:53.021 to make correct responses when  
NOTE Confidence: 0.85237515

00:12:53.021 --> 00:12:55.085 rewarded only with verbal and tactile  
NOTE Confidence: 0.85237515

00:12:55.085 --> 00:12:56.550 reinforcement from the experimenter  
NOTE Confidence: 0.85237515

00:12:56.550 --> 00:12:58.776 who is also their primary caretaker.  
NOTE Confidence: 0.85237515

00:12:58.780 --> 00:13:01.212 So I think here you can see there's  
NOTE Confidence: 0.85237515

00:13:01.212 --> 00:13:03.047 there's really quite a striking

NOTE Confidence: 0.85237515

00:13:03.047 --> 00:13:04.992 similarity between how pigs interact

NOTE Confidence: 0.85237515

00:13:04.992 --> 00:13:07.228 with their caretaker and how dogs,

NOTE Confidence: 0.85237515

00:13:07.230 --> 00:13:07.932 for example,

NOTE Confidence: 0.85237515

00:13:07.932 --> 00:13:09.336 interact with their caretakers.

NOTE Confidence: 0.85237515

00:13:09.340 --> 00:13:12.412 Anyone who's had a dog here can can

NOTE Confidence: 0.85237515

00:13:12.412 --> 00:13:14.526 understand that you know you don't

NOTE Confidence: 0.85237515

00:13:14.526 --> 00:13:17.184 just have to give a dog treats to

NOTE Confidence: 0.85237515

00:13:17.184 --> 00:13:19.896 to make it happier to make it obey.

NOTE Confidence: 0.85237515

00:13:19.900 --> 00:13:22.100 The dogs are very responsive

NOTE Confidence: 0.85237515

00:13:22.100 --> 00:13:24.300 to verbal and tactile stimuli.

NOTE Confidence: 0.85237515

00:13:24.300 --> 00:13:27.254 And it's it's one of the things

NOTE Confidence: 0.85237515

00:13:27.254 --> 00:13:30.397 that makes us value them so much,

NOTE Confidence: 0.85237515

00:13:30.400 --> 00:13:33.172 and and indeed grant them a great

NOTE Confidence: 0.85237515

00:13:33.172 --> 00:13:36.068 degree of dignity as companion animals.

NOTE Confidence: 0.85237515

00:13:36.070 --> 00:13:37.378 Because because dogs,

NOTE Confidence: 0.85237515



00:13:37.378 --> 00:13:38.250 another companion,  
NOTE Confidence: 0.85237515

00:13:38.250 --> 00:13:40.360 animals actually do enjoy legal  
NOTE Confidence: 0.85237515

00:13:40.360 --> 00:13:43.050 protections against cruelty in our country,  
NOTE Confidence: 0.85237515

00:13:43.050 --> 00:13:45.426 and I would submit that there's  
NOTE Confidence: 0.85237515

00:13:45.426 --> 00:13:47.466 some degree of willful ignorance  
NOTE Confidence: 0.85237515

00:13:47.466 --> 00:13:50.084 that we need to maintain in order  
NOTE Confidence: 0.85237515

00:13:50.084 --> 00:13:53.261 to make this this really artificial  
NOTE Confidence: 0.85237515

00:13:53.261 --> 00:13:54.435 distinction between.  
NOTE Confidence: 0.85237515

00:13:54.440 --> 00:13:56.185 Dogs and other companion animals  
NOTE Confidence: 0.85237515

00:13:56.185 --> 00:13:58.500 and pigs and other farm animals.  
NOTE Confidence: 0.85237515

00:13:58.500 --> 00:14:00.340 And, you know, in in.  
NOTE Confidence: 0.85237515

00:14:00.340 --> 00:14:02.692 In Western society we we just have  
NOTE Confidence: 0.85237515

00:14:02.692 --> 00:14:04.588 this task to understanding that  
NOTE Confidence: 0.85237515

00:14:04.588 --> 00:14:07.437 it would be barbaric to treat dogs  
NOTE Confidence: 0.85237515

00:14:07.437 --> 00:14:09.569 the way that we treat pigs.  
NOTE Confidence: 0.85237515

00:14:09.570 --> 00:14:12.882 And so you know, it's hypocritical for us to,

NOTE Confidence: 0.85237515

00:14:12.890 --> 00:14:14.830 for Westerners to criticize other

NOTE Confidence: 0.85237515

00:14:14.830 --> 00:14:17.150 cultures for their treatment of dogs

NOTE Confidence: 0.85237515

00:14:17.150 --> 00:14:19.327 in cultures where they do eat dogs

NOTE Confidence: 0.85237515

00:14:19.327 --> 00:14:21.587 when factory farming is really quite

NOTE Confidence: 0.85237515

00:14:21.587 --> 00:14:23.557 problematic to animals that possess

NOTE Confidence: 0.85237515

00:14:23.557 --> 00:14:25.172 really remarkably similar traits.

NOTE Confidence: 0.85237515

00:14:25.172 --> 00:14:26.788 And capacities for intelligence

NOTE Confidence: 0.85237515

00:14:26.788 --> 00:14:28.000 and sophisticated emotional

NOTE Confidence: 0.844349336363636

00:14:28.052 --> 00:14:29.546 relationships. And this.

NOTE Confidence: 0.844349336363636

00:14:29.546 --> 00:14:31.636 This paradox has prompted the

NOTE Confidence: 0.844349336363636

00:14:31.636 --> 00:14:33.734 hashtag friends, not food movement,

NOTE Confidence: 0.844349336363636

00:14:33.734 --> 00:14:36.660 that some people may be familiar with,

NOTE Confidence: 0.844349336363636

00:14:36.660 --> 00:14:39.156 but it's just again to illustrate

NOTE Confidence: 0.844349336363636

00:14:39.156 --> 00:14:41.400 that these these rich relationships

NOTE Confidence: 0.844349336363636

00:14:41.400 --> 00:14:43.895 can happen with both companion

NOTE Confidence: 0.844349336363636

00:14:43.895 --> 00:14:46.580 animals and with farm animals.  
NOTE Confidence: 0.844349336363636

00:14:46.580 --> 00:14:49.261 Aren't so some of you are undoubtedly  
NOTE Confidence: 0.844349336363636

00:14:49.261 --> 00:14:51.174 saying look Doc, that's great.  
NOTE Confidence: 0.844349336363636

00:14:51.174 --> 00:14:53.084 You're obviously this bleeding heart.  
NOTE Confidence: 0.844349336363636

00:14:53.090 --> 00:14:55.764 Animal lover, which OK guilty as charged.  
NOTE Confidence: 0.844349336363636

00:14:55.770 --> 00:14:57.685 But you know that's humans  
NOTE Confidence: 0.844349336363636

00:14:57.685 --> 00:14:59.600 are supposed to eat meat.  
NOTE Confidence: 0.844349336363636

00:14:59.600 --> 00:15:02.218 We have canine teeth and incisors and  
NOTE Confidence: 0.844349336363636

00:15:02.218 --> 00:15:04.958 you know that that's how we evolve.  
NOTE Confidence: 0.844349336363636

00:15:04.960 --> 00:15:06.880 We're supposed to eat meat,  
NOTE Confidence: 0.844349336363636

00:15:06.880 --> 00:15:09.554 and so I'm going to do it.  
NOTE Confidence: 0.844349336363636

00:15:09.560 --> 00:15:12.464 So let me take you through some of  
NOTE Confidence: 0.844349336363636

00:15:12.464 --> 00:15:15.130 my counter arguments to that to show  
NOTE Confidence: 0.844349336363636

00:15:15.130 --> 00:15:18.039 you why that line of thinking is.  
NOTE Confidence: 0.844349336363636

00:15:18.040 --> 00:15:20.400 Is a little bit problematic.  
NOTE Confidence: 0.844349336363636

00:15:20.400 --> 00:15:22.158 So first of all, humans evolved.

NOTE Confidence: 0.844349336363636  
00:15:22.160 --> 00:15:23.328 Humans are not carnivores.  
NOTE Confidence: 0.844349336363636  
00:15:23.328 --> 00:15:24.496 We evolved as omnivores.  
NOTE Confidence: 0.844349336363636  
00:15:24.500 --> 00:15:26.544 So yes, we did evolve eating meat,  
NOTE Confidence: 0.844349336363636  
00:15:26.550 --> 00:15:29.136 although we evolved eating a lot  
NOTE Confidence: 0.844349336363636  
00:15:29.136 --> 00:15:31.579 of plant based matter as well.  
NOTE Confidence: 0.844349336363636  
00:15:31.580 --> 00:15:33.330 Another something that I hear  
NOTE Confidence: 0.844349336363636  
00:15:33.330 --> 00:15:34.380 commonly is well,  
NOTE Confidence: 0.844349336363636  
00:15:34.380 --> 00:15:36.130 caveman didn't get heart attacks  
NOTE Confidence: 0.844349336363636  
00:15:36.130 --> 00:15:38.550 and they hate meat, so it's fine,  
NOTE Confidence: 0.844349336363636  
00:15:38.550 --> 00:15:40.590 and that's often the justification for  
NOTE Confidence: 0.844349336363636  
00:15:40.590 --> 00:15:43.476 the so called paleo diet or Paleolithic diet,  
NOTE Confidence: 0.844349336363636  
00:15:43.480 --> 00:15:46.207 which is a diet that is that is typically  
NOTE Confidence: 0.844349336363636  
00:15:46.207 --> 00:15:48.729 as practiced very meat heavy diet.  
NOTE Confidence: 0.844349336363636  
00:15:48.730 --> 00:15:50.998 That's sort of promoted as a as  
NOTE Confidence: 0.844349336363636  
00:15:50.998 --> 00:15:53.165 an ancestral diet of sorts that  
NOTE Confidence: 0.844349336363636

00:15:53.165 --> 00:15:55.030 that is choose processed foods,  
NOTE Confidence: 0.844349336363636

00:15:55.030 --> 00:15:57.830 which in that sense it's a good thing,  
NOTE Confidence: 0.844349336363636

00:15:57.830 --> 00:16:00.980 but really tends to be quite heavy on meat,  
NOTE Confidence: 0.844349336363636

00:16:00.980 --> 00:16:02.416 but that's that, really.  
NOTE Confidence: 0.844349336363636

00:16:02.416 --> 00:16:04.570 Looking to a Paleolithic way of  
NOTE Confidence: 0.844349336363636

00:16:04.643 --> 00:16:06.761 eating really is not applicable in  
NOTE Confidence: 0.844349336363636

00:16:06.761 --> 00:16:09.270 the modern world for several reasons.  
NOTE Confidence: 0.844349336363636

00:16:09.270 --> 00:16:09.590 First,  
NOTE Confidence: 0.844349336363636

00:16:09.590 --> 00:16:11.190 humans evolved under the pressure  
NOTE Confidence: 0.844349336363636

00:16:11.190 --> 00:16:12.150 of food scarcity,  
NOTE Confidence: 0.844349336363636

00:16:12.150 --> 00:16:15.030 so we evolved where food was hard to get.  
NOTE Confidence: 0.844349336363636

00:16:15.030 --> 00:16:18.230 We had to spend a lot of energy getting food.  
NOTE Confidence: 0.844349336363636

00:16:18.230 --> 00:16:20.518 We now do not live in an environment  
NOTE Confidence: 0.844349336363636

00:16:20.518 --> 00:16:21.750 of food scarcity.  
NOTE Confidence: 0.844349336363636

00:16:21.750 --> 00:16:23.990 We live in an environment of food,  
NOTE Confidence: 0.844349336363636

00:16:23.990 --> 00:16:24.590 Sir plus,

NOTE Confidence: 0.844349336363636  
00:16:24.590 --> 00:16:26.690 and in fact we often have to  
NOTE Confidence: 0.844349336363636  
00:16:26.690 --> 00:16:28.470 actively avoid eating too much.  
NOTE Confidence: 0.844349336363636  
00:16:28.470 --> 00:16:29.922 Whether that's you know,  
NOTE Confidence: 0.844349336363636  
00:16:29.922 --> 00:16:32.723 the coworker pressuring us to have a cookie  
NOTE Confidence: 0.844349336363636  
00:16:32.723 --> 00:16:35.190 that you know that he or she brought in,  
NOTE Confidence: 0.844349336363636  
00:16:35.190 --> 00:16:37.584 not getting snacks that are being hawked  
NOTE Confidence: 0.844349336363636  
00:16:37.584 --> 00:16:40.058 when you go to the movie theater.  
NOTE Confidence: 0.844349336363636  
00:16:40.060 --> 00:16:40.470 Really,  
NOTE Confidence: 0.844349336363636  
00:16:40.470 --> 00:16:41.290 where where?  
NOTE Confidence: 0.844349336363636  
00:16:41.290 --> 00:16:43.340 There are constant pressures to  
NOTE Confidence: 0.844349336363636  
00:16:43.340 --> 00:16:44.850 eat and eat more,  
NOTE Confidence: 0.844349336363636  
00:16:44.850 --> 00:16:49.015 and so that's not really applicable here.  
NOTE Confidence: 0.844349336363636  
00:16:49.020 --> 00:16:49.355 Furthermore,  
NOTE Confidence: 0.844349336363636  
00:16:49.355 --> 00:16:50.695 the Hunter gatherer lifestyle  
NOTE Confidence: 0.844349336363636  
00:16:50.695 --> 00:16:52.370 required a significant amount of  
NOTE Confidence: 0.844349336363636

00:16:52.422 --> 00:16:53.807 physical effort to obtain food,  
NOTE Confidence: 0.844349336363636

00:16:53.810 --> 00:16:55.082 particularly to obtain meat,  
NOTE Confidence: 0.844349336363636

00:16:55.082 --> 00:16:56.672 so you know when I,  
NOTE Confidence: 0.844349336363636

00:16:56.680 --> 00:16:59.120 when I see the paleo diet is expressed  
NOTE Confidence: 0.844349336363636

00:16:59.120 --> 00:17:01.458 by eating two hamburgers and no bun,  
NOTE Confidence: 0.844349336363636

00:17:01.460 --> 00:17:02.130 that's not.  
NOTE Confidence: 0.844349336363636

00:17:02.130 --> 00:17:03.805 That's not really a Paleolithic  
NOTE Confidence: 0.844349336363636

00:17:03.805 --> 00:17:05.290 way of eating at all.  
NOTE Confidence: 0.844349336363636

00:17:05.290 --> 00:17:05.908 In fact,  
NOTE Confidence: 0.844349336363636

00:17:05.908 --> 00:17:07.762 I don't think you can really  
NOTE Confidence: 0.844349336363636

00:17:07.762 --> 00:17:09.414 argue that you're eating meat  
NOTE Confidence: 0.844349336363636

00:17:09.414 --> 00:17:11.668 in an ancestral way in any way.  
NOTE Confidence: 0.844349336363636

00:17:11.670 --> 00:17:13.854 In less you are hunting and butchering  
NOTE Confidence: 0.844349336363636

00:17:13.854 --> 00:17:15.732 any meat that you eat yourself  
NOTE Confidence: 0.844349336363636

00:17:15.732 --> 00:17:17.790 or with a family member or close  
NOTE Confidence: 0.844349336363636

00:17:17.850 --> 00:17:20.010 friend using only Paleolithic tools.

NOTE Confidence: 0.844349336363636  
00:17:20.010 --> 00:17:20.696 And again,  
NOTE Confidence: 0.844349336363636  
00:17:20.696 --> 00:17:23.097 I just must stress that the amount  
NOTE Confidence: 0.844349336363636  
00:17:23.097 --> 00:17:25.036 of physical activity it required  
NOTE Confidence: 0.844349336363636  
00:17:25.036 --> 00:17:28.333 in order to eat meat at all is just  
NOTE Confidence: 0.844349336363636  
00:17:28.333 --> 00:17:30.538 not at all present in modern day  
NOTE Confidence: 0.84400034  
00:17:30.540 --> 00:17:32.295 meeting, so that's not really  
NOTE Confidence: 0.84400034  
00:17:32.295 --> 00:17:33.699 a fair comparison either.  
NOTE Confidence: 0.87623143  
00:17:36.070 --> 00:17:37.706 Furthermore, prehistoric humans were  
NOTE Confidence: 0.87623143  
00:17:37.706 --> 00:17:39.751 mainly threatened by predators and  
NOTE Confidence: 0.87623143  
00:17:39.751 --> 00:17:41.214 infectious diseases which typically  
NOTE Confidence: 0.87623143  
00:17:41.214 --> 00:17:43.218 killed them well before they could  
NOTE Confidence: 0.87623143  
00:17:43.218 --> 00:17:44.603 develop atherosclerotic cardiovascular  
NOTE Confidence: 0.87623143  
00:17:44.603 --> 00:17:47.471 disease and cancer, which of course,  
NOTE Confidence: 0.87623143  
00:17:47.471 --> 00:17:51.263 are the number one killers today of Americans  
NOTE Confidence: 0.87623143  
00:17:51.263 --> 00:17:54.798 and in the Western world in general.  
NOTE Confidence: 0.87623143



00:17:54.800 --> 00:17:56.700 This so evolutionary pressure therefore  
NOTE Confidence: 0.87623143

00:17:56.700 --> 00:17:59.469 led us to develop very robust immune  
NOTE Confidence: 0.87623143

00:17:59.469 --> 00:18:01.863 systems in order to promote effective  
NOTE Confidence: 0.87623143

00:18:01.863 --> 00:18:04.627 wound healing and to help us fight infection.  
NOTE Confidence: 0.87623143

00:18:04.630 --> 00:18:06.918 Because these were our  
NOTE Confidence: 0.87623143

00:18:06.918 --> 00:18:08.634 main evolutionary threats.  
NOTE Confidence: 0.87623143

00:18:08.640 --> 00:18:09.143 Unfortunately,  
NOTE Confidence: 0.87623143

00:18:09.143 --> 00:18:11.658 the modern consequences of this  
NOTE Confidence: 0.87623143

00:18:11.658 --> 00:18:14.306 is a significant propensity for  
NOTE Confidence: 0.87623143

00:18:14.306 --> 00:18:15.438 chronic inflammation,  
NOTE Confidence: 0.87623143

00:18:15.440 --> 00:18:19.620 which incidentally is a major.  
NOTE Confidence: 0.87623143

00:18:19.620 --> 00:18:21.768 Risk factor in the development of  
NOTE Confidence: 0.87623143

00:18:21.768 --> 00:18:23.879 coronary disease as well as cancer.  
NOTE Confidence: 0.850947

00:18:26.060 --> 00:18:28.643 So I think if you're going to really make  
NOTE Confidence: 0.850947

00:18:28.643 --> 00:18:31.489 an evolutionary argument for eating meat,  
NOTE Confidence: 0.850947

00:18:31.490 --> 00:18:34.244 even if it is really eating in the way

NOTE Confidence: 0.850947

00:18:34.244 --> 00:18:36.543 that our Paleolithic ancestors did I

NOTE Confidence: 0.850947

00:18:36.543 --> 00:18:39.819 think you also have to ask yourself what.

NOTE Confidence: 0.850947

00:18:39.820 --> 00:18:41.630 What are my life goals?

NOTE Confidence: 0.850947

00:18:41.630 --> 00:18:43.802 Because if your goal really is

NOTE Confidence: 0.850947

00:18:43.802 --> 00:18:45.250 purely an evolutionary goal,

NOTE Confidence: 0.850947

00:18:45.250 --> 00:18:46.662 your evolutionary telos, right?

NOTE Confidence: 0.850947

00:18:46.662 --> 00:18:49.205 Your purpose is simply to live long

NOTE Confidence: 0.850947

00:18:49.205 --> 00:18:51.025 enough such that your offspring

NOTE Confidence: 0.850947

00:18:51.025 --> 00:18:52.481 can survive past childhood.

NOTE Confidence: 0.850947

00:18:52.490 --> 00:18:53.974 And now you've successfully

NOTE Confidence: 0.850947

00:18:53.974 --> 00:18:55.458 passed on your genes.

NOTE Confidence: 0.850947

00:18:55.460 --> 00:18:57.335 You fulfilled your genetic destiny

NOTE Confidence: 0.850947

00:18:57.335 --> 00:18:59.899 and you don't need to live anymore

NOTE Confidence: 0.850947

00:18:59.899 --> 00:19:02.363 so you know you have most of your

NOTE Confidence: 0.850947

00:19:02.435 --> 00:19:04.379 kids by the time you're 2025,

NOTE Confidence: 0.850947

00:19:04.380 --> 00:19:07.116 then by the time you're 40 or 45,  
NOTE Confidence: 0.850947  
00:19:07.120 --> 00:19:07.806 they're adults.  
NOTE Confidence: 0.850947  
00:19:07.806 --> 00:19:09.864 They can have their own kids.  
NOTE Confidence: 0.850947  
00:19:09.870 --> 00:19:10.899 You are done.  
NOTE Confidence: 0.850947  
00:19:10.899 --> 00:19:13.300 You don't need to live any longer.  
NOTE Confidence: 0.850947  
00:19:13.300 --> 00:19:15.680 Setting aside the fact that very rarely  
NOTE Confidence: 0.850947  
00:19:15.680 --> 00:19:18.779 are 20 year olds even close to being well,  
NOTE Confidence: 0.850947  
00:19:18.780 --> 00:19:20.028 I shouldn't say that.  
NOTE Confidence: 0.850947  
00:19:20.028 --> 00:19:22.738 But 20 year olds are rarely in fully  
NOTE Confidence: 0.850947  
00:19:22.738 --> 00:19:24.820 independent in modern life, right?  
NOTE Confidence: 0.850947  
00:19:24.820 --> 00:19:27.020 But even more importantly,  
NOTE Confidence: 0.850947  
00:19:27.020 --> 00:19:29.484 that that's that's not most people's goals.  
NOTE Confidence: 0.850947  
00:19:29.490 --> 00:19:31.260 When people come to me,  
NOTE Confidence: 0.850947  
00:19:31.260 --> 00:19:32.910 they're not looking to survive  
NOTE Confidence: 0.850947  
00:19:32.910 --> 00:19:34.959 just long enough such that their  
NOTE Confidence: 0.850947  
00:19:34.959 --> 00:19:36.664 offspring can survive an their

NOTE Confidence: 0.850947  
00:19:36.664 --> 00:19:38.670 genetic destiny can be fulfilled.  
NOTE Confidence: 0.850947  
00:19:38.670 --> 00:19:40.788 People want to live well past  
NOTE Confidence: 0.850947  
00:19:40.788 --> 00:19:41.847 their reproductive years,  
NOTE Confidence: 0.850947  
00:19:41.850 --> 00:19:43.610 double that time at least,  
NOTE Confidence: 0.850947  
00:19:43.610 --> 00:19:45.375 and not just living past  
NOTE Confidence: 0.850947  
00:19:45.375 --> 00:19:46.434 their reproductive years,  
NOTE Confidence: 0.850947  
00:19:46.440 --> 00:19:48.876 but living with a really robust functional  
NOTE Confidence: 0.850947  
00:19:48.876 --> 00:19:50.670 status both physically and mentally.  
NOTE Confidence: 0.850947  
00:19:50.670 --> 00:19:53.134 So I would argue that you know,  
NOTE Confidence: 0.850947  
00:19:53.140 --> 00:19:53.834 looking tired,  
NOTE Confidence: 0.850947  
00:19:53.834 --> 00:19:55.569 an evolutionary pattern of eating  
NOTE Confidence: 0.850947  
00:19:55.569 --> 00:19:57.459 really is not applicable in.  
NOTE Confidence: 0.850947  
00:19:57.460 --> 00:19:58.832 In the modern world,  
NOTE Confidence: 0.850947  
00:19:58.832 --> 00:20:00.204 with our modern invite.  
NOTE Confidence: 0.850947  
00:20:00.210 --> 00:20:02.460 Mental food abundance and with  
NOTE Confidence: 0.850947

00:20:02.460 --> 00:20:05.421 our modern goal of living well  
NOTE Confidence: 0.850947  
00:20:05.421 --> 00:20:07.929 past our evolutionary imperatives.  
NOTE Confidence: 0.850947  
00:20:07.930 --> 00:20:09.055 So with that,  
NOTE Confidence: 0.850947  
00:20:09.055 --> 00:20:10.930 let's turn to talking about  
NOTE Confidence: 0.850947  
00:20:10.930 --> 00:20:12.368 cardiovascular health and why  
NOTE Confidence: 0.850947  
00:20:12.368 --> 00:20:14.228 shifting toward a plant based diet  
NOTE Confidence: 0.850947  
00:20:14.228 --> 00:20:16.517 is really crucial for promoting that,  
NOTE Confidence: 0.850947  
00:20:16.520 --> 00:20:18.310 which again, as I said,  
NOTE Confidence: 0.850947  
00:20:18.310 --> 00:20:20.095 is features very largely in  
NOTE Confidence: 0.850947  
00:20:20.095 --> 00:20:21.523 my confluence of interest.  
NOTE Confidence: 0.850947  
00:20:21.530 --> 00:20:24.220 As of course, a cardiologist.  
NOTE Confidence: 0.850947  
00:20:24.220 --> 00:20:26.116 So we know that the consumption  
NOTE Confidence: 0.850947  
00:20:26.116 --> 00:20:27.872 of animal based foods strongly  
NOTE Confidence: 0.850947  
00:20:27.872 --> 00:20:29.588 strongly promotes Atherosclerosis  
NOTE Confidence: 0.850947  
00:20:29.588 --> 00:20:32.157 or plaque deposition in the arteries  
NOTE Confidence: 0.850947  
00:20:32.157 --> 00:20:34.663 of the heart and frankly in the

NOTE Confidence: 0.850947

00:20:34.663 --> 00:20:36.421 arteries everywhere else as well.

NOTE Confidence: 0.850947

00:20:36.421 --> 00:20:38.850 And we know that this is mediated

NOTE Confidence: 0.850947

00:20:38.928 --> 00:20:41.462 not just by high levels of kolesov

NOTE Confidence: 0.850947

00:20:41.462 --> 00:20:44.187 of high intake of saturated fat which

NOTE Confidence: 0.850947

00:20:44.187 --> 00:20:46.911 promotes high levels of LDL or bad

NOTE Confidence: 0.850947

00:20:46.911 --> 00:20:49.137 cholesterol which leads to plaque deposition.

NOTE Confidence: 0.850947

00:20:49.140 --> 00:20:51.000 But it also promotes inflammation,

NOTE Confidence: 0.850947

00:20:51.000 --> 00:20:53.560 which is another key factor in the in

NOTE Confidence: 0.850947

00:20:53.560 --> 00:20:55.839 the progression of atherosclerotic plaque.

NOTE Confidence: 0.850947

00:20:55.840 --> 00:20:58.348 It's these two things working together.

NOTE Confidence: 0.850947

00:20:58.350 --> 00:21:00.120 That that really accelerate the

NOTE Confidence: 0.850947

00:21:00.120 --> 00:21:02.300 growth and the instability of black.

NOTE Confidence: 0.850947

00:21:02.300 --> 00:21:05.558 And we also know that a whole food plant

NOTE Confidence: 0.850947

00:21:05.558 --> 00:21:08.755 based diet and by this I mean whole food,

NOTE Confidence: 0.850947

00:21:08.760 --> 00:21:09.840 meaning unprocessed or

NOTE Confidence: 0.850947

00:21:09.840 --> 00:21:10.920 minimally processed foods.  
NOTE Confidence: 0.850947

00:21:10.920 --> 00:21:13.125 So I do not mean vegan sugar  
NOTE Confidence: 0.850947

00:21:13.125 --> 00:21:15.359 cookies when I talk about a  
NOTE Confidence: 0.850947

00:21:15.359 --> 00:21:17.374 plant based diet going forward,  
NOTE Confidence: 0.850947

00:21:17.380 --> 00:21:19.809 this is actually the only diet that's  
NOTE Confidence: 0.850947

00:21:19.809 --> 00:21:22.380 been shown not only to prevent or  
NOTE Confidence: 0.850947

00:21:22.380 --> 00:21:24.200 slow the progression of black,  
NOTE Confidence: 0.850947

00:21:24.200 --> 00:21:26.035 but actually to reverse plaque  
NOTE Confidence: 0.850947

00:21:26.035 --> 00:21:28.270 and in certain cases when it's.  
NOTE Confidence: 0.850947

00:21:28.270 --> 00:21:30.556 Adhere to very strictly and this  
NOTE Confidence: 0.850947

00:21:30.556 --> 00:21:32.080 is a diet and  
NOTE Confidence: 0.83839977

00:21:32.163 --> 00:21:34.725 I will make references to this.  
NOTE Confidence: 0.83839977

00:21:34.730 --> 00:21:36.750 You know, throughout my talk,  
NOTE Confidence: 0.83839977

00:21:36.750 --> 00:21:39.578 this is a diet that is predominantly  
NOTE Confidence: 0.83839977

00:21:39.578 --> 00:21:41.194 composed of fruits, vegetables,  
NOTE Confidence: 0.83839977

00:21:41.194 --> 00:21:42.810 whole grains, nuts, seeds,

NOTE Confidence: 0.83839977

00:21:42.810 --> 00:21:45.638 beans and legumes among other food sources.

NOTE Confidence: 0.83839977

00:21:45.640 --> 00:21:48.070 And really minimizes, if not excludes,

NOTE Confidence: 0.83839977

00:21:48.070 --> 00:21:51.040 animal based sources of food.

NOTE Confidence: 0.83839977

00:21:51.040 --> 00:21:52.880 So let's talk about inflammation.

NOTE Confidence: 0.83839977

00:21:52.880 --> 00:21:55.184 So as I said, the whole food plant

NOTE Confidence: 0.83839977

00:21:55.184 --> 00:21:58.209 based on a whole food plant based diet

NOTE Confidence: 0.83839977

00:21:58.209 --> 00:22:00.272 offers many anti inflammatory benefits

NOTE Confidence: 0.83839977

00:22:00.272 --> 00:22:03.149 beyond its effects on the lipid profile,

NOTE Confidence: 0.83839977

00:22:03.150 --> 00:22:06.130 meaning effects on lowering cholesterol.

NOTE Confidence: 0.83839977

00:22:06.130 --> 00:22:08.821 So the whole whole food plant based diet has

NOTE Confidence: 0.83839977

00:22:08.821 --> 00:22:11.437 been shown to decrease insulin resistance.

NOTE Confidence: 0.83839977

00:22:11.440 --> 00:22:13.918 So why do we care about that?

NOTE Confidence: 0.83839977

00:22:13.920 --> 00:22:15.550 So insulin resistance is really

NOTE Confidence: 0.83839977

00:22:15.550 --> 00:22:17.810 a hallmark of type 2 diabetes,

NOTE Confidence: 0.83839977

00:22:17.810 --> 00:22:18.872 which is quite.

NOTE Confidence: 0.83839977



00:22:18.872 --> 00:22:20.996 It's really an epidemic in the  
NOTE Confidence: 0.83839977

00:22:20.996 --> 00:22:23.385 Western world and it's mostly it's  
NOTE Confidence: 0.83839977

00:22:23.385 --> 00:22:25.710 typically a lifestyle disease and a  
NOTE Confidence: 0.83839977

00:22:25.710 --> 00:22:27.719 feature of it is unlike type one,  
NOTE Confidence: 0.83839977

00:22:27.720 --> 00:22:29.370 diabetes where you don't make  
NOTE Confidence: 0.83839977

00:22:29.370 --> 00:22:31.620 enough insulin with type 2 diabetes.  
NOTE Confidence: 0.83839977

00:22:31.620 --> 00:22:33.618 Typically the problem isn't so much  
NOTE Confidence: 0.83839977

00:22:33.618 --> 00:22:35.869 that you're not making enough insulin,  
NOTE Confidence: 0.83839977

00:22:35.870 --> 00:22:36.606 although that.  
NOTE Confidence: 0.83839977

00:22:36.606 --> 00:22:38.814 It can progress to issues like  
NOTE Confidence: 0.83839977

00:22:38.814 --> 00:22:40.530 that in later stages,  
NOTE Confidence: 0.83839977

00:22:40.530 --> 00:22:42.588 but is that your body itself  
NOTE Confidence: 0.83839977

00:22:42.588 --> 00:22:44.913 you're the cells of your body  
NOTE Confidence: 0.83839977

00:22:44.913 --> 00:22:47.108 aren't responsive to the insulin,  
NOTE Confidence: 0.83839977

00:22:47.110 --> 00:22:49.045 and so with decreased insulin  
NOTE Confidence: 0.83839977

00:22:49.045 --> 00:22:50.206 resistance comes hyperglycemia,

NOTE Confidence: 0.83839977

00:22:50.210 --> 00:22:52.526 because despite the secretion of insulin,

NOTE Confidence: 0.83839977

00:22:52.530 --> 00:22:54.240 your blood glucose levels are too

NOTE Confidence: 0.83839977

00:22:54.240 --> 00:22:56.452 high and we know that hyperglycemia

NOTE Confidence: 0.83839977

00:22:56.452 --> 00:22:58.476 is proinflammatory and causes

NOTE Confidence: 0.83839977

00:22:58.476 --> 00:22:59.488 arterial inflammation,

NOTE Confidence: 0.83839977

00:22:59.490 --> 00:23:02.250 which again is a critical factor

NOTE Confidence: 0.83839977

00:23:02.250 --> 00:23:04.780 in the development of plaque.

NOTE Confidence: 0.83839977

00:23:04.780 --> 00:23:07.083 We also know that a whole food

NOTE Confidence: 0.83839977

00:23:07.083 --> 00:23:09.299 plant based diet promotes a healthy

NOTE Confidence: 0.83839977

00:23:09.299 --> 00:23:11.609 body weight which in turn also

NOTE Confidence: 0.83839977

00:23:11.609 --> 00:23:13.610 helps to lower inflammation,

NOTE Confidence: 0.83839977

00:23:13.610 --> 00:23:15.740 obesity or the accumulation of fat

NOTE Confidence: 0.83839977

00:23:15.740 --> 00:23:18.019 cells is not simply this passive

NOTE Confidence: 0.83839977

00:23:18.019 --> 00:23:19.989 process where you're just storing

NOTE Confidence: 0.83839977

00:23:19.989 --> 00:23:22.798 extra fat but actually fat cells are

NOTE Confidence: 0.83839977

00:23:22.798 --> 00:23:24.738 very metabolically active and can  
NOTE Confidence: 0.83839977

00:23:24.738 --> 00:23:27.968 be and have been implicated in the  
NOTE Confidence: 0.83839977

00:23:27.968 --> 00:23:29.860 secretion of inflammatory cytokines.  
NOTE Confidence: 0.83839977

00:23:29.860 --> 00:23:31.546 A whole food plant based diet  
NOTE Confidence: 0.83839977

00:23:31.546 --> 00:23:33.668 also is of course associated with  
NOTE Confidence: 0.83839977

00:23:33.668 --> 00:23:35.069 increased fiber intake.  
NOTE Confidence: 0.83839977

00:23:35.070 --> 00:23:36.974 Fiber is only found in plant based  
NOTE Confidence: 0.83839977

00:23:36.974 --> 00:23:39.420 food as well as phytonutrients or plant  
NOTE Confidence: 0.83839977

00:23:39.420 --> 00:23:41.385 based nutrients that have antioxidant  
NOTE Confidence: 0.83839977

00:23:41.385 --> 00:23:43.520 and anti-inflammatory properties.  
NOTE Confidence: 0.83839977

00:23:43.520 --> 00:23:44.164 And finally,  
NOTE Confidence: 0.83839977

00:23:44.164 --> 00:23:46.096 a plant based diet has been  
NOTE Confidence: 0.83839977

00:23:46.096 --> 00:23:48.290 shown to have really salubrious  
NOTE Confidence: 0.83839977

00:23:48.290 --> 00:23:50.755 interactions with the gut microbiome,  
NOTE Confidence: 0.83839977

00:23:50.760 --> 00:23:53.483 which is has become a pretty hot  
NOTE Confidence: 0.83839977

00:23:53.483 --> 00:23:55.706 topic in medicine over the past

NOTE Confidence: 0.83839977

00:23:55.706 --> 00:23:57.988 decade or so in terms of the

NOTE Confidence: 0.83839977

00:23:58.074 --> 00:24:00.918 gut brain connection and the gut

NOTE Confidence: 0.83839977

00:24:00.918 --> 00:24:03.266 body connection and ascentia Lee,

NOTE Confidence: 0.83839977

00:24:03.266 --> 00:24:06.388 the eating eating a plant based diet

NOTE Confidence: 0.83839977

00:24:06.388 --> 00:24:08.514 promotes healthier gut flora that

NOTE Confidence: 0.83839977

00:24:08.514 --> 00:24:10.830 are less inflammatory as opposed to

NOTE Confidence: 0.83839977

00:24:10.830 --> 00:24:13.746 a diet high in meat which has been.

NOTE Confidence: 0.83839977

00:24:13.750 --> 00:24:16.500 Associated with gut flora that

NOTE Confidence: 0.83839977

00:24:16.500 --> 00:24:19.250 promote higher levels of inflammation.

NOTE Confidence: 0.83839977

00:24:19.250 --> 00:24:22.162 So this is a diagram from a systematic

NOTE Confidence: 0.83839977

00:24:22.162 --> 00:24:24.201 review that that summarizes some

NOTE Confidence: 0.83839977

00:24:24.201 --> 00:24:26.673 of the findings that we found.

NOTE Confidence: 0.83839977

00:24:26.680 --> 00:24:28.960 I'm not going to take everyone

NOTE Confidence: 0.83839977

00:24:28.960 --> 00:24:30.980 through this this whole thing,

NOTE Confidence: 0.83839977

00:24:30.980 --> 00:24:33.676 but suffice it to say that there is

NOTE Confidence: 0.83839977

00:24:33.676 --> 00:24:36.178 there is a very complex interaction  
NOTE Confidence: 0.83839977

00:24:36.178 --> 00:24:38.800 between the gut and the brain.  
NOTE Confidence: 0.83839977

00:24:38.800 --> 00:24:39.582 Hormonal regulation,  
NOTE Confidence: 0.83839977

00:24:39.582 --> 00:24:41.146 regulation of inflammatory factors,  
NOTE Confidence: 0.83839977

00:24:41.150 --> 00:24:42.275 regulation of metabolism,  
NOTE Confidence: 0.83839977

00:24:42.275 --> 00:24:44.150 and this has really important  
NOTE Confidence: 0.83839977

00:24:44.150 --> 00:24:46.178 effects on overall health outcomes  
NOTE Confidence: 0.83839977

00:24:46.178 --> 00:24:47.399 as summarized here,  
NOTE Confidence: 0.83839977

00:24:47.400 --> 00:24:49.630 including decreasing all cause mortality.  
NOTE Confidence: 0.83208233

00:24:49.630 --> 00:24:51.340 Decrease in risk for obesity,  
NOTE Confidence: 0.83208233

00:24:51.340 --> 00:24:52.050 cardiometabolic disease,  
NOTE Confidence: 0.83208233

00:24:52.050 --> 00:24:53.825 diabetes, and a decreased risk  
NOTE Confidence: 0.83208233

00:24:53.825 --> 00:24:55.429 for certain types of cancer.  
NOTE Confidence: 0.83208233

00:24:55.430 --> 00:24:58.573 And, of course, these are the outcomes  
NOTE Confidence: 0.83208233

00:24:58.573 --> 00:25:01.370 associated with a plant based diet.  
NOTE Confidence: 0.83208233

00:25:01.370 --> 00:25:05.663 To go into a little bit more detail here.

NOTE Confidence: 0.83208233

00:25:05.670 --> 00:25:07.355 There are several different outcomes

NOTE Confidence: 0.83208233

00:25:07.355 --> 00:25:09.715 that have been shown to be improved

NOTE Confidence: 0.83208233

00:25:09.715 --> 00:25:11.857 with the whole food plant based diet.

NOTE Confidence: 0.83208233

00:25:11.860 --> 00:25:14.110 For example, a vegetarian diet which

NOTE Confidence: 0.83208233

00:25:14.110 --> 00:25:16.469 does allow for dairy and egg but

NOTE Confidence: 0.83208233

00:25:16.469 --> 00:25:18.710 not meat has been shown in a meta.

NOTE Confidence: 0.83208233

00:25:18.710 --> 00:25:20.666 Recent meta analysis has been shown

NOTE Confidence: 0.83208233

00:25:20.666 --> 00:25:22.620 to confer a 25% relative risk

NOTE Confidence: 0.83208233

00:25:22.620 --> 00:25:24.245 reduction in ischemic heart disease,

NOTE Confidence: 0.83208233

00:25:24.250 --> 00:25:25.880 which is heart disease from

NOTE Confidence: 0.83208233

00:25:25.880 --> 00:25:27.184 blockages in the heart,

NOTE Confidence: 0.83208233

00:25:27.190 --> 00:25:28.490 arteries or coronary disease,

NOTE Confidence: 0.83208233

00:25:28.490 --> 00:25:30.770 as well as an 8% relative risk

NOTE Confidence: 0.83208233

00:25:30.770 --> 00:25:33.045 reduction in total cancer of vegan diet.

NOTE Confidence: 0.83208233

00:25:33.050 --> 00:25:35.722 In this same meta analysis was shown to

NOTE Confidence: 0.83208233

00:25:35.722 --> 00:25:38.068 confer actually 15% relative risk reduction.

NOTE Confidence: 0.83208233

00:25:38.068 --> 00:25:39.496 In total cancer.

NOTE Confidence: 0.83208233

00:25:39.500 --> 00:25:39.840 Furthermore,

NOTE Confidence: 0.83208233

00:25:39.840 --> 00:25:42.560 a whole food plant based diet has also

NOTE Confidence: 0.83208233

00:25:42.560 --> 00:25:44.783 been associated with neuroprotection that

NOTE Confidence: 0.83208233

00:25:44.783 --> 00:25:47.513 it may confer against cognitive aging.

NOTE Confidence: 0.83208233

00:25:47.520 --> 00:25:50.728 So talking about living well into old age,

NOTE Confidence: 0.83208233

00:25:50.730 --> 00:25:52.730 not just being physically well,

NOTE Confidence: 0.83208233

00:25:52.730 --> 00:25:55.537 cancer free and free of heart disease,

NOTE Confidence: 0.83208233

00:25:55.540 --> 00:25:57.545 but actually being more robust

NOTE Confidence: 0.83208233

00:25:57.545 --> 00:25:59.149 from a cognitive standpoint,

NOTE Confidence: 0.83208233

00:25:59.150 --> 00:26:01.556 I, I think, is very appealing.

NOTE Confidence: 0.83208233

00:26:01.560 --> 00:26:03.088 Probably for most people,

NOTE Confidence: 0.83208233

00:26:03.088 --> 00:26:04.616 and certainly for most

NOTE Confidence: 0.83208233

00:26:04.616 --> 00:26:06.370 people in this audience.

NOTE Confidence: 0.83208233

00:26:06.370 --> 00:26:08.380 And it's thought that that's

NOTE Confidence: 0.83208233

00:26:08.380 --> 00:26:09.988 primarily mediated through the

NOTE Confidence: 0.83208233

00:26:09.988 --> 00:26:11.749 consumption of monounsaturated fat.

NOTE Confidence: 0.83208233

00:26:11.750 --> 00:26:13.846 Which is the kind of fat that's found

NOTE Confidence: 0.83208233

00:26:13.846 --> 00:26:15.858 in plant based foods such as nuts,

NOTE Confidence: 0.83208233

00:26:15.860 --> 00:26:18.260 avocados and olive oil.

NOTE Confidence: 0.83208233

00:26:18.260 --> 00:26:20.348 So here's some data and again,

NOTE Confidence: 0.83208233

00:26:20.350 --> 00:26:21.710 the charts are small.

NOTE Confidence: 0.83208233

00:26:21.710 --> 00:26:24.180 I don't expect you to read them.

NOTE Confidence: 0.83208233

00:26:24.180 --> 00:26:26.609 I'm going to summarize them for you,

NOTE Confidence: 0.83208233

00:26:26.610 --> 00:26:29.058 but this is a snippet of data from

NOTE Confidence: 0.83208233

00:26:29.058 --> 00:26:31.139 the Harvard Women's Health Study.

NOTE Confidence: 0.83208233

00:26:31.140 --> 00:26:33.168 They did a cognitive substudy of

NOTE Confidence: 0.83208233

00:26:33.168 --> 00:26:34.960 individuals age 65 and older,

NOTE Confidence: 0.83208233

00:26:34.960 --> 00:26:36.700 which ended up being slightly

NOTE Confidence: 0.83208233

00:26:36.700 --> 00:26:37.744 over 6000 women,

NOTE Confidence: 0.83208233



00:26:37.750 --> 00:26:39.838 and they found that the the  
NOTE Confidence: 0.83208233

00:26:39.838 --> 00:26:41.230 people with the highest,  
NOTE Confidence: 0.83208233

00:26:41.230 --> 00:26:43.162 the women with the highest two  
NOTE Confidence: 0.83208233

00:26:43.162 --> 00:26:44.936 quintiles of saturated fat consumption  
NOTE Confidence: 0.83208233

00:26:44.936 --> 00:26:47.510 and the lowest two quintiles of  
NOTE Confidence: 0.83208233

00:26:47.510 --> 00:26:48.797 monounsaturated fat consumption.  
NOTE Confidence: 0.83208233

00:26:48.800 --> 00:26:50.710 These individuals were found to  
NOTE Confidence: 0.83208233

00:26:50.710 --> 00:26:53.484 have increase or have found to have  
NOTE Confidence: 0.83208233

00:26:53.484 --> 00:26:55.064 accelerated decline in cognition  
NOTE Confidence: 0.83208233

00:26:55.064 --> 00:26:57.470 and memory when they were studied  
NOTE Confidence: 0.83208233

00:26:57.470 --> 00:26:58.598 over four years.  
NOTE Confidence: 0.83208233

00:26:58.600 --> 00:26:58.998 Conversely,  
NOTE Confidence: 0.83208233

00:26:58.998 --> 00:27:00.988 those women with the highest  
NOTE Confidence: 0.83208233

00:27:00.988 --> 00:27:02.580 quintile of monounsaturated fatty  
NOTE Confidence: 0.83208233

00:27:02.641 --> 00:27:03.997 acid consumption actually had  
NOTE Confidence: 0.83208233

00:27:03.997 --> 00:27:06.031 the best verbal memory and global

NOTE Confidence: 0.83208233

00:27:06.089 --> 00:27:07.219 cognitive trajectory.

NOTE Confidence: 0.83208233

00:27:07.220 --> 00:27:09.470 So eating plant based diet is

NOTE Confidence: 0.83208233

00:27:09.470 --> 00:27:11.930 not just good for your heart,

NOTE Confidence: 0.83208233

00:27:11.930 --> 00:27:17.222 but it is good for your mind as well.

NOTE Confidence: 0.83208233

00:27:17.230 --> 00:27:20.315 Alright, so that's all well and good, right?

NOTE Confidence: 0.83208233

00:27:20.315 --> 00:27:22.625 But then of course the questions.

NOTE Confidence: 0.83208233

00:27:22.630 --> 00:27:25.339 Well, what about when I'm not getting?

NOTE Confidence: 0.83208233

00:27:25.340 --> 00:27:28.814 Don't I need to eat meat to be healthy

NOTE Confidence: 0.83208233

00:27:28.814 --> 00:27:31.514 because I need it for protein, right?

NOTE Confidence: 0.83208233

00:27:31.514 --> 00:27:33.818 That's that's what I that's what

NOTE Confidence: 0.83208233

00:27:33.818 --> 00:27:35.370 I hear a lot.

NOTE Confidence: 0.83208233

00:27:35.370 --> 00:27:37.370 There's a very common misconception

NOTE Confidence: 0.83208233

00:27:37.370 --> 00:27:40.388 that a plant based diet does not have,

NOTE Confidence: 0.83208233

00:27:40.390 --> 00:27:42.706 cannot allow for adequate protein intake.

NOTE Confidence: 0.83208233

00:27:42.710 --> 00:27:44.254 That's simply not true.

NOTE Confidence: 0.83208233

00:27:44.254 --> 00:27:44.640 First,  
NOTE Confidence: 0.83208233

00:27:44.640 --> 00:27:46.220 there's a widespread misconception  
NOTE Confidence: 0.83208233

00:27:46.220 --> 00:27:48.195 that we need to consume.  
NOTE Confidence: 0.83208233

00:27:48.200 --> 00:27:50.706 Far more protein than we actually do.  
NOTE Confidence: 0.83208233

00:27:50.710 --> 00:27:51.592 In fact,  
NOTE Confidence: 0.83208233

00:27:51.592 --> 00:27:53.797 the recommendation is only .8  
NOTE Confidence: 0.83208233

00:27:53.797 --> 00:27:55.819 grams per kilogram per day.  
NOTE Confidence: 0.83208233

00:27:55.820 --> 00:27:58.352 Which comes out to about 45  
NOTE Confidence: 0.83208233

00:27:58.352 --> 00:28:00.040 grams of protein for  
NOTE Confidence: 0.8772523

00:28:00.135 --> 00:28:02.070 125 pound woman and 80  
NOTE Confidence: 0.8772523

00:28:02.070 --> 00:28:04.450 grams for a 220 pound man.  
NOTE Confidence: 0.8772523

00:28:04.450 --> 00:28:06.616 So many plant based foods contain  
NOTE Confidence: 0.8772523

00:28:06.616 --> 00:28:08.060 significant amounts of protein,  
NOTE Confidence: 0.8772523

00:28:08.060 --> 00:28:10.226 and I'm going to show you  
NOTE Confidence: 0.8772523

00:28:10.226 --> 00:28:11.670 just some examples here.  
NOTE Confidence: 0.8772523

00:28:11.670 --> 00:28:13.545 Tofu or edamame soy products

NOTE Confidence: 0.8772523

00:28:13.545 --> 00:28:15.420 they contain anywhere from 11:50

NOTE Confidence: 0.8772523

00:28:15.482 --> 00:28:17.450 grams of protein per 3.5 ounces,

NOTE Confidence: 0.8772523

00:28:17.450 --> 00:28:19.610 and that's a very small serving.

NOTE Confidence: 0.8772523

00:28:19.610 --> 00:28:22.004 Again, these are all small servings that

NOTE Confidence: 0.8772523

00:28:22.004 --> 00:28:23.939 have pretty significant protein content,

NOTE Confidence: 0.8772523

00:28:23.940 --> 00:28:27.189 lentils or 18 grams for just one cooked Cup.

NOTE Confidence: 0.8772523

00:28:27.190 --> 00:28:29.356 A Cup is typically 8 ounces,

NOTE Confidence: 0.8772523

00:28:29.360 --> 00:28:31.160 not huge beans and chickpeas.

NOTE Confidence: 0.8772523

00:28:31.160 --> 00:28:32.644 So think hummus, right.

NOTE Confidence: 0.8772523

00:28:32.644 --> 00:28:34.499 Delicious spread goes great on.

NOTE Confidence: 0.8772523

00:28:34.500 --> 00:28:35.505 Pretty much everything.

NOTE Confidence: 0.8772523

00:28:35.505 --> 00:28:37.850 15 grams of protein per cooked Cup,

NOTE Confidence: 0.8772523

00:28:37.850 --> 00:28:38.520 nutritional yeast,

NOTE Confidence: 0.8772523

00:28:38.520 --> 00:28:40.195 some personal favorite of mine.

NOTE Confidence: 0.8772523

00:28:40.200 --> 00:28:42.210 It's inactivated yeast and it kind

NOTE Confidence: 0.8772523

00:28:42.210 --> 00:28:44.218 of has a nutty, cheesy taste.

NOTE Confidence: 0.8772523

00:28:44.218 --> 00:28:46.556 Very, very umami that that you can

NOTE Confidence: 0.8772523

00:28:46.556 --> 00:28:48.686 again put on almost anything that

NOTE Confidence: 0.8772523

00:28:48.686 --> 00:28:50.920 contains 14 grams of protein per oz.

NOTE Confidence: 0.8772523

00:28:50.920 --> 00:28:53.272 Nuts and seeds 5 to 7 grams

NOTE Confidence: 0.8772523

00:28:53.272 --> 00:28:54.600 of protein per oz.

NOTE Confidence: 0.8772523

00:28:54.600 --> 00:28:57.280 So, and this is just a small sampling,

NOTE Confidence: 0.8772523

00:28:57.280 --> 00:28:57.581 really.

NOTE Confidence: 0.8772523

00:28:57.581 --> 00:29:00.290 There are quite a lot of plant based foods

NOTE Confidence: 0.8772523

00:29:00.351 --> 00:29:02.637 that contain more than enough protein,

NOTE Confidence: 0.8772523

00:29:02.640 --> 00:29:04.320 and it adds up quickly,

NOTE Confidence: 0.8772523

00:29:04.320 --> 00:29:06.370 so that's really that's that's.

NOTE Confidence: 0.8772523

00:29:06.370 --> 00:29:08.358 As long as you're eating a somewhat

NOTE Confidence: 0.8772523

00:29:08.358 --> 00:29:10.605 varied diet and not eating the same

NOTE Confidence: 0.8772523

00:29:10.605 --> 00:29:12.275 thing everyday in tiny quantities,

NOTE Confidence: 0.8772523

00:29:12.280 --> 00:29:14.370 usually protein is not a

NOTE Confidence: 0.8772523

00:29:14.370 --> 00:29:16.960 concern with a plant based diet.

NOTE Confidence: 0.8772523

00:29:16.960 --> 00:29:18.750 There are some other nutrients

NOTE Confidence: 0.8772523

00:29:18.750 --> 00:29:21.032 that that often you hear people

NOTE Confidence: 0.8772523

00:29:21.032 --> 00:29:23.147 expressed concern about as well.

NOTE Confidence: 0.8772523

00:29:23.150 --> 00:29:23.537 Iron.

NOTE Confidence: 0.8772523

00:29:23.537 --> 00:29:26.610 It is true that excuse me, heme iron,

NOTE Confidence: 0.8772523

00:29:26.610 --> 00:29:30.120 which is the type of iron found in meat,

NOTE Confidence: 0.8772523

00:29:30.120 --> 00:29:33.208 is more easily absorbed than non heme iron,

NOTE Confidence: 0.8772523

00:29:33.210 --> 00:29:36.306 which is the type that's found in plants.

NOTE Confidence: 0.8772523

00:29:36.310 --> 00:29:37.858 Unfortunately heme iron also

NOTE Confidence: 0.8772523

00:29:37.858 --> 00:29:39.406 it has proinflammatory effects,

NOTE Confidence: 0.8772523

00:29:39.410 --> 00:29:41.629 so going back to those effects on

NOTE Confidence: 0.8772523

00:29:41.629 --> 00:29:44.050 increasing risk of cardiovascular disease,

NOTE Confidence: 0.8772523

00:29:44.050 --> 00:29:46.020 disease and cancer problem and

NOTE Confidence: 0.8772523

00:29:46.020 --> 00:29:47.596 vegans can easily compensate.

NOTE Confidence: 0.8772523

00:29:47.600 --> 00:29:50.022 By eating a higher quantity of iron  
NOTE Confidence: 0.8772523

00:29:50.022 --> 00:29:52.428 when it's in its non heme form,  
NOTE Confidence: 0.8772523

00:29:52.430 --> 00:29:54.845 and this can be found in tofu,  
NOTE Confidence: 0.8772523

00:29:54.850 --> 00:29:57.230 lentils, beans, nuts and seeds.  
NOTE Confidence: 0.8772523

00:29:57.230 --> 00:29:58.210 Calcium is another concern.  
NOTE Confidence: 0.8772523

00:29:58.210 --> 00:30:00.769 If I don't drink milk, I'm not getting.  
NOTE Confidence: 0.8772523

00:30:00.769 --> 00:30:02.098 Calcium not true.  
NOTE Confidence: 0.8772523

00:30:02.100 --> 00:30:05.640 Calcium is actually abundant in soy,  
NOTE Confidence: 0.8772523

00:30:05.640 --> 00:30:08.000 lentils, beans, nuts, seeds,  
NOTE Confidence: 0.8772523

00:30:08.000 --> 00:30:09.770 grains, leafy greens,  
NOTE Confidence: 0.8772523

00:30:09.770 --> 00:30:12.720 and my personal favorite cruciferous  
NOTE Confidence: 0.8772523

00:30:12.720 --> 00:30:15.080 vegetables, which includes broccoli,  
NOTE Confidence: 0.8772523

00:30:15.080 --> 00:30:16.260 kale, cauliflower,  
NOTE Confidence: 0.8772523

00:30:16.260 --> 00:30:18.708 arugula and Brussels sprouts.  
NOTE Confidence: 0.8772523

00:30:18.708 --> 00:30:20.544 Omega-3 fatty acids.  
NOTE Confidence: 0.8772523

00:30:20.550 --> 00:30:23.070 We typically think of fish when we

NOTE Confidence: 0.8772523

00:30:23.070 --> 00:30:26.358 think of a mega threes, but actually LA,

NOTE Confidence: 0.8772523

00:30:26.358 --> 00:30:28.288 which is a building block,

NOTE Confidence: 0.8772523

00:30:28.290 --> 00:30:29.834 is found in flaxseed,

NOTE Confidence: 0.8772523

00:30:29.834 --> 00:30:31.705 chia seeds, walnuts in soybeans,

NOTE Confidence: 0.8772523

00:30:31.705 --> 00:30:34.260 and you can take an algae oil

NOTE Confidence: 0.8772523

00:30:34.339 --> 00:30:37.188 supplement to get dij and EPA directly.

NOTE Confidence: 0.8772523

00:30:37.190 --> 00:30:37.570 Finally,

NOTE Confidence: 0.8772523

00:30:37.570 --> 00:30:39.850 I should mention that B12 is

NOTE Confidence: 0.8772523

00:30:39.850 --> 00:30:41.839 absent in strict vegan diet,

NOTE Confidence: 0.8772523

00:30:41.840 --> 00:30:44.612 so that must be supplemented and that

NOTE Confidence: 0.8772523

00:30:44.612 --> 00:30:47.691 can either be done through a multi

NOTE Confidence: 0.8772523

00:30:47.691 --> 00:30:50.397 vitamin or through a fortified foods.

NOTE Confidence: 0.8772523

00:30:50.400 --> 00:30:54.075 And is typically not difficult

NOTE Confidence: 0.8772523

00:30:54.075 --> 00:30:56.280 in today's environment.

NOTE Confidence: 0.8772523

00:30:56.280 --> 00:30:57.072 So alright,

NOTE Confidence: 0.8772523



00:30:57.072 --> 00:30:59.844 what about then effects on other people?  
NOTE Confidence: 0.8772523

00:30:59.850 --> 00:31:01.835 Because I've taken you through  
NOTE Confidence: 0.8772523

00:31:01.835 --> 00:31:03.423 the effects on animals,  
NOTE Confidence: 0.8772523

00:31:03.430 --> 00:31:05.018 I've taken you through,  
NOTE Confidence: 0.8772523

00:31:05.018 --> 00:31:06.209 hopefully debunking notions  
NOTE Confidence: 0.8772523

00:31:06.209 --> 00:31:07.400 about evolutionary imperatives,  
NOTE Confidence: 0.8772523

00:31:07.400 --> 00:31:09.668 and hopefully I've made a compelling  
NOTE Confidence: 0.8772523

00:31:09.668 --> 00:31:12.067 argument about the health benefits of  
NOTE Confidence: 0.8772523

00:31:12.067 --> 00:31:14.533 predominantly whole food plant based diet.  
NOTE Confidence: 0.8772523

00:31:14.540 --> 00:31:16.616 But even if you don't find  
NOTE Confidence: 0.8772523

00:31:16.616 --> 00:31:18.000 any of those things  
NOTE Confidence: 0.8149608

00:31:18.081 --> 00:31:20.895 compelling, you know you don't have  
NOTE Confidence: 0.8149608

00:31:20.895 --> 00:31:22.880 concerns about your own health.  
NOTE Confidence: 0.8149608

00:31:22.880 --> 00:31:25.256 You know animals don't really just.  
NOTE Confidence: 0.8149608

00:31:25.260 --> 00:31:28.440 You're not convinced by that.  
NOTE Confidence: 0.8149608

00:31:28.440 --> 00:31:32.598 But you do care about other people

NOTE Confidence: 0.8149608

00:31:32.598 --> 00:31:36.409 and justice and the planet well.

NOTE Confidence: 0.8149608

00:31:36.410 --> 00:31:38.700 The the factory farming industry.

NOTE Confidence: 0.8149608

00:31:38.700 --> 00:31:41.532 The meat industry actually has a

NOTE Confidence: 0.8149608

00:31:41.532 --> 00:31:43.929 lot of really significant effects

NOTE Confidence: 0.8149608

00:31:43.929 --> 00:31:46.918 on other people and on the planet.

NOTE Confidence: 0.8149608

00:31:46.920 --> 00:31:50.016 So first I'd like to point out that

NOTE Confidence: 0.8149608

00:31:50.016 --> 00:31:52.342 consuming animal products leaves a

NOTE Confidence: 0.8149608

00:31:52.342 --> 00:31:54.306 very significant carbon footprint

NOTE Confidence: 0.8149608

00:31:54.306 --> 00:31:57.765 and I've taken this figure from The

NOTE Confidence: 0.8149608

00:31:57.765 --> 00:31:59.669 Economist which just illustrates

NOTE Confidence: 0.8149608

00:31:59.669 --> 00:32:02.470 the carbon footprint of the average

NOTE Confidence: 0.8149608

00:32:02.470 --> 00:32:04.770 American diet and notes that

NOTE Confidence: 0.8149608

00:32:04.770 --> 00:32:07.539 if vegetarian diet cuts it by.

NOTE Confidence: 0.8149608

00:32:07.540 --> 00:32:09.980 Let's say 40% and a 2/3 vegan diet,

NOTE Confidence: 0.8149608

00:32:09.980 --> 00:32:11.864 which they indicate here is going

NOTE Confidence: 0.8149608

00:32:11.864 --> 00:32:13.948 vegan for about 2/3 of your meal.  
NOTE Confidence: 0.8149608

00:32:13.950 --> 00:32:16.310 So even if going all the way vegan  
NOTE Confidence: 0.8149608

00:32:16.310 --> 00:32:18.519 is sounds like a stretch for you,  
NOTE Confidence: 0.8149608

00:32:18.520 --> 00:32:20.045 which that is admittedly hard  
NOTE Confidence: 0.8149608

00:32:20.045 --> 00:32:21.570 in our current food system.  
NOTE Confidence: 0.8149608

00:32:21.570 --> 00:32:23.910 But even eating vegan most of  
NOTE Confidence: 0.8149608

00:32:23.910 --> 00:32:26.007 the time or becoming vegetarian  
NOTE Confidence: 0.8149608

00:32:26.007 --> 00:32:28.749 has it has an enormous impact.  
NOTE Confidence: 0.8149608

00:32:28.750 --> 00:32:31.072 And you can see here even  
NOTE Confidence: 0.8149608

00:32:31.072 --> 00:32:32.970 if you're not ready to,  
NOTE Confidence: 0.8149608

00:32:32.970 --> 00:32:34.890 even if the environment is  
NOTE Confidence: 0.8149608

00:32:34.890 --> 00:32:36.426 your number one concern,  
NOTE Confidence: 0.8149608

00:32:36.430 --> 00:32:39.118 and you're not ready to be vegetarian,  
NOTE Confidence: 0.8149608

00:32:39.120 --> 00:32:39.450 look,  
NOTE Confidence: 0.8149608

00:32:39.450 --> 00:32:41.430 this is just a comparison of  
NOTE Confidence: 0.8149608

00:32:41.430 --> 00:32:42.960 the different carbon footprints

NOTE Confidence: 0.8149608

00:32:42.960 --> 00:32:44.880 of eating different products,

NOTE Confidence: 0.8149608

00:32:44.880 --> 00:32:47.178 both animal based and plant base,

NOTE Confidence: 0.8149608

00:32:47.180 --> 00:32:49.959 and you can see the just absolutely

NOTE Confidence: 0.8149608

00:32:49.959 --> 00:32:52.307 profound carbon footprint of beef eating

NOTE Confidence: 0.8149608

00:32:52.307 --> 00:32:54.479 compared to really any other foods,

NOTE Confidence: 0.8149608

00:32:54.480 --> 00:32:55.659 including other meats.

NOTE Confidence: 0.8149608

00:32:55.659 --> 00:32:58.820 And that's from a number of factors from.

NOTE Confidence: 0.8149608

00:32:58.820 --> 00:33:01.970 Land use change to farming practices,

NOTE Confidence: 0.8149608

00:33:01.970 --> 00:33:02.596 you know.

NOTE Confidence: 0.8149608

00:33:02.596 --> 00:33:02.909 I,

NOTE Confidence: 0.8149608

00:33:02.909 --> 00:33:05.563 I think that most in less you been

NOTE Confidence: 0.8149608

00:33:05.563 --> 00:33:07.849 living under a Rock You you've

NOTE Confidence: 0.8149608

00:33:07.849 --> 00:33:09.679 heard about the accelerating

NOTE Confidence: 0.8149608

00:33:09.679 --> 00:33:12.127 deforestation in the Amazon.

NOTE Confidence: 0.8149608

00:33:12.130 --> 00:33:12.544 Basically,

NOTE Confidence: 0.8149608

00:33:12.544 --> 00:33:12.958 rainforests,  
NOTE Confidence: 0.8149608

00:33:12.958 --> 00:33:16.270 like the Amazon are being burned to make  
NOTE Confidence: 0.8149608

00:33:16.342 --> 00:33:18.876 way for more cattle ranching to satisfy  
NOTE Confidence: 0.8149608

00:33:18.876 --> 00:33:21.587 the ever growing human appetite for beef.  
NOTE Confidence: 0.8149608

00:33:21.590 --> 00:33:23.560 And so it's not again,  
NOTE Confidence: 0.8149608

00:33:23.560 --> 00:33:26.101 not just affect on people through climate  
NOTE Confidence: 0.8149608

00:33:26.101 --> 00:33:28.289 change and adverse planetary health,  
NOTE Confidence: 0.8149608

00:33:28.290 --> 00:33:30.255 but also effects on biodiversity  
NOTE Confidence: 0.8149608

00:33:30.255 --> 00:33:31.434 and other wildlife.  
NOTE Confidence: 0.8149608

00:33:31.440 --> 00:33:34.220 So its effect is really  
NOTE Confidence: 0.8149608

00:33:34.220 --> 00:33:36.444 quite far reaching profound.  
NOTE Confidence: 0.8149608

00:33:36.450 --> 00:33:38.546 And you know a lot of times when  
NOTE Confidence: 0.8149608

00:33:38.546 --> 00:33:40.478 you hear about climate change.  
NOTE Confidence: 0.8149608

00:33:40.480 --> 00:33:42.030 It seems like an incredibly  
NOTE Confidence: 0.8149608

00:33:42.030 --> 00:33:43.580 daunting problem where it's like,  
NOTE Confidence: 0.8149608

00:33:43.580 --> 00:33:45.130 how can I personally make

NOTE Confidence: 0.8149608

00:33:45.130 --> 00:33:46.680 an effect make a change?

NOTE Confidence: 0.8149608

00:33:46.680 --> 00:33:48.850 That's going to have a significant effect,

NOTE Confidence: 0.8149608

00:33:48.850 --> 00:33:50.250 while the biggest thing that

NOTE Confidence: 0.8149608

00:33:50.250 --> 00:33:52.570 you can do is not have children,

NOTE Confidence: 0.8149608

00:33:52.570 --> 00:33:54.442 or have or have one fewer

NOTE Confidence: 0.8149608

00:33:54.442 --> 00:33:56.289 child than you wanted to have.

NOTE Confidence: 0.8149608

00:33:56.290 --> 00:33:58.150 'cause as you can see here,

NOTE Confidence: 0.8149608

00:33:58.150 --> 00:33:59.700 that's fewer humans that are

NOTE Confidence: 0.8149608

00:33:59.700 --> 00:34:01.250 consuming resources on this planet.

NOTE Confidence: 0.8149608

00:34:01.250 --> 00:34:02.490 But short of that,

NOTE Confidence: 0.8149608

00:34:02.490 --> 00:34:04.040 looking at some other options,

NOTE Confidence: 0.8149608

00:34:04.040 --> 00:34:05.645 eating a plant based diet

NOTE Confidence: 0.8149608

00:34:05.645 --> 00:34:07.250 actually has a huge impact.

NOTE Confidence: 0.8149608

00:34:07.250 --> 00:34:08.338 On your carbon footprint,

NOTE Confidence: 0.8149608

00:34:08.338 --> 00:34:10.551 it's it's close to double the impact of

NOTE Confidence: 0.8149608

00:34:10.551 --> 00:34:12.399 replacing a typical car with a hybrid,  
NOTE Confidence: 0.8149608

00:34:12.400 --> 00:34:14.758 which is kind of a people think of that  
NOTE Confidence: 0.8149608

00:34:14.758 --> 00:34:17.274 is a really big deal and a great step,  
NOTE Confidence: 0.8149608

00:34:17.280 --> 00:34:19.659 and it is.  
NOTE Confidence: 0.8149608

00:34:19.660 --> 00:34:21.529 But you can really have a huge  
NOTE Confidence: 0.8149608

00:34:21.529 --> 00:34:22.744 impact again by transitioning  
NOTE Confidence: 0.8149608

00:34:22.744 --> 00:34:24.489 to a plant based diet,  
NOTE Confidence: 0.8149608

00:34:24.490 --> 00:34:26.324 even if even if not all the  
NOTE Confidence: 0.8149608

00:34:26.324 --> 00:34:28.418 way like I showed you before.  
NOTE Confidence: 0.86315405

00:34:28.420 --> 00:34:30.784 Even if it's just cutting beef  
NOTE Confidence: 0.86315405

00:34:30.784 --> 00:34:33.350 that makes a huge difference.  
NOTE Confidence: 0.86315405

00:34:33.350 --> 00:34:36.806 So what about other effects on  
NOTE Confidence: 0.86315405

00:34:36.806 --> 00:34:39.110 others besides climate change?  
NOTE Confidence: 0.86315405

00:34:39.110 --> 00:34:41.010 So the current meat industry  
NOTE Confidence: 0.86315405

00:34:41.010 --> 00:34:43.521 has a lot of really problematic  
NOTE Confidence: 0.86315405

00:34:43.521 --> 00:34:46.171 practices that go well beyond

NOTE Confidence: 0.86315405

00:34:46.171 --> 00:34:49.010 animal welfare and animal cruelty.

NOTE Confidence: 0.86315405

00:34:49.010 --> 00:34:52.125 It's been well documented as in this

NOTE Confidence: 0.86315405

00:34:52.125 --> 00:34:54.785 Atlantic article shown here and many

NOTE Confidence: 0.86315405

00:34:54.785 --> 00:34:57.275 others that the farm industry and

NOTE Confidence: 0.86315405

00:34:57.275 --> 00:34:59.641 factory farming have a longstanding

NOTE Confidence: 0.86315405

00:34:59.641 --> 00:35:03.053 issue of poor treatment of factory workers,

NOTE Confidence: 0.86315405

00:35:03.053 --> 00:35:05.465 who incidentally are disproportionately

NOTE Confidence: 0.86315405

00:35:05.465 --> 00:35:08.480 people of color and immigrants.

NOTE Confidence: 0.86315405

00:35:08.480 --> 00:35:11.245 It's been documented that they have high

NOTE Confidence: 0.86315405

00:35:11.245 --> 00:35:13.752 rates of injury and infection because

NOTE Confidence: 0.86315405

00:35:13.752 --> 00:35:16.248 just like animals that are packed

NOTE Confidence: 0.86315405

00:35:16.248 --> 00:35:19.209 and overcrowded in these factory farms,

NOTE Confidence: 0.86315405

00:35:19.210 --> 00:35:21.270 workers are packed and overcrowded

NOTE Confidence: 0.86315405

00:35:21.270 --> 00:35:23.838 in the production lines in these

NOTE Confidence: 0.86315405

00:35:23.838 --> 00:35:25.594 factories not given adequate

NOTE Confidence: 0.86315405



00:35:25.594 --> 00:35:27.789 time even for bathroom breaks,  
NOTE Confidence: 0.86315405

00:35:27.790 --> 00:35:29.514 rushed injuries happen with  
NOTE Confidence: 0.86315405

00:35:29.514 --> 00:35:31.238 cutting infection spread easily  
NOTE Confidence: 0.86315405

00:35:31.238 --> 00:35:33.359 because even before the pandemic,  
NOTE Confidence: 0.86315405

00:35:33.360 --> 00:35:35.982 people were in really close quarters  
NOTE Confidence: 0.86315405

00:35:35.982 --> 00:35:38.589 with each other and it's it's.  
NOTE Confidence: 0.86315405

00:35:38.590 --> 00:35:41.260 It's it's a real problem.  
NOTE Confidence: 0.86315405

00:35:41.260 --> 00:35:43.479 Adding to these problems is that is  
NOTE Confidence: 0.86315405

00:35:43.479 --> 00:35:45.900 the problem of antibiotic resistance,  
NOTE Confidence: 0.86315405

00:35:45.900 --> 00:35:48.462 so it's common practice in the farm  
NOTE Confidence: 0.86315405

00:35:48.462 --> 00:35:50.550 industry to feed farm animals.  
NOTE Confidence: 0.86315405

00:35:50.550 --> 00:35:52.656 Low doses of antibiotics in order  
NOTE Confidence: 0.86315405

00:35:52.656 --> 00:35:54.810 to both to prevent infection,  
NOTE Confidence: 0.86315405

00:35:54.810 --> 00:35:57.150 because in those crowded living conditions  
NOTE Confidence: 0.86315405

00:35:57.150 --> 00:36:00.278 that they live in in order to save  
NOTE Confidence: 0.86315405

00:36:00.278 --> 00:36:02.153 money infection spread very easily.

NOTE Confidence: 0.86315405

00:36:02.160 --> 00:36:04.918 And it's also been shown that antibiotics

NOTE Confidence: 0.86315405

00:36:04.918 --> 00:36:07.190 can increase the rate of growth.

NOTE Confidence: 0.86315405

00:36:07.190 --> 00:36:09.808 It's thought that that's also due due

NOTE Confidence: 0.86315405

00:36:09.808 --> 00:36:12.219 to interactions with the gut microbiome,

NOTE Confidence: 0.86315405

00:36:12.220 --> 00:36:14.800 and altering the gut flora that.

NOTE Confidence: 0.86315405

00:36:14.800 --> 00:36:17.098 Promote that tend to have pro

NOTE Confidence: 0.86315405

00:36:17.098 --> 00:36:17.864 obesity effects.

NOTE Confidence: 0.86315405

00:36:17.870 --> 00:36:20.755 But unfortunately that just promotes

NOTE Confidence: 0.86315405

00:36:20.755 --> 00:36:23.063 the development of antibiotic

NOTE Confidence: 0.86315405

00:36:23.063 --> 00:36:25.362 resistant organisms that can then

NOTE Confidence: 0.86315405

00:36:25.362 --> 00:36:27.822 spread and make their way into

NOTE Confidence: 0.86315405

00:36:27.902 --> 00:36:30.408 the food chain and affect us and.

NOTE Confidence: 0.86315405

00:36:30.410 --> 00:36:31.739 Infectious disease specialists

NOTE Confidence: 0.86315405

00:36:31.739 --> 00:36:33.954 will tell you that antibiotic

NOTE Confidence: 0.86315405

00:36:33.954 --> 00:36:36.157 resistance is a major threat to us,

NOTE Confidence: 0.86315405

00:36:36.160 --> 00:36:39.598 and if we don't change our ways and practice,

NOTE Confidence: 0.86315405

00:36:39.600 --> 00:36:41.516 better stewardship of antibiotics,

NOTE Confidence: 0.86315405

00:36:41.516 --> 00:36:44.878 it's going to become a much bigger

NOTE Confidence: 0.86315405

00:36:44.878 --> 00:36:47.326 issue than than it already is.

NOTE Confidence: 0.86315405

00:36:47.330 --> 00:36:47.628 Also,

NOTE Confidence: 0.86315405

00:36:47.628 --> 00:36:50.012 I'm not going to spend a lot of

NOTE Confidence: 0.86315405

00:36:50.012 --> 00:36:51.980 time on this because everyone

NOTE Confidence: 0.86315405

00:36:51.980 --> 00:36:54.368 is sick of hearing about covid,

NOTE Confidence: 0.86315405

00:36:54.370 --> 00:36:56.386 but it does bear repeating that

NOTE Confidence: 0.86315405

00:36:56.386 --> 00:36:58.204 the practices of crowding animals

NOTE Confidence: 0.86315405

00:36:58.204 --> 00:37:00.264 very tightly together increases the

NOTE Confidence: 0.86315405

00:37:00.264 --> 00:37:02.570 risk of zoonotic pandemics and not

NOTE Confidence: 0.86315405

00:37:02.570 --> 00:37:04.340 just things like kovid that that

NOTE Confidence: 0.86315405

00:37:04.340 --> 00:37:05.920 have been potentially linked to

NOTE Confidence: 0.86315405

00:37:05.920 --> 00:37:07.570 wet market practices where animals

NOTE Confidence: 0.86315405

00:37:07.570 --> 00:37:09.150 are also crowded together.

NOTE Confidence: 0.86315405

00:37:09.150 --> 00:37:11.166 But we've also seen epidemics of

NOTE Confidence: 0.86315405

00:37:11.166 --> 00:37:13.310 bird flu and swine flu coming

NOTE Confidence: 0.86315405

00:37:13.310 --> 00:37:15.488 from poultry farms and pig farms,

NOTE Confidence: 0.86315405

00:37:15.490 --> 00:37:18.286 so this is again not just theoretical, it's.

NOTE Confidence: 0.86315405

00:37:18.286 --> 00:37:20.302 It's an actual issue that that

NOTE Confidence: 0.86315405

00:37:20.302 --> 00:37:22.260 affects other people very adversely.

NOTE Confidence: 0.8596125

00:37:24.860 --> 00:37:27.356 And finally, I'd like to address

NOTE Confidence: 0.8596125

00:37:27.356 --> 00:37:29.483 some some social justice arguments

NOTE Confidence: 0.8596125

00:37:29.483 --> 00:37:32.164 in favor of moving as a society.

NOTE Confidence: 0.8596125

00:37:32.170 --> 00:37:35.900 Tord more plant based nutrition.

NOTE Confidence: 0.8596125

00:37:35.900 --> 00:37:38.444 So we know and again this has been

NOTE Confidence: 0.8596125

00:37:38.444 --> 00:37:40.787 very well documented that insufficient

NOTE Confidence: 0.8596125

00:37:40.787 --> 00:37:44.045 education about access to and affordability

NOTE Confidence: 0.8596125

00:37:44.045 --> 00:37:46.289 of healthy foods disproportionately

NOTE Confidence: 0.8596125

00:37:46.289 --> 00:37:49.547 affects people of color and individuals

NOTE Confidence: 0.8596125

00:37:49.547 --> 00:37:51.926 of low socioeconomic status.

NOTE Confidence: 0.8596125

00:37:51.926 --> 00:37:54.830 For example, in this study

NOTE Confidence: 0.8596125

00:37:54.830 --> 00:37:57.070 that that's referenced below.

NOTE Confidence: 0.8596125

00:37:57.070 --> 00:37:59.070 And this is actually reviewed

NOTE Confidence: 0.8596125

00:37:59.070 --> 00:38:00.670 that quoted this study.

NOTE Confidence: 0.8596125

00:38:00.670 --> 00:38:03.358 I should say, looked at the distribution

NOTE Confidence: 0.8596125

00:38:03.358 --> 00:38:05.469 of food deserts in Baltimore.

NOTE Confidence: 0.8596125

00:38:05.470 --> 00:38:07.350 So food deserts are typically

NOTE Confidence: 0.8596125

00:38:07.350 --> 00:38:10.009 defined as areas where there is no

NOTE Confidence: 0.8596125

00:38:10.009 --> 00:38:12.145 grocery store nearby that with fresh

NOTE Confidence: 0.8596125

00:38:12.145 --> 00:38:14.291 produce only convenience stores were

NOTE Confidence: 0.8596125

00:38:14.291 --> 00:38:17.015 typically you can only access really

NOTE Confidence: 0.8596125

00:38:17.015 --> 00:38:20.195 processed foods that have low nutrient

NOTE Confidence: 0.8596125

00:38:20.195 --> 00:38:22.920 density and high caloric density.

NOTE Confidence: 0.8596125

00:38:22.920 --> 00:38:23.758 That they.

NOTE Confidence: 0.8596125

00:38:23.758 --> 00:38:26.272 This study found that there was

NOTE Confidence: 0.8596125

00:38:26.272 --> 00:38:27.825 high availability of healthy

NOTE Confidence: 0.8596125

00:38:27.825 --> 00:38:29.570 foods in 68% of predominantly

NOTE Confidence: 0.8596125

00:38:29.570 --> 00:38:31.130 white neighborhoods in Baltimore,

NOTE Confidence: 0.8596125

00:38:31.130 --> 00:38:33.476 but in only 19% of predominantly

NOTE Confidence: 0.8596125

00:38:33.476 --> 00:38:34.258 black neighborhoods.

NOTE Confidence: 0.8596125

00:38:34.260 --> 00:38:37.148 So this is just one example of too

NOTE Confidence: 0.8596125

00:38:37.148 --> 00:38:40.503 many to count of the structural racism

NOTE Confidence: 0.8596125

00:38:40.503 --> 00:38:43.820 that currently exists in our society.

NOTE Confidence: 0.8596125

00:38:43.820 --> 00:38:46.767 And we know that that nutritious food,

NOTE Confidence: 0.8596125

00:38:46.770 --> 00:38:48.378 or the lack thereof,

NOTE Confidence: 0.8596125

00:38:48.378 --> 00:38:51.400 is a major social determinant of health,

NOTE Confidence: 0.8596125

00:38:51.400 --> 00:38:54.244 and this explains many disparities in

NOTE Confidence: 0.8596125

00:38:54.244 --> 00:38:56.790 terms of both cardiovascular disease

NOTE Confidence: 0.8596125

00:38:56.790 --> 00:38:59.090 and cardiovascular risk factors.

NOTE Confidence: 0.8596125

00:38:59.090 --> 00:39:01.351 For those of you in the audience

NOTE Confidence: 0.8596125

00:39:01.351 --> 00:39:03.020 who are healthcare providers,  
NOTE Confidence: 0.8596125

00:39:03.020 --> 00:39:04.880 I think what this really means  
NOTE Confidence: 0.8596125

00:39:04.880 --> 00:39:07.846 is that we have a duty to counsel  
NOTE Confidence: 0.8596125

00:39:07.846 --> 00:39:09.088 our patients accordingly,  
NOTE Confidence: 0.8596125

00:39:09.090 --> 00:39:11.064 and it can seem very daunting  
NOTE Confidence: 0.8596125

00:39:11.064 --> 00:39:13.231 because living in a system where  
NOTE Confidence: 0.8596125

00:39:13.231 --> 00:39:14.795 you don't have access,  
NOTE Confidence: 0.8596125

00:39:14.800 --> 00:39:17.278 it's it's hard to know how much  
NOTE Confidence: 0.8596125

00:39:17.278 --> 00:39:19.079 impact our counseling will have.  
NOTE Confidence: 0.8596125

00:39:19.080 --> 00:39:20.870 But at the very least,  
NOTE Confidence: 0.8596125

00:39:20.870 --> 00:39:23.240 our counseling patients can at least  
NOTE Confidence: 0.8596125

00:39:23.240 --> 00:39:25.830 start to overcome that education gap.  
NOTE Confidence: 0.8596125

00:39:25.830 --> 00:39:28.126 However, that's not going to be enough,  
NOTE Confidence: 0.8596125

00:39:28.130 --> 00:39:29.434 and society at large,  
NOTE Confidence: 0.8596125

00:39:29.434 --> 00:39:30.086 I argue,  
NOTE Confidence: 0.8596125

00:39:30.090 --> 00:39:32.714 has a duty to ensure better early education,

NOTE Confidence: 0.8596125

00:39:32.720 --> 00:39:35.177 because this needs to happen in childhood

NOTE Confidence: 0.8596125

00:39:35.177 --> 00:39:37.638 and it's it's not just going to be,

NOTE Confidence: 0.8596125

00:39:37.640 --> 00:39:38.266 you know,

NOTE Confidence: 0.8596125

00:39:38.266 --> 00:39:39.518 adult cardiologists like me

NOTE Confidence: 0.8596125

00:39:39.518 --> 00:39:41.165 talking to patients they should

NOTE Confidence: 0.8596125

00:39:41.165 --> 00:39:42.890 be getting education much earlier,

NOTE Confidence: 0.8596125

00:39:42.890 --> 00:39:45.210 because that's when those healthy

NOTE Confidence: 0.8596125

00:39:45.210 --> 00:39:47.066 behaviors should be starting.

NOTE Confidence: 0.8596125

00:39:47.070 --> 00:39:49.554 We need to ensure lifelong access

NOTE Confidence: 0.8596125

00:39:49.554 --> 00:39:52.029 to healthy plant based food and

NOTE Confidence: 0.8596125

00:39:52.029 --> 00:39:54.249 that that's going to mean more,

NOTE Confidence: 0.8596125

00:39:54.250 --> 00:39:56.650 more pointed and mindful public advocacy,

NOTE Confidence: 0.8596125

00:39:56.650 --> 00:39:58.278 including pushing back against

NOTE Confidence: 0.8596125

00:39:58.278 --> 00:40:00.313 the heavy lobbying currently from.

NOTE Confidence: 0.8596125

00:40:00.320 --> 00:40:04.050 The meat and dairy industry, for example.

NOTE Confidence: 0.8596125



00:40:04.050 --> 00:40:07.326 And you know a lot of times I hear.  
NOTE Confidence: 0.8596125

00:40:07.330 --> 00:40:09.150 Well, what about personal responsibility?  
NOTE Confidence: 0.8596125

00:40:09.150 --> 00:40:10.242 Personal responsibility is  
NOTE Confidence: 0.8596125

00:40:10.242 --> 00:40:10.970 extremely important.  
NOTE Confidence: 0.8596125

00:40:10.970 --> 00:40:12.422 I'm not arguing against  
NOTE Confidence: 0.8596125

00:40:12.422 --> 00:40:13.874 personal responsibility at all.  
NOTE Confidence: 0.8596125

00:40:13.880 --> 00:40:14.590 You know.  
NOTE Confidence: 0.8596125

00:40:14.590 --> 00:40:14.945 Ultimately,  
NOTE Confidence: 0.8596125

00:40:14.945 --> 00:40:18.968 it is up to us what we put in our mouths.  
NOTE Confidence: 0.8596125

00:40:18.970 --> 00:40:21.210 But I think that we also have to  
NOTE Confidence: 0.8596125

00:40:21.210 --> 00:40:22.781 understand that personal responsibility  
NOTE Confidence: 0.8596125

00:40:22.781 --> 00:40:25.156 is predicated on resource equity,  
NOTE Confidence: 0.8596125

00:40:25.160 --> 00:40:27.197 and it's it's really hard to call  
NOTE Confidence: 0.8596125

00:40:27.197 --> 00:40:29.687 a poor diet a problem of personal  
NOTE Confidence: 0.8596125

00:40:29.687 --> 00:40:31.627 responsibility in someone who does  
NOTE Confidence: 0.8596125

00:40:31.627 --> 00:40:34.020 not have access to transportation.

NOTE Confidence: 0.8596125

00:40:34.020 --> 00:40:35.844 Or access to healthy food and

NOTE Confidence: 0.8596125

00:40:35.844 --> 00:40:37.858 has not been educated about the

NOTE Confidence: 0.8596125

00:40:37.858 --> 00:40:39.330 importance of healthy food.

NOTE Confidence: 0.8596125

00:40:39.330 --> 00:40:40.900 So that's really the responsibility

NOTE Confidence: 0.8596125

00:40:40.900 --> 00:40:43.569 of those of us who do have more

NOTE Confidence: 0.8596125

00:40:43.569 --> 00:40:45.289 power and privilege to overcome

NOTE Confidence: 0.8596125

00:40:45.289 --> 00:40:45.977 those systemic

NOTE Confidence: 0.89438033

00:40:46.036 --> 00:40:47.956 barriers to do to healthy eating.

NOTE Confidence: 0.8587603

00:40:50.080 --> 00:40:53.176 And in that vein, I would argue therefore,

NOTE Confidence: 0.8587603

00:40:53.180 --> 00:40:55.679 that nutrition equity really is a moral

NOTE Confidence: 0.8587603

00:40:55.679 --> 00:40:57.430 imperative from adjusted standpoint.

NOTE Confidence: 0.8587603

00:40:57.430 --> 00:41:00.699 And from the standpoint of a fair

NOTE Confidence: 0.8587603

00:41:00.699 --> 00:41:03.489 distribution of resources in in a

NOTE Confidence: 0.8587603

00:41:03.489 --> 00:41:05.229 society where structural racism

NOTE Confidence: 0.8587603

00:41:05.229 --> 00:41:07.809 continues to be a huge problem.

NOTE Confidence: 0.8587603

00:41:07.810 --> 00:41:10.048 Alright, So what is stopping us?  
NOTE Confidence: 0.8587603

00:41:10.050 --> 00:41:13.623 I think many of us have heard talks about  
NOTE Confidence: 0.8587603

00:41:13.623 --> 00:41:16.540 current problems in in the way our system  
NOTE Confidence: 0.8587603

00:41:16.540 --> 00:41:19.778 is set up in the way society set up.  
NOTE Confidence: 0.8587603

00:41:19.780 --> 00:41:22.209 We've all heard about problems and we  
NOTE Confidence: 0.8587603

00:41:22.209 --> 00:41:24.270 haven't heard enough about solutions,  
NOTE Confidence: 0.8587603

00:41:24.270 --> 00:41:26.010 so I'm certainly not proposing  
NOTE Confidence: 0.8587603

00:41:26.010 --> 00:41:28.380 that I can fix this problem,  
NOTE Confidence: 0.8587603

00:41:28.380 --> 00:41:30.988 but I do want to propose how we  
NOTE Confidence: 0.8587603

00:41:30.988 --> 00:41:33.238 can think about this problem,  
NOTE Confidence: 0.8587603

00:41:33.240 --> 00:41:35.562 how we can frame reframe this  
NOTE Confidence: 0.8587603

00:41:35.562 --> 00:41:38.239 problem and how we can start to.  
NOTE Confidence: 0.8587603

00:41:38.240 --> 00:41:40.875 Taking steps together to to  
NOTE Confidence: 0.8587603

00:41:40.875 --> 00:41:42.456 address this problem.  
NOTE Confidence: 0.8587603

00:41:42.460 --> 00:41:44.636 So I would argue that one of the  
NOTE Confidence: 0.8587603

00:41:44.636 --> 00:41:46.483 things that keeps us from enacting

NOTE Confidence: 0.8587603

00:41:46.483 --> 00:41:48.794 change on a personal end of societal

NOTE Confidence: 0.8587603

00:41:48.794 --> 00:41:51.128 level is simply inertia and denial.

NOTE Confidence: 0.8587603

00:41:51.130 --> 00:41:52.126 People saying, well,

NOTE Confidence: 0.8587603

00:41:52.126 --> 00:41:54.450 you know what Doc I've been meaning

NOTE Confidence: 0.8587603

00:41:54.515 --> 00:41:58.229 eating meat all my life, and I'm healthy.

NOTE Confidence: 0.8587603

00:41:58.230 --> 00:42:01.510 That you know, again, anecdote is not data.

NOTE Confidence: 0.8587603

00:42:01.510 --> 00:42:02.454 Winston Churchill.

NOTE Confidence: 0.8587603

00:42:02.454 --> 00:42:06.230 It's well known that he smoked all his

NOTE Confidence: 0.8587603

00:42:06.317 --> 00:42:09.296 life and he lived to a ripe old age,

NOTE Confidence: 0.8587603

00:42:09.300 --> 00:42:11.862 but no one would argue that that

NOTE Confidence: 0.8587603

00:42:11.862 --> 00:42:14.422 means that smoking is not incredibly

NOTE Confidence: 0.8587603

00:42:14.422 --> 00:42:16.270 detrimental to lung health,

NOTE Confidence: 0.8587603

00:42:16.270 --> 00:42:17.446 to heart health,

NOTE Confidence: 0.8587603

00:42:17.446 --> 00:42:19.798 and and is incredibly dangerous from

NOTE Confidence: 0.8587603

00:42:19.798 --> 00:42:21.944 the standpoint of markedly increasing

NOTE Confidence: 0.8587603

00:42:21.944 --> 00:42:25.289 your risk of a large number of cancers.

NOTE Confidence: 0.8587603

00:42:25.290 --> 00:42:27.495 Just because people are healthy

NOTE Confidence: 0.8587603

00:42:27.495 --> 00:42:28.818 at the moment.

NOTE Confidence: 0.8587603

00:42:28.820 --> 00:42:30.788 The point in time in which

NOTE Confidence: 0.8587603

00:42:30.788 --> 00:42:31.772 are counseling them,

NOTE Confidence: 0.8587603

00:42:31.780 --> 00:42:33.425 but that doesn't mean that

NOTE Confidence: 0.8587603

00:42:33.425 --> 00:42:35.070 they don't have fatty streaks,

NOTE Confidence: 0.8587603

00:42:35.070 --> 00:42:36.382 and atherosclerotic plaques that

NOTE Confidence: 0.8587603

00:42:36.382 --> 00:42:37.366 are building up,

NOTE Confidence: 0.8587603

00:42:37.370 --> 00:42:40.340 and in fact if they eat a western diet,

NOTE Confidence: 0.8587603

00:42:40.340 --> 00:42:41.306 they probably do.

NOTE Confidence: 0.8587603

00:42:41.306 --> 00:42:43.560 And so I think it's important to

NOTE Confidence: 0.8587603

00:42:43.625 --> 00:42:45.880 to overcome that cognitive barrier.

NOTE Confidence: 0.8587603

00:42:45.880 --> 00:42:47.425 I think another cognitive barrier

NOTE Confidence: 0.8587603

00:42:47.425 --> 00:42:49.317 that that I encounter is just

NOTE Confidence: 0.8587603

00:42:49.317 --> 00:42:50.469 this idea of nihilism,

NOTE Confidence: 0.8587603

00:42:50.470 --> 00:42:52.758 which is or the sense that you know

NOTE Confidence: 0.8587603

00:42:52.758 --> 00:42:55.057 what it doesn't matter what I do,

NOTE Confidence: 0.8587603

00:42:55.060 --> 00:42:57.083 because it's not going to make a

NOTE Confidence: 0.8587603

00:42:57.083 --> 00:42:59.338 difference in the grand scheme of things.

NOTE Confidence: 0.8587603

00:42:59.340 --> 00:43:01.056 I'm just one person and that's

NOTE Confidence: 0.8587603

00:43:01.056 --> 00:43:02.710 fair in and of itself.

NOTE Confidence: 0.8587603

00:43:02.710 --> 00:43:04.681 But I think we have to keep in mind

NOTE Confidence: 0.8587603

00:43:04.681 --> 00:43:06.932 that society does not change unless

NOTE Confidence: 0.8587603

00:43:06.932 --> 00:43:08.512 individuals within society change.

NOTE Confidence: 0.8587603

00:43:08.520 --> 00:43:10.356 So if you're going to stick

NOTE Confidence: 0.8587603

00:43:10.356 --> 00:43:11.580 with this nihilistic point,

NOTE Confidence: 0.8587603

00:43:11.580 --> 00:43:13.416 then you also have to concede

NOTE Confidence: 0.8587603

00:43:13.416 --> 00:43:14.640 that voting doesn't matter,

NOTE Confidence: 0.8587603

00:43:14.640 --> 00:43:17.146 and I hope this last election has.

NOTE Confidence: 0.8587603

00:43:17.150 --> 00:43:19.005 Showing people that voting really

NOTE Confidence: 0.8587603

00:43:19.005 --> 00:43:21.589 really matters and it's and it doesn't.

NOTE Confidence: 0.8587603

00:43:21.590 --> 00:43:24.229 It's not so much that any one

NOTE Confidence: 0.8587603

00:43:24.229 --> 00:43:26.030 person's vote matters so much,

NOTE Confidence: 0.8587603

00:43:26.030 --> 00:43:27.880 but when enough people vote,

NOTE Confidence: 0.8587603

00:43:27.880 --> 00:43:29.730 it does make a difference.

NOTE Confidence: 0.8587603

00:43:29.730 --> 00:43:32.010 And So what I'm asking you to do

NOTE Confidence: 0.8587603

00:43:32.010 --> 00:43:34.867 is to vote with your wallet and to

NOTE Confidence: 0.8587603

00:43:34.867 --> 00:43:37.831 vote with your plate when it comes

NOTE Confidence: 0.8587603

00:43:37.831 --> 00:43:39.719 to making nutritional changes,

NOTE Confidence: 0.8587603

00:43:39.720 --> 00:43:40.464 cognitive dissonance,

NOTE Confidence: 0.8587603

00:43:40.464 --> 00:43:43.068 or the idea that people find it

NOTE Confidence: 0.8587603

00:43:43.068 --> 00:43:45.405 easier to when people's beliefs and

NOTE Confidence: 0.8587603

00:43:45.405 --> 00:43:47.300 their behaviors have a conflict.

NOTE Confidence: 0.8587603

00:43:47.300 --> 00:43:49.292 People are more likely to change

NOTE Confidence: 0.8587603

00:43:49.292 --> 00:43:51.054 their beliefs to suit their

NOTE Confidence: 0.8587603

00:43:51.054 --> 00:43:53.268 behaviors than the other way around.

NOTE Confidence: 0.8587603

00:43:53.270 --> 00:43:55.020 Or as I stated here,

NOTE Confidence: 0.8859104

00:43:55.020 --> 00:43:56.780 you know what I know.

NOTE Confidence: 0.8859104

00:43:56.780 --> 00:43:59.620 I'm a good person and I eat meat

NOTE Confidence: 0.8859104

00:43:59.620 --> 00:44:02.036 and therefore it can't be that bad.

NOTE Confidence: 0.8859104

00:44:02.040 --> 00:44:03.800 And you know, that's fair.

NOTE Confidence: 0.8859104

00:44:03.800 --> 00:44:06.068 I I get that and I think that for

NOTE Confidence: 0.8859104

00:44:06.068 --> 00:44:07.578 clinicians it's especially problematic

NOTE Confidence: 0.8859104

00:44:07.578 --> 00:44:09.978 because I think sometimes that can

NOTE Confidence: 0.8859104

00:44:09.978 --> 00:44:12.220 prevent us from counseling effectively.

NOTE Confidence: 0.8859104

00:44:12.220 --> 00:44:14.712 Because if in our heads we don't

NOTE Confidence: 0.8859104

00:44:14.712 --> 00:44:17.559 believe that we can change and we have.

NOTE Confidence: 0.8859104

00:44:17.560 --> 00:44:19.582 Such a degree of cognitive dissonance

NOTE Confidence: 0.8859104

00:44:19.582 --> 00:44:22.041 that it's not a problem I'm I'm

NOTE Confidence: 0.8859104

00:44:22.041 --> 00:44:24.135 concerned that that may prevent us

NOTE Confidence: 0.8859104

00:44:24.135 --> 00:44:26.589 from counseling patients effectively.

NOTE Confidence: 0.8859104



00:44:26.590 --> 00:44:28.914 And taking this even one step further,  
NOTE Confidence: 0.8859104

00:44:28.920 --> 00:44:31.420 do we have a duty as those of us who  
NOTE Confidence: 0.8859104

00:44:31.489 --> 00:44:33.919 are physicians or other clinicians,  
NOTE Confidence: 0.8859104

00:44:33.920 --> 00:44:35.240 other health care workers?  
NOTE Confidence: 0.8859104

00:44:35.240 --> 00:44:37.938 Do we have a dirt duty to serve  
NOTE Confidence: 0.8859104

00:44:37.938 --> 00:44:38.907 as role models?  
NOTE Confidence: 0.8859104

00:44:38.910 --> 00:44:40.698 And that's not to say that  
NOTE Confidence: 0.8859104

00:44:40.698 --> 00:44:42.904 we have to be perfect, but,  
NOTE Confidence: 0.8859104

00:44:42.904 --> 00:44:44.908 at least to undertake some movement.  
NOTE Confidence: 0.8859104

00:44:44.910 --> 00:44:45.576 Tord eating,  
NOTE Confidence: 0.8859104

00:44:45.576 --> 00:44:47.574 a healthier diet or having a  
NOTE Confidence: 0.8859104

00:44:47.574 --> 00:44:48.899 healthier lifestyle in general?  
NOTE Confidence: 0.8859104

00:44:48.900 --> 00:44:49.755 Such that, where,  
NOTE Confidence: 0.8859104

00:44:49.755 --> 00:44:50.040 where,  
NOTE Confidence: 0.8859104

00:44:50.040 --> 00:44:52.233 on the same page is our patients  
NOTE Confidence: 0.8859104

00:44:52.233 --> 00:44:53.897 one where counseling them?

NOTE Confidence: 0.8859104

00:44:53.900 --> 00:44:55.808 We don't want to counsel people

NOTE Confidence: 0.8859104

00:44:55.808 --> 00:44:57.833 to do something that we ourselves

NOTE Confidence: 0.8859104

00:44:57.833 --> 00:44:59.217 aren't willing to do.

NOTE Confidence: 0.88067114

00:45:01.820 --> 00:45:05.804 So how can we do better at this?

NOTE Confidence: 0.88067114

00:45:05.810 --> 00:45:08.843 I'm going to suggest that we need a bit

NOTE Confidence: 0.88067114

00:45:08.843 --> 00:45:12.082 of a reframe in order to address this

NOTE Confidence: 0.88067114

00:45:12.082 --> 00:45:15.299 very real issue of cognitive dissonance.

NOTE Confidence: 0.88067114

00:45:15.300 --> 00:45:17.659 And first I would just say that

NOTE Confidence: 0.88067114

00:45:17.659 --> 00:45:20.757 I think we need to accept that

NOTE Confidence: 0.88067114

00:45:20.757 --> 00:45:23.257 imperfection is the human condition.

NOTE Confidence: 0.88067114

00:45:23.260 --> 00:45:26.193 I don't say that as an excuse

NOTE Confidence: 0.88067114

00:45:26.193 --> 00:45:27.450 to avoid accountability,

NOTE Confidence: 0.88067114

00:45:27.450 --> 00:45:30.794 but rather as a motivation to spur change.

NOTE Confidence: 0.86688375

00:45:32.980 --> 00:45:35.128 Discipline is not the

NOTE Confidence: 0.86688375

00:45:35.128 --> 00:45:37.276 same thing as masochism.

NOTE Confidence: 0.86688375

00:45:37.280 --> 00:45:39.478 So what do I mean by that?  
NOTE Confidence: 0.86688375

00:45:39.480 --> 00:45:41.901 I think a lot of people think that eating  
NOTE Confidence: 0.86688375

00:45:41.901 --> 00:45:44.497 a healthy diet is all about willpower,  
NOTE Confidence: 0.86688375

00:45:44.500 --> 00:45:46.691 and willpower is going to be important  
NOTE Confidence: 0.86688375

00:45:46.691 --> 00:45:48.900 sometimes, but willpower is not a strategy.  
NOTE Confidence: 0.86688375

00:45:48.900 --> 00:45:51.203 A strategy is setting up an environment  
NOTE Confidence: 0.86688375

00:45:51.203 --> 00:45:53.102 where the default is healthy eating  
NOTE Confidence: 0.86688375

00:45:53.102 --> 00:45:55.490 and it's easier to do the right thing.  
NOTE Confidence: 0.86688375

00:45:55.490 --> 00:45:56.742 Whether that's for yourself  
NOTE Confidence: 0.86688375

00:45:56.742 --> 00:45:57.994 or for other people,  
NOTE Confidence: 0.86688375

00:45:58.000 --> 00:45:59.920 so it's about setting yourself up  
NOTE Confidence: 0.86688375

00:45:59.920 --> 00:46:02.088 for success and what that means is,  
NOTE Confidence: 0.86688375

00:46:02.090 --> 00:46:03.590 you know, buying healthier food  
NOTE Confidence: 0.86688375

00:46:03.590 --> 00:46:05.875 to keep it home so that you're  
NOTE Confidence: 0.86688375

00:46:05.875 --> 00:46:07.675 not tempted by unhealthy food.  
NOTE Confidence: 0.86688375

00:46:07.680 --> 00:46:09.315 Whether that's changing the food

NOTE Confidence: 0.86688375

00:46:09.315 --> 00:46:10.950 that served at our conferences,

NOTE Confidence: 0.86688375

00:46:10.950 --> 00:46:13.245 or at least the food that was served at

NOTE Confidence: 0.86688375

00:46:13.245 --> 00:46:15.527 our conferences before this pandemic.

NOTE Confidence: 0.851174

00:46:17.790 --> 00:46:19.554 I think we need to reject this

NOTE Confidence: 0.851174

00:46:19.554 --> 00:46:20.726 false dichotomy of healthy

NOTE Confidence: 0.851174

00:46:20.726 --> 00:46:22.166 food versus delicious food.

NOTE Confidence: 0.851174

00:46:22.170 --> 00:46:23.983 I hear this a lot from patients

NOTE Confidence: 0.851174

00:46:23.983 --> 00:46:26.020 as well that you know the choices

NOTE Confidence: 0.851174

00:46:26.020 --> 00:46:27.820 are you either eat healthy and

NOTE Confidence: 0.851174

00:46:27.883 --> 00:46:29.466 it's boring, and it's bland,

NOTE Confidence: 0.851174

00:46:29.466 --> 00:46:31.218 and it's rabbit food and doc.

NOTE Confidence: 0.851174

00:46:31.220 --> 00:46:33.848 I don't want to do that or you know,

NOTE Confidence: 0.851174

00:46:33.850 --> 00:46:35.894 I just really like food and and

NOTE Confidence: 0.851174

00:46:35.894 --> 00:46:37.650 good food isn't good for you.

NOTE Confidence: 0.851174

00:46:37.650 --> 00:46:39.645 And and I think nothing could be

NOTE Confidence: 0.851174

00:46:39.645 --> 00:46:41.728 further from the truth I posted here.  
NOTE Confidence: 0.851174

00:46:41.730 --> 00:46:43.946 A picture of my my one of my  
NOTE Confidence: 0.851174

00:46:43.946 --> 00:46:44.950 favorite Thanksgiving dishes,  
NOTE Confidence: 0.851174

00:46:44.950 --> 00:46:46.410 which is a cashew cheese,  
NOTE Confidence: 0.851174

00:46:46.410 --> 00:46:48.120 stuffed butternut squash topped with.  
NOTE Confidence: 0.851174

00:46:48.120 --> 00:46:49.551 Walnuts and cranberries.  
NOTE Confidence: 0.851174

00:46:49.551 --> 00:46:51.936 It's absolutely delicious and some  
NOTE Confidence: 0.851174

00:46:51.936 --> 00:46:55.385 of my loved ones who may be in the  
NOTE Confidence: 0.851174

00:46:55.385 --> 00:46:57.380 audience have made this before.  
NOTE Confidence: 0.851174

00:46:57.380 --> 00:47:00.061 But suffice it to say that that  
NOTE Confidence: 0.851174

00:47:00.061 --> 00:47:02.430 you can have comfort food.  
NOTE Confidence: 0.851174

00:47:02.430 --> 00:47:04.540 You can have nourishing food.  
NOTE Confidence: 0.851174

00:47:04.540 --> 00:47:06.988 You can have delicious food that  
NOTE Confidence: 0.851174

00:47:06.988 --> 00:47:09.555 is also healthy food and so  
NOTE Confidence: 0.851174

00:47:09.555 --> 00:47:11.700 it's not about denying yourself.  
NOTE Confidence: 0.851174

00:47:11.700 --> 00:47:15.738 It's not about asceticism or masochism.

NOTE Confidence: 0.851174

00:47:15.740 --> 00:47:16.558 And finally,

NOTE Confidence: 0.851174

00:47:16.558 --> 00:47:19.421 I'd like to exhort everyone to embrace

NOTE Confidence: 0.851174

00:47:19.421 --> 00:47:22.230 a model of incremental change and

NOTE Confidence: 0.851174

00:47:22.230 --> 00:47:25.249 not making perfect the enemy of good.

NOTE Confidence: 0.851174

00:47:25.250 --> 00:47:28.067 So what are the things that we can do

NOTE Confidence: 0.851174

00:47:28.067 --> 00:47:31.276 to move toward this incremental change?

NOTE Confidence: 0.851174

00:47:31.280 --> 00:47:32.968 Again implementing slow changes?

NOTE Confidence: 0.851174

00:47:32.968 --> 00:47:35.500 So lots of people when they

NOTE Confidence: 0.851174

00:47:35.571 --> 00:47:37.396 want to change their diet.

NOTE Confidence: 0.851174

00:47:37.400 --> 00:47:40.478 It's going to be really hard for most people,

NOTE Confidence: 0.851174

00:47:40.480 --> 00:47:42.135 my patients or otherwise friends

NOTE Confidence: 0.851174

00:47:42.135 --> 00:47:44.198 colleagues to go from a standard

NOTE Confidence: 0.851174

00:47:44.198 --> 00:47:46.256 omnivore Western diet to a fully

NOTE Confidence: 0.851174

00:47:46.256 --> 00:47:47.999 whole food plant based diet.

NOTE Confidence: 0.851174

00:47:48.000 --> 00:47:50.504 So there are slow steps that people can

NOTE Confidence: 0.851174

00:47:50.504 --> 00:47:53.128 take to move toward a healthier diet.  
NOTE Confidence: 0.851174

00:47:53.130 --> 00:47:53.814 Meatless Monday,  
NOTE Confidence: 0.851174

00:47:53.814 --> 00:47:54.156 right?  
NOTE Confidence: 0.851174

00:47:54.156 --> 00:47:56.900 Just going vegetarian one day of the week,  
NOTE Confidence: 0.851174

00:47:56.900 --> 00:47:58.946 eating normal diet every other day,  
NOTE Confidence: 0.851174

00:47:58.950 --> 00:48:00.106 just trying it out.  
NOTE Confidence: 0.851174

00:48:00.106 --> 00:48:02.378 Dipping your toe in the water because  
NOTE Confidence: 0.851174

00:48:02.378 --> 00:48:04.266 it's too intimidating otherwise.  
NOTE Confidence: 0.851174

00:48:04.270 --> 00:48:06.874 Fine flexitarian eating a plant based  
NOTE Confidence: 0.851174

00:48:06.874 --> 00:48:09.523 diet when it's possible and practical  
NOTE Confidence: 0.851174

00:48:09.523 --> 00:48:12.456 and when it's not not Pasco vegetarian,  
NOTE Confidence: 0.851174

00:48:12.460 --> 00:48:14.872 so I think that's a diet  
NOTE Confidence: 0.851174

00:48:14.872 --> 00:48:17.200 that's quite easy to follow.  
NOTE Confidence: 0.851174

00:48:17.200 --> 00:48:19.484 That's basically a vegetarian  
NOTE Confidence: 0.851174

00:48:19.484 --> 00:48:22.910 diet that also allows for fish.  
NOTE Confidence: 0.851174

00:48:22.910 --> 00:48:24.681 And free hint is the term that

NOTE Confidence: 0.851174

00:48:24.681 --> 00:48:26.500 I've heard more recently and that

NOTE Confidence: 0.851174

00:48:26.500 --> 00:48:27.840 basically describes that's less

NOTE Confidence: 0.851174

00:48:27.840 --> 00:48:30.105 of a health initiative and more

NOTE Confidence: 0.851174

00:48:30.105 --> 00:48:31.705 of an environmental initiative.

NOTE Confidence: 0.851174

00:48:31.710 --> 00:48:34.054 But the idea of not eating meat and

NOTE Confidence: 0.851174

00:48:34.054 --> 00:48:36.926 less it's otherwise going to be thrown away.

NOTE Confidence: 0.851174

00:48:36.930 --> 00:48:38.560 And because there's a carbon

NOTE Confidence: 0.851174

00:48:38.560 --> 00:48:40.190 footprint involved in food waste,

NOTE Confidence: 0.851174

00:48:40.190 --> 00:48:41.815 people who are freegan typically

NOTE Confidence: 0.851174

00:48:41.815 --> 00:48:43.115 endorse a vegan lifestyle,

NOTE Confidence: 0.851174

00:48:43.120 --> 00:48:46.054 except if food is going to be thrown out,

NOTE Confidence: 0.851174

00:48:46.060 --> 00:48:48.342 so there's not one way to to

NOTE Confidence: 0.851174

00:48:48.342 --> 00:48:49.320 make dietary changes,

NOTE Confidence: 0.851174

00:48:49.320 --> 00:48:51.270 and these are just some ideas,

NOTE Confidence: 0.851174

00:48:51.270 --> 00:48:53.240 but the point is, what?

NOTE Confidence: 0.851174



00:48:53.240 --> 00:48:54.986 What works for one person won't  
NOTE Confidence: 0.851174

00:48:54.986 --> 00:48:55.859 work for another,  
NOTE Confidence: 0.851174

00:48:55.860 --> 00:48:58.079 and being creative and being on the  
NOTE Confidence: 0.851174

00:48:58.079 --> 00:49:00.270 same page can be really helpful.  
NOTE Confidence: 0.851174

00:49:00.270 --> 00:49:00.800 And again,  
NOTE Confidence: 0.851174

00:49:00.800 --> 00:49:02.655 don't make perfect the enemy of good.  
NOTE Confidence: 0.851174

00:49:02.660 --> 00:49:05.614 If it's too hard, try something easier.  
NOTE Confidence: 0.851174

00:49:05.620 --> 00:49:06.481 I think again,  
NOTE Confidence: 0.851174

00:49:06.481 --> 00:49:08.203 those of us that are clinicians  
NOTE Confidence: 0.851174

00:49:08.203 --> 00:49:10.419 and I do apologize for some degree  
NOTE Confidence: 0.851174

00:49:10.419 --> 00:49:11.355 of clinician bias,  
NOTE Confidence: 0.851174

00:49:11.360 --> 00:49:13.719 but I think that our obligations of  
NOTE Confidence: 0.851174

00:49:13.719 --> 00:49:15.332 clinical as clinicians are higher  
NOTE Confidence: 0.851174

00:49:15.332 --> 00:49:17.476 so that's why I do keep coming back  
NOTE Confidence: 0.84502107

00:49:17.534 --> 00:49:19.632 to this. But I think that we really  
NOTE Confidence: 0.84502107

00:49:19.632 --> 00:49:21.437 need to recommit ourselves to patient

NOTE Confidence: 0.84502107

00:49:21.437 --> 00:49:23.435 counseling to overcome the education gap,

NOTE Confidence: 0.84502107

00:49:23.440 --> 00:49:24.692 particularly in those groups

NOTE Confidence: 0.84502107

00:49:24.692 --> 00:49:26.908 that are at higher risk of of

NOTE Confidence: 0.84502107

00:49:26.908 --> 00:49:28.564 less education at an early age.

NOTE Confidence: 0.84502107

00:49:28.570 --> 00:49:30.598 I actually had an epiphany about

NOTE Confidence: 0.84502107

00:49:30.598 --> 00:49:33.022 this maybe a year and a half ago

NOTE Confidence: 0.84502107

00:49:33.022 --> 00:49:35.608 at the I think the one of the last

NOTE Confidence: 0.84502107

00:49:35.608 --> 00:49:37.636 conferences I went to before the.

NOTE Confidence: 0.84502107

00:49:37.640 --> 00:49:40.208 The pandemic hit.

NOTE Confidence: 0.84502107

00:49:40.210 --> 00:49:43.378 And you know it was just talk after talk.

NOTE Confidence: 0.84502107

00:49:43.380 --> 00:49:45.642 Just presenting such compelling data about

NOTE Confidence: 0.84502107

00:49:45.642 --> 00:49:48.308 the health benefits of a plant based diet.

NOTE Confidence: 0.84502107

00:49:48.310 --> 00:49:51.046 Ann and I realized I really had not been

NOTE Confidence: 0.84502107

00:49:51.046 --> 00:49:53.586 spending enough time counseling my patients.

NOTE Confidence: 0.84502107

00:49:53.590 --> 00:49:55.702 Not to say that I didn't

NOTE Confidence: 0.84502107

00:49:55.702 --> 00:49:57.110 counsel patients about diet,  
NOTE Confidence: 0.84502107

00:49:57.110 --> 00:49:59.216 but it wasn't always a priority.  
NOTE Confidence: 0.84502107

00:49:59.220 --> 00:50:00.147 I know, doc.  
NOTE Confidence: 0.84502107

00:50:00.147 --> 00:50:02.001 Mercurio has mentioned this at at  
NOTE Confidence: 0.84502107

00:50:02.001 --> 00:50:04.117 Pryor talks and you know he and I  
NOTE Confidence: 0.84502107

00:50:04.117 --> 00:50:06.109 are working on a project looking  
NOTE Confidence: 0.84502107

00:50:06.109 --> 00:50:08.069 at time allocation in physician  
NOTE Confidence: 0.84502107

00:50:08.069 --> 00:50:10.055 workflow because I think one of the  
NOTE Confidence: 0.84502107

00:50:10.055 --> 00:50:11.662 main barriers to this is insufficient  
NOTE Confidence: 0.84502107

00:50:11.662 --> 00:50:13.417 time because counseling does take  
NOTE Confidence: 0.84502107

00:50:13.417 --> 00:50:15.545 time and I think allocating more  
NOTE Confidence: 0.84502107

00:50:15.545 --> 00:50:17.215 physician time for counseling is  
NOTE Confidence: 0.84502107

00:50:17.215 --> 00:50:19.392 going to be crucial in this effort.  
NOTE Confidence: 0.84502107

00:50:19.392 --> 00:50:22.190 But I also think we need to realize that  
NOTE Confidence: 0.84502107

00:50:22.190 --> 00:50:24.458 it's not going to be just physicians,  
NOTE Confidence: 0.84502107

00:50:24.460 --> 00:50:26.644 it has to be a whole team.

NOTE Confidence: 0.84502107

00:50:26.650 --> 00:50:29.130 It has to be nurses and aips and

NOTE Confidence: 0.84502107

00:50:29.130 --> 00:50:31.283 dietitians and to that end I've

NOTE Confidence: 0.84502107

00:50:31.283 --> 00:50:33.113 actually been working with teams.

NOTE Confidence: 0.84502107

00:50:33.120 --> 00:50:33.944 At Yale,

NOTE Confidence: 0.84502107

00:50:33.944 --> 00:50:36.828 both on the inpatient side and the

NOTE Confidence: 0.84502107

00:50:36.828 --> 00:50:39.694 outpatient side about setting up plant

NOTE Confidence: 0.84502107

00:50:39.694 --> 00:50:42.064 based nutrition programs here such

NOTE Confidence: 0.84502107

00:50:42.140 --> 00:50:45.297 that we can provide patients both with

NOTE Confidence: 0.84502107

00:50:45.297 --> 00:50:48.585 better education and and with with

NOTE Confidence: 0.84502107

00:50:48.585 --> 00:50:51.810 better options about about healthier.

NOTE Confidence: 0.84502107

00:50:51.810 --> 00:50:53.532 Healthier eating options

NOTE Confidence: 0.84502107

00:50:53.532 --> 00:50:55.828 on an inpatient level.

NOTE Confidence: 0.84502107

00:50:55.830 --> 00:50:58.056 I think that all of us,

NOTE Confidence: 0.84502107

00:50:58.060 --> 00:51:00.146 to the extent that we are able

NOTE Confidence: 0.84502107

00:51:00.146 --> 00:51:02.511 need to commit to a greater degree

NOTE Confidence: 0.84502107

00:51:02.511 --> 00:51:04.266 of nutrition advocacy in order  
NOTE Confidence: 0.84502107

00:51:04.266 --> 00:51:06.485 to increase the availability and  
NOTE Confidence: 0.84502107

00:51:06.485 --> 00:51:08.735 the affordability of plant based  
NOTE Confidence: 0.84502107

00:51:08.735 --> 00:51:10.750 Whole Foods for all communities,  
NOTE Confidence: 0.84502107

00:51:10.750 --> 00:51:12.310 particularly those that historically  
NOTE Confidence: 0.84502107

00:51:12.310 --> 00:51:14.377 have less access to healthy food.  
NOTE Confidence: 0.84502107

00:51:14.380 --> 00:51:17.143 And I think we'll need to look to the  
NOTE Confidence: 0.84502107

00:51:17.143 --> 00:51:19.389 field of behavioral economics to figure  
NOTE Confidence: 0.84502107

00:51:19.389 --> 00:51:22.539 out how to do this most effectively.  
NOTE Confidence: 0.84502107

00:51:22.540 --> 00:51:24.910 Behavioral economics basically relies on an.  
NOTE Confidence: 0.84502107

00:51:24.910 --> 00:51:26.890 Tweaking a system potentially by by  
NOTE Confidence: 0.84502107

00:51:26.890 --> 00:51:29.045 moving things to a different default  
NOTE Confidence: 0.84502107

00:51:29.045 --> 00:51:31.355 state such that you're more likely  
NOTE Confidence: 0.84502107

00:51:31.355 --> 00:51:33.658 to achieve the desired outcome by  
NOTE Confidence: 0.84502107

00:51:33.658 --> 00:51:35.860 lowering the activation energy to the  
NOTE Confidence: 0.84502107

00:51:35.860 --> 00:51:37.600 desired outcome and increasing the

NOTE Confidence: 0.84502107

00:51:37.600 --> 00:51:39.880 barriers to the less desirable outcomes.

NOTE Confidence: 0.84502107

00:51:39.880 --> 00:51:42.428 That's this is not about controlling people.

NOTE Confidence: 0.84502107

00:51:42.430 --> 00:51:44.620 This is not about Big Brother.

NOTE Confidence: 0.84502107

00:51:44.620 --> 00:51:46.080 This is, you know,

NOTE Confidence: 0.84502107

00:51:46.080 --> 00:51:46.810 no one.

NOTE Confidence: 0.84502107

00:51:46.810 --> 00:51:49.762 AOC is not coming to take away your

NOTE Confidence: 0.84502107

00:51:49.762 --> 00:51:52.762 hamburger that you know there's plenty of

NOTE Confidence: 0.84502107

00:51:52.762 --> 00:51:55.760 political rhetoric that loves to make this.

NOTE Confidence: 0.84502107

00:51:55.760 --> 00:51:58.496 Really a lot more outrageous than it is,

NOTE Confidence: 0.84502107

00:51:58.500 --> 00:51:59.532 but it's simply,

NOTE Confidence: 0.84502107

00:51:59.532 --> 00:52:00.220 you know,

NOTE Confidence: 0.84502107

00:52:00.220 --> 00:52:02.656 whether this is going to be subsidies

NOTE Confidence: 0.84502107

00:52:02.656 --> 00:52:04.695 for healthier food and communities that

NOTE Confidence: 0.84502107

00:52:04.695 --> 00:52:07.295 don't have access to it or or taxing

NOTE Confidence: 0.84502107

00:52:07.295 --> 00:52:10.167 unhealthy food as unpopular as that has been,

NOTE Confidence: 0.84502107

00:52:10.170 --> 00:52:12.906 is there a better way to do that?  
NOTE Confidence: 0.84502107

00:52:12.910 --> 00:52:14.968 Some economists have suggested carbon taxing,  
NOTE Confidence: 0.84502107

00:52:14.970 --> 00:52:15.999 not just food,  
NOTE Confidence: 0.84502107

00:52:15.999 --> 00:52:17.028 but all products,  
NOTE Confidence: 0.84502107

00:52:17.030 --> 00:52:18.785 arguing that the market really  
NOTE Confidence: 0.84502107

00:52:18.785 --> 00:52:20.540 doesn't recognize the carbon costs  
NOTE Confidence: 0.8652572

00:52:20.595 --> 00:52:21.911 and therefore really isn't  
NOTE Confidence: 0.8652572

00:52:21.911 --> 00:52:23.885 operating as a true market should.  
NOTE Confidence: 0.8652572

00:52:23.890 --> 00:52:26.389 And that carbon footprint costs should be.  
NOTE Confidence: 0.8652572

00:52:26.390 --> 00:52:28.798 Should be factored into all market pricing.  
NOTE Confidence: 0.8652572

00:52:28.800 --> 00:52:31.208 I'm not an economist so you know,  
NOTE Confidence: 0.8652572

00:52:31.210 --> 00:52:33.436 I think that that we should partner  
NOTE Confidence: 0.8652572

00:52:33.436 --> 00:52:35.679 with with others in different fields.  
NOTE Confidence: 0.8652572

00:52:35.680 --> 00:52:38.668 And you know, for those of you who know  
NOTE Confidence: 0.8652572

00:52:38.668 --> 00:52:41.185 politicians you know we should be talking  
NOTE Confidence: 0.8652572

00:52:41.185 --> 00:52:43.249 to our politicians about this too,

NOTE Confidence: 0.8652572

00:52:43.250 --> 00:52:45.880 because this needs to be

NOTE Confidence: 0.8652572

00:52:45.880 --> 00:52:47.984 a priority for everybody.

NOTE Confidence: 0.8652572

00:52:47.990 --> 00:52:50.046 I think finally we do need to realize

NOTE Confidence: 0.8652572

00:52:50.046 --> 00:52:52.295 that there's going to be an ethical

NOTE Confidence: 0.8652572

00:52:52.295 --> 00:52:53.635 gradient of personal responsibility

NOTE Confidence: 0.8652572

00:52:53.635 --> 00:52:55.579 that's commensurate with our personal

NOTE Confidence: 0.8652572

00:52:55.579 --> 00:52:57.524 resources and with our circumstances.

NOTE Confidence: 0.8652572

00:52:57.530 --> 00:52:58.517 So you know,

NOTE Confidence: 0.8652572

00:52:58.517 --> 00:53:00.820 either eating a plant based diet yourself,

NOTE Confidence: 0.8652572

00:53:00.820 --> 00:53:02.722 or advocating for change in the

NOTE Confidence: 0.8652572

00:53:02.722 --> 00:53:05.100 system may or may not be possible,

NOTE Confidence: 0.8652572

00:53:05.100 --> 00:53:07.396 depending on a number of different factors.

NOTE Confidence: 0.8652572

00:53:07.400 --> 00:53:10.072 So you know there are people with medical

NOTE Confidence: 0.8652572

00:53:10.072 --> 00:53:12.666 issues who aren't able to eat this diet.

NOTE Confidence: 0.8652572

00:53:12.670 --> 00:53:15.400 People with food allergies or GI conditions

NOTE Confidence: 0.8652572



00:53:15.400 --> 00:53:18.009 for whom it's simply not possible.

NOTE Confidence: 0.8652572

00:53:18.010 --> 00:53:19.980 And there are people with

NOTE Confidence: 0.8652572

00:53:19.980 --> 00:53:20.768 financial limitations.

NOTE Confidence: 0.8652572

00:53:20.770 --> 00:53:21.952 It's not reasonable.

NOTE Confidence: 0.8652572

00:53:21.952 --> 00:53:23.528 Like I said before,

NOTE Confidence: 0.8652572

00:53:23.530 --> 00:53:25.630 to expect somebody who does not

NOTE Confidence: 0.8652572

00:53:25.630 --> 00:53:27.510 have access to easy transportation

NOTE Confidence: 0.8652572

00:53:27.510 --> 00:53:30.387 and who lives miles away from a

NOTE Confidence: 0.8652572

00:53:30.387 --> 00:53:32.588 grocery store with fresh produce.

NOTE Confidence: 0.8652572

00:53:32.590 --> 00:53:34.815 It's it's not reasonable to

NOTE Confidence: 0.8652572

00:53:34.815 --> 00:53:37.762 expect that person to take as much

NOTE Confidence: 0.8652572

00:53:37.762 --> 00:53:40.073 action as it is to you, know,

NOTE Confidence: 0.8652572

00:53:40.073 --> 00:53:42.038 expect certainly someone like me,

NOTE Confidence: 0.8652572

00:53:42.040 --> 00:53:44.404 or like many of the people

NOTE Confidence: 0.8652572

00:53:44.404 --> 00:53:45.586 on this conference.

NOTE Confidence: 0.8652572

00:53:45.590 --> 00:53:48.418 And so, again, I would argue that.

NOTE Confidence: 0.8652572

00:53:48.420 --> 00:53:50.510 The more privilege you have,

NOTE Confidence: 0.8652572

00:53:50.510 --> 00:53:52.946 the more you're obligated to make

NOTE Confidence: 0.8652572

00:53:52.946 --> 00:53:55.529 an effort to move the needle,

NOTE Confidence: 0.8652572

00:53:55.530 --> 00:53:57.702 and to that end,

NOTE Confidence: 0.8652572

00:53:57.702 --> 00:54:00.960 I'm going to close this with.

NOTE Confidence: 0.8652572

00:54:00.960 --> 00:54:03.848 With a sort of task to everyone listening

NOTE Confidence: 0.8652572

00:54:03.848 --> 00:54:07.127 that I would like to challenge everyone.

NOTE Confidence: 0.8652572

00:54:07.130 --> 00:54:09.194 To make one small inward change

NOTE Confidence: 0.8652572

00:54:09.194 --> 00:54:11.531 and one small outward change based

NOTE Confidence: 0.8652572

00:54:11.531 --> 00:54:13.307 on this information tonight.

NOTE Confidence: 0.8652572

00:54:13.310 --> 00:54:15.774 And it can be based on whichever

NOTE Confidence: 0.8652572

00:54:15.774 --> 00:54:18.319 argument you find the most compelling,

NOTE Confidence: 0.8652572

00:54:18.320 --> 00:54:20.819 but making one small change in your

NOTE Confidence: 0.8652572

00:54:20.819 --> 00:54:23.060 personal practices to move toward a

NOTE Confidence: 0.8652572

00:54:23.060 --> 00:54:24.905 more plant based nutritional approach

NOTE Confidence: 0.8652572

00:54:24.905 --> 00:54:27.587 and one change small change outwardly.  
NOTE Confidence: 0.8652572

00:54:27.590 --> 00:54:29.130 Whether that's counseling a  
NOTE Confidence: 0.8652572

00:54:29.130 --> 00:54:30.285 patient more extensively,  
NOTE Confidence: 0.8652572

00:54:30.290 --> 00:54:32.606 whether that's talking to your neighbor,  
NOTE Confidence: 0.8652572

00:54:32.610 --> 00:54:34.198 who's a local politician,  
NOTE Confidence: 0.8652572

00:54:34.198 --> 00:54:36.183 you know whether that's starting  
NOTE Confidence: 0.8652572

00:54:36.183 --> 00:54:38.339 an initiative where you work.  
NOTE Confidence: 0.8652572

00:54:38.340 --> 00:54:41.204 To have healthier food in your break room,  
NOTE Confidence: 0.8652572

00:54:41.210 --> 00:54:42.650 something but you know,  
NOTE Confidence: 0.8652572

00:54:42.650 --> 00:54:43.010 again,  
NOTE Confidence: 0.8652572

00:54:43.010 --> 00:54:45.754 where we're only going to start moving  
NOTE Confidence: 0.8652572

00:54:45.754 --> 00:54:49.196 the needle as a society when we all  
NOTE Confidence: 0.8652572

00:54:49.196 --> 00:54:51.381 start moving our individual needles.  
NOTE Confidence: 0.8652572

00:54:51.390 --> 00:54:54.014 And with that I'm just going to leave  
NOTE Confidence: 0.8652572

00:54:54.014 --> 00:54:56.485 you this with this diagram showing  
NOTE Confidence: 0.8652572

00:54:56.485 --> 00:54:58.660 the value of incremental change

NOTE Confidence: 0.8652572

00:54:58.660 --> 00:55:01.054 and basically the idea is that you

NOTE Confidence: 0.8652572

00:55:01.054 --> 00:55:03.766 know if we if we expect to make

NOTE Confidence: 0.8652572

00:55:03.766 --> 00:55:05.950 a two abrupt changes too quickly.

NOTE Confidence: 0.8652572

00:55:05.950 --> 00:55:08.498 All of these tasks are going to

NOTE Confidence: 0.8652572

00:55:08.498 --> 00:55:09.590 seem really daunting,

NOTE Confidence: 0.8652572

00:55:09.590 --> 00:55:11.840 but if we accept that small

NOTE Confidence: 0.8652572

00:55:11.840 --> 00:55:13.590 incremental changes overtime add up,

NOTE Confidence: 0.8652572

00:55:13.590 --> 00:55:16.201 I really do believe that overtime we

NOTE Confidence: 0.8652572

00:55:16.201 --> 00:55:18.477 will make progress toward a healthier

NOTE Confidence: 0.8652572

00:55:18.477 --> 00:55:21.340 and more just form of nutrition in our.

NOTE Confidence: 0.8652572

00:55:21.340 --> 00:55:22.404 Profession in our country.

NOTE Confidence: 0.8652572

00:55:22.404 --> 00:55:22.936 Thank you.

NOTE Confidence: 0.75790626

00:55:26.230 --> 00:55:29.298 Sarah, this was superb.

NOTE Confidence: 0.75790626

00:55:29.300 --> 00:55:31.309 This talk is strikes me as the answer

NOTE Confidence: 0.75790626

00:55:31.309 --> 00:55:32.929 to the question what happens when

NOTE Confidence: 0.75790626

00:55:32.929 --> 00:55:34.840 you get someone who is an excellent  
NOTE Confidence: 0.75790626

00:55:34.899 --> 00:55:36.819 teacher and a cardiologist and a  
NOTE Confidence: 0.75790626

00:55:36.819 --> 00:55:38.420 bioethicist and has expertise in  
NOTE Confidence: 0.75790626

00:55:38.420 --> 00:55:40.340 nutrition and you find one person  
NOTE Confidence: 0.75790626

00:55:40.340 --> 00:55:42.585 like that and get her to give you  
NOTE Confidence: 0.75790626

00:55:42.585 --> 00:55:44.639 an hour and a half of her time.  
NOTE Confidence: 0.75790626

00:55:44.640 --> 00:55:46.614 This is obviously a very well prepared,  
NOTE Confidence: 0.75790626

00:55:46.620 --> 00:55:47.478 very compelling arguments.  
NOTE Confidence: 0.8471984

00:55:49.630 --> 00:55:51.618 And there was a lot of interesting  
NOTE Confidence: 0.8471984

00:55:51.618 --> 00:55:53.369 questions that I want to get to,  
NOTE Confidence: 0.8471984

00:55:53.370 --> 00:55:55.498 but but I had some of my own,  
NOTE Confidence: 0.8471984

00:55:55.500 --> 00:55:57.903 but I'm going to get to the others first.  
NOTE Confidence: 0.8471984

00:55:57.910 --> 00:56:00.498 It strikes me that.  
NOTE Confidence: 0.8471984

00:56:00.500 --> 00:56:02.354 And I wonder if you would comment on this.  
NOTE Confidence: 0.8471984

00:56:02.360 --> 00:56:03.809 I will. I will make one comment.  
NOTE Confidence: 0.8471984

00:56:03.810 --> 00:56:04.545 I think that.

NOTE Confidence: 0.8471984

00:56:04.545 --> 00:56:06.015 So often when we make these

NOTE Confidence: 0.8471984

00:56:06.015 --> 00:56:07.815 when arguments are made as well

NOTE Confidence: 0.8471984

00:56:07.815 --> 00:56:09.310 as yours have been presented,

NOTE Confidence: 0.8471984

00:56:09.310 --> 00:56:10.810 that what we do in medicine,

NOTE Confidence: 0.8471984

00:56:10.810 --> 00:56:12.818 what we do is human beings in general.

NOTE Confidence: 0.8471984

00:56:12.820 --> 00:56:14.682 I do think it's related to your

NOTE Confidence: 0.8471984

00:56:14.682 --> 00:56:15.759 point about cognitive dissonance

NOTE Confidence: 0.8471984

00:56:15.759 --> 00:56:17.583 is we have a fear of the data.

NOTE Confidence: 0.8471984

00:56:17.590 --> 00:56:19.240 If the data suggests that our

NOTE Confidence: 0.8471984

00:56:19.240 --> 00:56:20.610 current practice is not the

NOTE Confidence: 0.8471984

00:56:20.610 --> 00:56:22.108 right thing to do what we do.

NOTE Confidence: 0.8471984

00:56:22.110 --> 00:56:22.818 Even within medicine,

NOTE Confidence: 0.8471984

00:56:22.818 --> 00:56:24.870 I mean I know this with an ethics.

NOTE Confidence: 0.8471984

00:56:24.870 --> 00:56:26.319 When I say here's all the data

NOTE Confidence: 0.8471984

00:56:26.319 --> 00:56:27.920 that show that we should treat

NOTE Confidence: 0.8471984

00:56:27.920 --> 00:56:29.465 these this particular class of  
NOTE Confidence: 0.8471984

00:56:29.465 --> 00:56:30.639 patients differently than we do.  
NOTE Confidence: 0.8471984

00:56:30.640 --> 00:56:31.644 People with this diagnosis  
NOTE Confidence: 0.8471984

00:56:31.644 --> 00:56:32.899 different than we do often.  
NOTE Confidence: 0.8471984

00:56:32.900 --> 00:56:34.460 The solution is I don't want  
NOTE Confidence: 0.8471984

00:56:34.460 --> 00:56:35.500 to hear those data.  
NOTE Confidence: 0.8471984

00:56:35.500 --> 00:56:38.330 Just keep quiet about that.  
NOTE Confidence: 0.8471984

00:56:38.330 --> 00:56:40.542 That we fear the date and so  
NOTE Confidence: 0.8471984

00:56:40.542 --> 00:56:42.959 part of this is just facing it,  
NOTE Confidence: 0.8471984

00:56:42.960 --> 00:56:44.620 just facing facing this fact.  
NOTE Confidence: 0.8471984

00:56:44.620 --> 00:56:46.534 What I've not heard when I've  
NOTE Confidence: 0.8471984

00:56:46.534 --> 00:56:48.458 heard people talk about this is  
NOTE Confidence: 0.8471984

00:56:48.458 --> 00:56:50.222 anyone say that the issues related  
NOTE Confidence: 0.8471984

00:56:50.222 --> 00:56:52.347 to the carbon footprint from beef  
NOTE Confidence: 0.8471984

00:56:52.347 --> 00:56:54.549 consumption are not true or anyone  
NOTE Confidence: 0.8471984

00:56:54.550 --> 00:56:56.800 suggest that these animals don't

NOTE Confidence: 0.8471984

00:56:56.800 --> 00:56:59.520 have the pathways to feel pain.

NOTE Confidence: 0.8471984

00:56:59.520 --> 00:57:01.585 So that that that the arguments are

NOTE Confidence: 0.8471984

00:57:01.585 --> 00:57:03.629 compelling and the data are compelling,

NOTE Confidence: 0.8471984

00:57:03.630 --> 00:57:06.465 but you know it gets to a comment by.

NOTE Confidence: 0.8471984

00:57:06.470 --> 00:57:08.675 I wish I remember the exact quote.

NOTE Confidence: 0.8471984

00:57:08.680 --> 00:57:10.766 Of course when we talk about the

NOTE Confidence: 0.8471984

00:57:10.766 --> 00:57:12.790 moral status of animals and well,

NOTE Confidence: 0.8471984

00:57:12.790 --> 00:57:14.322 some people say, well,

NOTE Confidence: 0.8471984

00:57:14.322 --> 00:57:16.620 animals count less than humans and

NOTE Confidence: 0.8471984

00:57:16.693 --> 00:57:19.111 therefore one makes the leap that

NOTE Confidence: 0.8471984

00:57:19.111 --> 00:57:21.269 therefore they don't count at all.

NOTE Confidence: 0.8471984

00:57:21.270 --> 00:57:22.690 And you know it was.

NOTE Confidence: 0.8471984

00:57:22.690 --> 00:57:24.388 I think it was Jeremy Bentham,

NOTE Confidence: 0.8471984

00:57:24.390 --> 00:57:26.378 right, who said the question is not,

NOTE Confidence: 0.8471984

00:57:26.380 --> 00:57:27.800 you know, kind of thing.

NOTE Confidence: 0.8471984



00:57:27.800 --> 00:57:28.932 Or can it reason?  
NOTE Confidence: 0.8471984

00:57:28.932 --> 00:57:30.064 But can it suffer?  
NOTE Confidence: 0.8471984

00:57:30.070 --> 00:57:31.774 And there's no question that these  
NOTE Confidence: 0.8471984

00:57:31.774 --> 00:57:32.626 animals can suffer.  
NOTE Confidence: 0.8471984

00:57:32.630 --> 00:57:34.590 What's interesting to me is that you  
NOTE Confidence: 0.8471984

00:57:34.590 --> 00:57:36.602 have pointed out that, by the way,  
NOTE Confidence: 0.8471984

00:57:36.602 --> 00:57:38.880 in addition, they can also think and reason.  
NOTE Confidence: 0.8471984

00:57:38.880 --> 00:57:40.012 Many of them can,  
NOTE Confidence: 0.8471984

00:57:40.012 --> 00:57:41.144 and that's been shown,  
NOTE Confidence: 0.8471984

00:57:41.150 --> 00:57:41.684 of course,  
NOTE Confidence: 0.8471984

00:57:41.684 --> 00:57:43.286 so many different ways in so  
NOTE Confidence: 0.8471984

00:57:43.286 --> 00:57:44.270 many different species,  
NOTE Confidence: 0.8471984

00:57:44.270 --> 00:57:45.980 including some of the farm animals.  
NOTE Confidence: 0.8471984

00:57:45.980 --> 00:57:48.272 You rightly point out our hypocrisy  
NOTE Confidence: 0.8471984

00:57:48.272 --> 00:57:50.625 when we criticize those who eat dogs  
NOTE Confidence: 0.8471984

00:57:50.625 --> 00:57:52.850 as we line up for our pork chops.

NOTE Confidence: 0.8471984

00:57:52.850 --> 00:57:54.458 We just have to, you know.

NOTE Confidence: 0.8471984

00:57:54.460 --> 00:57:54.730 Again,

NOTE Confidence: 0.8471984

00:57:54.730 --> 00:57:56.350 we might want to face it,

NOTE Confidence: 0.8471984

00:57:56.350 --> 00:57:58.326 but we have to face that there's a

NOTE Confidence: 0.8471984

00:57:58.326 --> 00:58:00.145 strong analogy here and that that our

NOTE Confidence: 0.8471984

00:58:00.145 --> 00:58:02.270 approach this may indeed be be hypocritical,

NOTE Confidence: 0.8471984

00:58:02.270 --> 00:58:03.866 but but I want to get to

NOTE Confidence: 0.8471984

00:58:03.866 --> 00:58:05.220 some of these questions.

NOTE Confidence: 0.8471984

00:58:05.220 --> 00:58:05.493 Sarah,

NOTE Confidence: 0.8471984

00:58:05.493 --> 00:58:07.131 because there there's some of them

NOTE Confidence: 0.8471984

00:58:07.131 --> 00:58:08.783 are really very insightful and they

NOTE Confidence: 0.8471984

00:58:08.783 --> 00:58:10.596 range that they have a wide range.

NOTE Confidence: 0.8471984

00:58:10.600 --> 00:58:14.114 So I want to get to 1.

NOTE Confidence: 0.8471984

00:58:14.120 --> 00:58:15.962 That was one of the later

NOTE Confidence: 0.8471984

00:58:15.962 --> 00:58:17.570 questions which I thought was

NOTE Confidence: 0.8471984

00:58:17.570 --> 00:58:19.478 was very good and very practical,  
NOTE Confidence: 0.86446005

00:58:19.480 --> 00:58:21.050 so this is terrific and  
NOTE Confidence: 0.86446005

00:58:21.050 --> 00:58:22.306 I'm closer than before.  
NOTE Confidence: 0.86446005

00:58:22.310 --> 00:58:24.122 I assume I'm closer than before  
NOTE Confidence: 0.86446005

00:58:24.122 --> 00:58:26.089 going to a plant based diet.  
NOTE Confidence: 0.86446005

00:58:26.090 --> 00:58:27.242 My questions number one.  
NOTE Confidence: 0.86446005

00:58:27.242 --> 00:58:29.707 This reminds me of the whole thing about  
NOTE Confidence: 0.86446005

00:58:29.707 --> 00:58:32.073 physicians smoking and then we stop smoking.  
NOTE Confidence: 0.86446005

00:58:32.080 --> 00:58:34.117 It became better role models and then  
NOTE Confidence: 0.86446005

00:58:34.117 --> 00:58:36.566 we got the hospital to do the same  
NOTE Confidence: 0.86446005

00:58:36.566 --> 00:58:38.690 smoking not allowed in the hospital.  
NOTE Confidence: 0.86446005

00:58:38.690 --> 00:58:40.867 How can we move the hospital system  
NOTE Confidence: 0.86446005

00:58:40.867 --> 00:58:42.919 to presenting the whole food plant  
NOTE Confidence: 0.86446005

00:58:42.919 --> 00:58:44.327 based diet in cafeterias?  
NOTE Confidence: 0.86446005

00:58:44.330 --> 00:58:45.502 And for patient meals,  
NOTE Confidence: 0.86446005

00:58:45.502 --> 00:58:46.967 that was one question is,

NOTE Confidence: 0.86446005

00:58:46.970 --> 00:58:48.430 can we and should we?

NOTE Confidence: 0.86446005

00:58:48.430 --> 00:58:50.188 How do we move the hospital?

NOTE Confidence: 0.86446005

00:58:50.190 --> 00:58:52.827 I mean not the hospitals all over the world.

NOTE Confidence: 0.86446005

00:58:52.830 --> 00:58:54.874 How about our hospital to start with?

NOTE Confidence: 0.86446005

00:58:54.880 --> 00:58:56.345 And there's a second question

NOTE Confidence: 0.86446005

00:58:56.345 --> 00:58:57.517 of laziness which was.

NOTE Confidence: 0.86446005

00:58:57.520 --> 00:58:58.915 Has anyone looked at Speaking

NOTE Confidence: 0.86446005

00:58:58.915 --> 00:59:00.670 of health at the salt content

NOTE Confidence: 0.86446005

00:59:00.670 --> 00:59:02.494 of whole food plant based diet?

NOTE Confidence: 0.86446005

00:59:02.500 --> 00:59:04.836 So how do we change the hospital system?

NOTE Confidence: 0.86446005

00:59:04.840 --> 00:59:06.466 And can you talk briefly to

NOTE Confidence: 0.86446005

00:59:06.466 --> 00:59:08.060 the question of salt content?

NOTE Confidence: 0.8615668

00:59:09.580 --> 00:59:11.698 So thank you. First of all,

NOTE Confidence: 0.8615668

00:59:11.700 --> 00:59:13.877 thank you so much for your very

NOTE Confidence: 0.8615668

00:59:13.877 --> 00:59:16.094 kind words and also thank you

NOTE Confidence: 0.8615668

00:59:16.094 --> 00:59:17.714 for this fabulous question,  
NOTE Confidence: 0.8615668

00:59:17.720 --> 00:59:19.480 because it's a really important  
NOTE Confidence: 0.8615668

00:59:19.480 --> 00:59:22.353 one and you know one of the other  
NOTE Confidence: 0.8615668

00:59:22.353 --> 00:59:24.088 epiphanies I had about this,  
NOTE Confidence: 0.8615668

00:59:24.090 --> 00:59:26.379 maybe even before the epiphany I had  
NOTE Confidence: 0.8615668

00:59:26.379 --> 00:59:28.174 at this nutrition conference was  
NOTE Confidence: 0.8615668

00:59:28.174 --> 00:59:30.799 when I was rounding on the inpatient  
NOTE Confidence: 0.8615668

00:59:30.799 --> 00:59:32.938 cardiology service and I realized that,  
NOTE Confidence: 0.8615668

00:59:32.940 --> 00:59:35.010 you know, these these patients after  
NOTE Confidence: 0.8615668

00:59:35.010 --> 00:59:37.189 having heart attacks the next morning.  
NOTE Confidence: 0.8615668

00:59:37.190 --> 00:59:39.120 There's there's a sausage and.  
NOTE Confidence: 0.8615668

00:59:39.120 --> 00:59:41.026 Bacon or on their tray, Anan.  
NOTE Confidence: 0.8615668

00:59:41.026 --> 00:59:42.290 It's just you know,  
NOTE Confidence: 0.8615668

00:59:42.290 --> 00:59:43.880 it's infuriating because it's like,  
NOTE Confidence: 0.8615668

00:59:43.880 --> 00:59:46.232 well, why don't we just give them  
NOTE Confidence: 0.8615668

00:59:46.232 --> 00:59:48.858 a cigarette and tell him to go take

NOTE Confidence: 0.8615668

00:59:48.858 --> 00:59:51.020 a smoke break outside and and you

NOTE Confidence: 0.8615668

00:59:51.020 --> 00:59:53.388 can say Oh well, it's not the same.

NOTE Confidence: 0.8615668

00:59:53.388 --> 00:59:55.290 I think it's actually quite similar,

NOTE Confidence: 0.8615668

00:59:55.290 --> 00:59:57.634 and I do think you're the smoking is

NOTE Confidence: 0.8615668

00:59:57.634 --> 01:00:00.550 also a really. It's a really good analogy.

NOTE Confidence: 0.8615668

01:00:00.550 --> 01:00:01.414 But you know,

NOTE Confidence: 0.8615668

01:00:01.414 --> 01:00:03.430 Doctor Smoke until we until we didn't,

NOTE Confidence: 0.8615668

01:00:03.430 --> 01:00:05.480 and you know you can go to a lot of

NOTE Confidence: 0.8615668

01:00:05.480 --> 01:00:07.593 cardiology dinners and it's not whole

NOTE Confidence: 0.8615668

01:00:07.593 --> 01:00:09.937 food plant based for the most part

NOTE Confidence: 0.8615668

01:00:09.937 --> 01:00:11.779 that you're seeing on the plates.

NOTE Confidence: 0.8615668

01:00:11.780 --> 01:00:13.220 And I think we need.

NOTE Confidence: 0.8615668

01:00:13.220 --> 01:00:14.360 We need to change,

NOTE Confidence: 0.8615668

01:00:14.360 --> 01:00:16.070 you know ourselves and I'm not

NOTE Confidence: 0.8615668

01:00:16.138 --> 01:00:17.830 saying we need to be perfect,

NOTE Confidence: 0.8615668

01:00:17.830 --> 01:00:20.266 but we need to at least start  
NOTE Confidence: 0.8615668

01:00:20.266 --> 01:00:22.504 working on doing better if we  
NOTE Confidence: 0.8615668

01:00:22.504 --> 01:00:24.724 expect other people to do that.  
NOTE Confidence: 0.8615668

01:00:24.730 --> 01:00:27.166 There have been programs that have  
NOTE Confidence: 0.8615668

01:00:27.166 --> 01:00:29.630 implemented whole food plant based menus.  
NOTE Confidence: 0.8615668

01:00:29.630 --> 01:00:32.703 I actually think one person I think  
NOTE Confidence: 0.8615668

01:00:32.703 --> 01:00:35.193 doctor Michelle McMaken is on this  
NOTE Confidence: 0.8615668

01:00:35.193 --> 01:00:37.377 webinar tonight and she's at NYU.  
NOTE Confidence: 0.8615668

01:00:37.380 --> 01:00:39.828 You and she has done that.  
NOTE Confidence: 0.8615668

01:00:39.830 --> 01:00:41.870 She's a role model it.  
NOTE Confidence: 0.8615668

01:00:41.870 --> 01:00:44.318 In that way Dr Rob Ostfeld  
NOTE Confidence: 0.8615668

01:00:44.318 --> 01:00:45.950 Montefiore has done that.  
NOTE Confidence: 0.8615668

01:00:45.950 --> 01:00:50.255 He's another role model of mine and.  
NOTE Confidence: 0.8615668

01:00:50.260 --> 01:00:53.256 He's he's actually counseled me on some  
NOTE Confidence: 0.8615668

01:00:53.256 --> 01:00:56.648 tips and some of my colleagues as well.  
NOTE Confidence: 0.8615668

01:00:56.650 --> 01:00:59.770 And I'm on a group actually on a

NOTE Confidence: 0.8615668

01:00:59.770 --> 01:01:01.990 committee that's working on bringing

NOTE Confidence: 0.8615668

01:01:01.990 --> 01:01:05.161 a whole food plant based menu option,

NOTE Confidence: 0.8615668

01:01:05.170 --> 01:01:07.300 two to the inpatient nutrition

NOTE Confidence: 0.8615668

01:01:07.300 --> 01:01:09.855 services at Yale, and Justin Charles,

NOTE Confidence: 0.8615668

01:01:09.855 --> 01:01:11.130 who's a resident,

NOTE Confidence: 0.8615668

01:01:11.130 --> 01:01:13.542 has been absolutely critical in this

NOTE Confidence: 0.8615668

01:01:13.542 --> 01:01:16.250 effort in terms of mobilizing us.

NOTE Confidence: 0.8615668

01:01:16.250 --> 01:01:20.075 So we absolutely have an obligation to do it.

NOTE Confidence: 0.8615668

01:01:20.080 --> 01:01:20.371 It's.

NOTE Confidence: 0.8615668

01:01:20.371 --> 01:01:22.408 It's unacceptable, actually that I and again,

NOTE Confidence: 0.8615668

01:01:22.410 --> 01:01:24.125 I'm not saying that we need to

NOTE Confidence: 0.8615668

01:01:24.125 --> 01:01:25.500 force people to eat plants.

NOTE Confidence: 0.8615668

01:01:25.500 --> 01:01:26.016 We're not.

NOTE Confidence: 0.8615668

01:01:26.016 --> 01:01:27.564 We're not talking about forcing people,

NOTE Confidence: 0.8615668

01:01:27.570 --> 01:01:29.112 but we need to make the

NOTE Confidence: 0.8615668



01:01:29.112 --> 01:01:29.883 default option healthy.  
NOTE Confidence: 0.8615668

01:01:29.890 --> 01:01:31.946 And then patients can opt out of it.  
NOTE Confidence: 0.8615668

01:01:31.950 --> 01:01:33.396 So the default diet after you  
NOTE Confidence: 0.8615668

01:01:33.396 --> 01:01:35.050 get admitted with a heart attack.  
NOTE Confidence: 0.8615668

01:01:35.050 --> 01:01:36.598 At least let's start with that,  
NOTE Confidence: 0.8615668

01:01:36.600 --> 01:01:38.136 not even talking about other things.  
NOTE Confidence: 0.8615668

01:01:38.140 --> 01:01:39.981 But the default diet after you get  
NOTE Confidence: 0.8615668

01:01:39.981 --> 01:01:41.554 admitted hard with a heart attack  
NOTE Confidence: 0.8615668

01:01:41.554 --> 01:01:43.560 should be a whole food plant based diet.  
NOTE Confidence: 0.8615668

01:01:43.560 --> 01:01:45.108 Now we shouldn't be springing that  
NOTE Confidence: 0.8615668

01:01:45.108 --> 01:01:46.920 on patients. It's not fair for you.  
NOTE Confidence: 0.8615668

01:01:46.920 --> 01:01:48.492 Know the food service worker coming  
NOTE Confidence: 0.8615668

01:01:48.492 --> 01:01:50.638 in with the tray to be the first  
NOTE Confidence: 0.8615668

01:01:50.638 --> 01:01:52.210 one who's breaking into the patient.  
NOTE Confidence: 0.8615668

01:01:52.210 --> 01:01:54.498 And the patients like what is this like?  
NOTE Confidence: 0.8615668

01:01:54.500 --> 01:01:55.644 I don't want this.

NOTE Confidence: 0.8615668  
01:01:55.644 --> 01:01:55.930 No,  
NOTE Confidence: 0.8615668  
01:01:55.930 --> 01:01:57.890 that needs to be the medical team  
NOTE Confidence: 0.8615668  
01:01:57.890 --> 01:01:58.730 that meaning you  
NOTE Confidence: 0.86772233  
01:01:58.790 --> 01:02:00.394 know, the attending the resident,  
NOTE Confidence: 0.86772233  
01:02:00.394 --> 01:02:02.960 the nurse everyone has has has a duty  
NOTE Confidence: 0.86772233  
01:02:02.960 --> 01:02:05.016 here and again I think largely and you  
NOTE Confidence: 0.86772233  
01:02:05.078 --> 01:02:07.078 and I have talked about this a lot.  
NOTE Confidence: 0.86772233  
01:02:07.080 --> 01:02:08.823 I think there's so much time pressure  
NOTE Confidence: 0.86772233  
01:02:08.823 --> 01:02:10.792 in the way that modern medicine is  
NOTE Confidence: 0.86772233  
01:02:10.792 --> 01:02:12.538 practiced that we just feel that  
NOTE Confidence: 0.86772233  
01:02:12.592 --> 01:02:14.428 we can't counsel adequately to a  
NOTE Confidence: 0.86772233  
01:02:14.428 --> 01:02:15.946 certain extent that's very true.  
NOTE Confidence: 0.86772233  
01:02:15.946 --> 01:02:17.376 But on the other hand,  
NOTE Confidence: 0.86772233  
01:02:17.380 --> 01:02:19.067 it doesn't take that long to at  
NOTE Confidence: 0.86772233  
01:02:19.067 --> 01:02:20.520 least start the conversation.  
NOTE Confidence: 0.86772233

01:02:20.520 --> 01:02:22.236 We don't have to finish it,  
NOTE Confidence: 0.86772233

01:02:22.240 --> 01:02:24.178 we have to plant the seed.  
NOTE Confidence: 0.86772233

01:02:24.180 --> 01:02:26.231 And it does not take that long  
NOTE Confidence: 0.86772233

01:02:26.231 --> 01:02:27.520 to plant the seed,  
NOTE Confidence: 0.86772233

01:02:27.520 --> 01:02:29.350 and so having a short conversation,  
NOTE Confidence: 0.86772233

01:02:29.350 --> 01:02:31.485 changing the default such that and again  
NOTE Confidence: 0.86772233

01:02:31.485 --> 01:02:33.907 start start with like the low hanging fruit.  
NOTE Confidence: 0.86772233

01:02:33.910 --> 01:02:35.728 Start with the Post heart attack.  
NOTE Confidence: 0.86772233

01:02:35.730 --> 01:02:38.050 There's no reason why you know there that  
NOTE Confidence: 0.86772233

01:02:38.050 --> 01:02:40.289 should be the default and their needs,  
NOTE Confidence: 0.86772233

01:02:40.290 --> 01:02:41.994 and it needs to trigger conversation  
NOTE Confidence: 0.86772233

01:02:41.994 --> 01:02:44.072 an that should be part of the  
NOTE Confidence: 0.86772233

01:02:44.072 --> 01:02:45.252 cardiovascular care that's given  
NOTE Confidence: 0.86772233

01:02:45.252 --> 01:02:46.980 at Yale New Haven Hospital,  
NOTE Confidence: 0.86772233

01:02:46.980 --> 01:02:48.798 because that that's how we know.  
NOTE Confidence: 0.86772233

01:02:48.800 --> 01:02:50.630 That's how we promote heart health.

NOTE Confidence: 0.86772233

01:02:50.630 --> 01:02:51.539 And it's not

NOTE Confidence: 0.8348134

01:02:51.540 --> 01:02:54.480 just admitting, or Sir, or just admitting.

NOTE Confidence: 0.8348134

01:02:54.480 --> 01:02:56.544 Did me saying things to people that we

NOTE Confidence: 0.8348134

01:02:56.544 --> 01:02:58.668 don't think they necessarily want to hear.

NOTE Confidence: 0.8348134

01:02:58.670 --> 01:03:00.494 I mean, I mean, I can recall years

NOTE Confidence: 0.8348134

01:03:00.494 --> 01:03:02.623 ago when I was telling a new mother

NOTE Confidence: 0.8348134

01:03:02.623 --> 01:03:04.457 that that breast feeding was actually

NOTE Confidence: 0.8348134

01:03:04.457 --> 01:03:06.197 healthier for her premature baby,

NOTE Confidence: 0.8348134

01:03:06.200 --> 01:03:08.209 her milk was better for premature baby

NOTE Confidence: 0.8348134

01:03:08.209 --> 01:03:10.097 than the formulas that that you know,

NOTE Confidence: 0.8348134

01:03:10.100 --> 01:03:12.074 one of the more traditional nurse is

NOTE Confidence: 0.8348134

01:03:12.074 --> 01:03:14.010 telling me that this is really bad.

NOTE Confidence: 0.8348134

01:03:14.010 --> 01:03:15.978 'cause you're going to make her feel guilty

NOTE Confidence: 0.8348134

01:03:15.978 --> 01:03:18.199 if she then doesn't doesn't provide milk.

NOTE Confidence: 0.8348134

01:03:18.200 --> 01:03:19.874 And this is before we had

NOTE Confidence: 0.8348134

01:03:19.874 --> 01:03:20.990 donor milk available etc.  
NOTE Confidence: 0.8348134

01:03:20.990 --> 01:03:23.214 But even still the notion is so there.  
NOTE Confidence: 0.8348134

01:03:23.220 --> 01:03:25.308 Therefore, should I not tell her?  
NOTE Confidence: 0.8348134

01:03:25.310 --> 01:03:26.500 I mean, the notion is,  
NOTE Confidence: 0.8348134

01:03:26.500 --> 01:03:28.201 you know this may be something that  
NOTE Confidence: 0.8348134

01:03:28.201 --> 01:03:29.579 some people don't want to hear,  
NOTE Confidence: 0.8348134

01:03:29.580 --> 01:03:31.074 but fact is it's valuable information  
NOTE Confidence: 0.8348134

01:03:31.074 --> 01:03:33.126 and so that that we we should tell him,  
NOTE Confidence: 0.8348134

01:03:33.130 --> 01:03:34.789 even if they don't want to hear,  
NOTE Confidence: 0.8348134

01:03:34.790 --> 01:03:36.212 just like if we see somebody  
NOTE Confidence: 0.8348134

01:03:36.212 --> 01:03:36.686 who's overweight,  
NOTE Confidence: 0.8348134

01:03:36.690 --> 01:03:38.433 even if we recognize that it's unlikely  
NOTE Confidence: 0.8348134

01:03:38.433 --> 01:03:40.480 they're going to be able to lose that weight,  
NOTE Confidence: 0.8348134

01:03:40.480 --> 01:03:42.055 it's unlikely that change the lifestyle that  
NOTE Confidence: 0.8348134

01:03:42.055 --> 01:03:43.558 doesn't absolve us of the responsibility,  
NOTE Confidence: 0.8348134

01:03:43.560 --> 01:03:44.034 I think,

NOTE Confidence: 0.8348134

01:03:44.034 --> 01:03:45.930 to make it clear that by the way,

NOTE Confidence: 0.8348134

01:03:45.930 --> 01:03:47.175 this would include your health

NOTE Confidence: 0.8348134

01:03:47.175 --> 01:03:48.683 in a positive direction if you

NOTE Confidence: 0.8348134

01:03:48.683 --> 01:03:49.955 were able to make this change,

NOTE Confidence: 0.8348134

01:03:49.960 --> 01:03:50.641 or that change,

NOTE Confidence: 0.8348134

01:03:50.641 --> 01:03:52.230 and I think I think that there's

NOTE Confidence: 0.8348134

01:03:52.281 --> 01:03:53.745 an analogy there with that too,

NOTE Confidence: 0.8348134

01:03:53.750 --> 01:03:55.437 that that we have kind of responsibility

NOTE Confidence: 0.8348134

01:03:55.437 --> 01:03:56.520 to tell people things.

NOTE Confidence: 0.8348134

01:03:56.520 --> 01:03:57.868 Sometimes they don't want

NOTE Confidence: 0.855389

01:03:57.870 --> 01:04:00.574 to hear, and I think that's absolutely true,

NOTE Confidence: 0.855389

01:04:00.580 --> 01:04:03.433 and I will also add that I'm very mindful

NOTE Confidence: 0.855389

01:04:03.433 --> 01:04:06.310 of that and I try to be very explicit

NOTE Confidence: 0.855389

01:04:06.310 --> 01:04:09.028 when I'm counseling to also say look,

NOTE Confidence: 0.855389

01:04:09.030 --> 01:04:12.063 you know this is this is not just I'm,

NOTE Confidence: 0.855389

01:04:12.070 --> 01:04:14.098 you know, with smoking as well.  
NOTE Confidence: 0.855389

01:04:14.100 --> 01:04:15.790 This isn't a moral failing,  
NOTE Confidence: 0.855389

01:04:15.790 --> 01:04:17.818 you know this this is not  
NOTE Confidence: 0.855389

01:04:17.818 --> 01:04:19.170 this is granted societally.  
NOTE Confidence: 0.855389

01:04:19.170 --> 01:04:21.866 I think that that we are morally failing,  
NOTE Confidence: 0.855389

01:04:21.870 --> 01:04:24.250 but this is not on one individual  
NOTE Confidence: 0.855389

01:04:24.250 --> 01:04:25.929 person who's doing it wrong.  
NOTE Confidence: 0.855389

01:04:25.930 --> 01:04:26.782 We live in.  
NOTE Confidence: 0.855389

01:04:26.782 --> 01:04:28.486 In a system that really promotes  
NOTE Confidence: 0.855389

01:04:28.486 --> 01:04:30.140 unhealthy eating and unjust eating,  
NOTE Confidence: 0.855389

01:04:30.140 --> 01:04:30.926 as I've argued,  
NOTE Confidence: 0.855389

01:04:30.926 --> 01:04:33.391 and so I tried to make it very clear  
NOTE Confidence: 0.855389

01:04:33.391 --> 01:04:35.639 that that I'm on the same team as  
NOTE Confidence: 0.855389

01:04:35.711 --> 01:04:37.811 the patient and that you know this  
NOTE Confidence: 0.855389

01:04:37.811 --> 01:04:39.660 is an uphill battle in many ways,  
NOTE Confidence: 0.855389

01:04:39.660 --> 01:04:42.132 and that we live in a system that does

NOTE Confidence: 0.855389

01:04:42.132 --> 01:04:44.142 not promote making the right choices,

NOTE Confidence: 0.855389

01:04:44.150 --> 01:04:46.214 and that we need to make the best

NOTE Confidence: 0.855389

01:04:46.214 --> 01:04:48.149 choices we can within that system.

NOTE Confidence: 0.855389

01:04:48.150 --> 01:04:50.438 And we do that by by small steps.

NOTE Confidence: 0.855389

01:04:50.440 --> 01:04:52.560 So I'm very sensitive to the guilt issue

NOTE Confidence: 0.855389

01:04:52.560 --> 01:04:55.454 and I try to make it very clear when I'm

NOTE Confidence: 0.855389

01:04:55.454 --> 01:04:57.586 counseling that again we're the same team.

NOTE Confidence: 0.855389

01:04:57.590 --> 01:04:59.798 This is not me, lecturing you.

NOTE Confidence: 0.855389

01:04:59.800 --> 01:05:01.696 It is hard and you know,

NOTE Confidence: 0.855389

01:05:01.700 --> 01:05:03.518 so I think that's important just

NOTE Confidence: 0.855389

01:05:03.518 --> 01:05:05.436 quickly to answer the second question

NOTE Confidence: 0.855389

01:05:05.436 --> 01:05:08.036 about salt content for a plant based diet,

NOTE Confidence: 0.855389

01:05:08.040 --> 01:05:09.625 whole food plant based diet

NOTE Confidence: 0.855389

01:05:09.625 --> 01:05:11.210 has very low sodium content,

NOTE Confidence: 0.855389

01:05:11.210 --> 01:05:12.478 so processed plant based

NOTE Confidence: 0.855389



01:05:12.478 --> 01:05:14.380 foods can be high in sodium,  
NOTE Confidence: 0.855389

01:05:14.380 --> 01:05:17.870 so a lot of times the question I get is like,  
NOTE Confidence: 0.855389

01:05:17.870 --> 01:05:19.138 well, what about those?  
NOTE Confidence: 0.855389

01:05:19.138 --> 01:05:20.089 Like you know,  
NOTE Confidence: 0.855389

01:05:20.090 --> 01:05:21.986 meatless burgers like an impossible whopper?  
NOTE Confidence: 0.855389

01:05:21.990 --> 01:05:24.798 Or that that really would not fall under the  
NOTE Confidence: 0.855389

01:05:24.798 --> 01:05:27.380 rubric of true whole food plant based diet.  
NOTE Confidence: 0.855389

01:05:27.380 --> 01:05:27.711 However,  
NOTE Confidence: 0.855389

01:05:27.711 --> 01:05:30.028 you know it's still an impossible whoppers.  
NOTE Confidence: 0.855389

01:05:30.030 --> 01:05:31.402 Probably still better than  
NOTE Confidence: 0.855389

01:05:31.402 --> 01:05:33.117 than a real beef whopper.  
NOTE Confidence: 0.855389

01:05:33.120 --> 01:05:34.488 From a nutritional standpoint,  
NOTE Confidence: 0.855389

01:05:34.488 --> 01:05:35.514 Albeit somewhat marginally.  
NOTE Confidence: 0.855389

01:05:35.520 --> 01:05:37.368 But it's certainly a lot better  
NOTE Confidence: 0.855389

01:05:37.368 --> 01:05:39.290 from an animal welfare standpoint.  
NOTE Confidence: 0.855389

01:05:39.290 --> 01:05:41.010 From a carbon footprint standpoint,

NOTE Confidence: 0.855389

01:05:41.010 --> 01:05:43.746 it is going to be high in sodium,

NOTE Confidence: 0.855389

01:05:43.750 --> 01:05:46.510 but you know again in terms of not

NOTE Confidence: 0.855389

01:05:46.510 --> 01:05:48.547 making perfect the enemy of good.

NOTE Confidence: 0.855389

01:05:48.550 --> 01:05:50.344 For some people moving toward a

NOTE Confidence: 0.855389

01:05:50.344 --> 01:05:52.631 plant based diet is going to mean

NOTE Confidence: 0.855389

01:05:52.631 --> 01:05:54.336 searching for alternatives as they

NOTE Confidence: 0.855389

01:05:54.336 --> 01:05:56.205 make that transition because they're

NOTE Confidence: 0.855389

01:05:56.205 --> 01:05:58.837 not just going to start eating quinoa

NOTE Confidence: 0.855389

01:05:58.840 --> 01:06:00.898 bowls and avocado on sprouted toast.

NOTE Confidence: 0.855389

01:06:00.900 --> 01:06:02.880 As delicious as that is.

NOTE Confidence: 0.855389

01:06:02.880 --> 01:06:03.376 You know,

NOTE Confidence: 0.855389

01:06:03.376 --> 01:06:05.360 and and so I think we need to

NOTE Confidence: 0.855389

01:06:05.428 --> 01:06:07.414 be creative and use all the

NOTE Confidence: 0.855389

01:06:07.414 --> 01:06:08.738 available tools we have.

NOTE Confidence: 0.855389

01:06:08.740 --> 01:06:09.010 Sarah

NOTE Confidence: 0.8195207

01:06:09.010 --> 01:06:10.914 best beautiful. Now I'm going to go.  
NOTE Confidence: 0.8195207

01:06:10.920 --> 01:06:12.838 We got a lot of people coming,  
NOTE Confidence: 0.8195207

01:06:12.840 --> 01:06:15.016 chiming in with questions here on the train.  
NOTE Confidence: 0.8195207

01:06:15.020 --> 01:06:17.196 Get to some through and some of them.  
NOTE Confidence: 0.8195207

01:06:17.200 --> 01:06:19.336 Some of these you could give a whole  
NOTE Confidence: 0.8195207

01:06:19.336 --> 01:06:21.298 hour lecture on if you're not careful,  
NOTE Confidence: 0.8195207

01:06:21.300 --> 01:06:23.183 but but there's some of these are  
NOTE Confidence: 0.8195207

01:06:23.183 --> 01:06:24.569 really interesting and very basic,  
NOTE Confidence: 0.8195207

01:06:24.570 --> 01:06:26.208 practical and some are more philosophical.  
NOTE Confidence: 0.8195207

01:06:26.210 --> 01:06:28.260 But let me get a little bit deeper here to  
NOTE Confidence: 0.8195207

01:06:28.309 --> 01:06:30.309 witness both philosophical and practical.  
NOTE Confidence: 0.8195207

01:06:30.310 --> 01:06:31.670 Very sympathetic to your arguments,  
NOTE Confidence: 0.8195207

01:06:31.670 --> 01:06:33.040 against an animal based diet,  
NOTE Confidence: 0.8195207

01:06:33.040 --> 01:06:33.586 particularly environmental  
NOTE Confidence: 0.8195207

01:06:33.586 --> 01:06:34.678 and animal based arguments.  
NOTE Confidence: 0.8195207

01:06:34.680 --> 01:06:36.320 One challenge to animal rights

NOTE Confidence: 0.8195207

01:06:36.320 --> 01:06:37.632 based arguments is differentiating

NOTE Confidence: 0.8195207

01:06:37.632 --> 01:06:39.050 between the moral weight of

NOTE Confidence: 0.8195207

01:06:39.050 --> 01:06:40.350 animals and humans with similar.

NOTE Confidence: 0.8195207

01:06:40.350 --> 01:06:44.170 Or lesser capacity to those animals, right?

NOTE Confidence: 0.8195207

01:06:44.170 --> 01:06:45.850 A singer others assigned moral

NOTE Confidence: 0.8195207

01:06:45.850 --> 01:06:47.994 weight to animals based on their

NOTE Confidence: 0.8195207

01:06:47.994 --> 01:06:49.598 capacity to experience pain,

NOTE Confidence: 0.8195207

01:06:49.600 --> 01:06:50.322 suffering, pleasure,

NOTE Confidence: 0.8195207

01:06:50.322 --> 01:06:50.683 happiness,

NOTE Confidence: 0.8195207

01:06:50.683 --> 01:06:52.127 another morally relevant capacities.

NOTE Confidence: 0.8195207

01:06:52.130 --> 01:06:55.973 How do you assign moral weight to

NOTE Confidence: 0.8195207

01:06:55.973 --> 01:06:57.620 account or pig?

NOTE Confidence: 0.8195207

01:06:57.620 --> 01:07:00.175 To hold power pig based on their

NOTE Confidence: 0.8195207

01:07:00.175 --> 01:07:02.256 various cognitive and social capacities

NOTE Confidence: 0.8195207

01:07:02.256 --> 01:07:04.551 without denying equal or hopefully

NOTE Confidence: 0.8195207

01:07:04.551 --> 01:07:06.949 greater to this speakers mind.  
NOTE Confidence: 0.8195207

01:07:06.950 --> 01:07:09.320 Hopefully greater moral weight to humans  
NOTE Confidence: 0.8195207

01:07:09.320 --> 01:07:11.610 who permanently lack those capacities.  
NOTE Confidence: 0.92123824

01:07:13.160 --> 01:07:16.178 Yeah, that's that's a great question.  
NOTE Confidence: 0.92123824

01:07:16.180 --> 01:07:19.348 So you know, I, I think that there's  
NOTE Confidence: 0.92123824

01:07:19.348 --> 01:07:21.020 there's something to be said.  
NOTE Confidence: 0.92123824

01:07:21.020 --> 01:07:23.988 I think a lot of people would argue.  
NOTE Confidence: 0.92123824

01:07:23.990 --> 01:07:25.850 Certainly the disability rights community,  
NOTE Confidence: 0.92123824

01:07:25.850 --> 01:07:27.302 and but but I,  
NOTE Confidence: 0.92123824

01:07:27.302 --> 01:07:30.320 I think most people tacitly agree with this,  
NOTE Confidence: 0.92123824

01:07:30.320 --> 01:07:32.917 even if they don't explicitly argue it,  
NOTE Confidence: 0.92123824

01:07:32.920 --> 01:07:35.896 that that humans by very nature of being  
NOTE Confidence: 0.92123824

01:07:35.896 --> 01:07:38.496 humans, by by nature of being people,  
NOTE Confidence: 0.92123824

01:07:38.500 --> 01:07:40.726 have intrinsic value, or they have,  
NOTE Confidence: 0.92123824

01:07:40.730 --> 01:07:43.334 you know, they're they're of infinite worth.  
NOTE Confidence: 0.92123824

01:07:43.340 --> 01:07:45.200 They are ends in themselves.

NOTE Confidence: 0.92123824  
01:07:45.200 --> 01:07:47.125 You know, using the content  
NOTE Confidence: 0.92123824  
01:07:47.125 --> 01:07:47.895 categorical imperative?  
NOTE Confidence: 0.92123824  
01:07:47.900 --> 01:07:49.448 Or any number of other frameworks  
NOTE Confidence: 0.92123824  
01:07:49.448 --> 01:07:51.654 that you want to use to argue that  
NOTE Confidence: 0.92123824  
01:07:51.654 --> 01:07:53.049 and being disabled doesn't take  
NOTE Confidence: 0.92123824  
01:07:53.049 --> 01:07:54.827 that away like you're born human,  
NOTE Confidence: 0.92123824  
01:07:54.830 --> 01:07:56.492 and that that that is part  
NOTE Confidence: 0.92123824  
01:07:56.492 --> 01:07:57.600 of the human condition,  
NOTE Confidence: 0.92123824  
01:07:57.600 --> 01:07:58.985 much like being imperfect is  
NOTE Confidence: 0.92123824  
01:07:58.985 --> 01:08:00.370 part of the human condition,  
NOTE Confidence: 0.92123824  
01:08:00.370 --> 01:08:02.026 so so is that intrinsic value.  
NOTE Confidence: 0.92123824  
01:08:02.030 --> 01:08:03.410 You're an end in yourself,  
NOTE Confidence: 0.92123824  
01:08:03.410 --> 01:08:05.349 you're human and you have satisfied that,  
NOTE Confidence: 0.92123824  
01:08:05.350 --> 01:08:07.296 and I think you know what I'm  
NOTE Confidence: 0.92123824  
01:08:07.296 --> 01:08:08.680 arguing about is not not.  
NOTE Confidence: 0.92123824

01:08:08.680 --> 01:08:10.342 I'm not trying to take away  
NOTE Confidence: 0.92123824

01:08:10.342 --> 01:08:11.450 moral weight from anybody.  
NOTE Confidence: 0.92123824

01:08:11.450 --> 01:08:13.375 I'm trying to add moral weight too.  
NOTE Confidence: 0.92123824

01:08:13.380 --> 01:08:15.048 I'm trying to widen the net,  
NOTE Confidence: 0.92123824

01:08:15.050 --> 01:08:15.878 not narrow it,  
NOTE Confidence: 0.92123824

01:08:15.878 --> 01:08:17.258 so I'm also not suggesting,  
NOTE Confidence: 0.92123824

01:08:17.260 --> 01:08:17.540 as  
NOTE Confidence: 0.8284121

01:08:17.540 --> 01:08:18.383 I understand it,  
NOTE Confidence: 0.8284121

01:08:18.383 --> 01:08:21.289 'cause this to get to get to that question.  
NOTE Confidence: 0.8284121

01:08:21.290 --> 01:08:23.576 Is you're not suggesting, for example,  
NOTE Confidence: 0.8284121

01:08:23.580 --> 01:08:25.866 a pig who has, you know,  
NOTE Confidence: 0.8284121

01:08:25.870 --> 01:08:27.067 significant cognitive abilities,  
NOTE Confidence: 0.8284121

01:08:27.067 --> 01:08:29.062 and there are severely disabled  
NOTE Confidence: 0.8284121

01:08:29.062 --> 01:08:30.969 humans who have lesser cognitive  
NOTE Confidence: 0.8284121

01:08:30.969 --> 01:08:32.369 abilities than that pig.  
NOTE Confidence: 0.8284121

01:08:32.370 --> 01:08:34.280 You're you're suggesting that simply

NOTE Confidence: 0.8284121

01:08:34.280 --> 01:08:36.190 by virtue of species identification,

NOTE Confidence: 0.8284121

01:08:36.190 --> 01:08:37.734 the human nevertheless retains

NOTE Confidence: 0.8284121

01:08:37.734 --> 01:08:40.050 a higher moral status by your

NOTE Confidence: 0.8284121

01:08:40.117 --> 01:08:41.917 calculus than the pig would?

NOTE Confidence: 0.85789007

01:08:43.420 --> 01:08:47.210 Yes I would, but but that's not to say I,

NOTE Confidence: 0.85789007

01:08:47.210 --> 01:08:48.726 I think that's almost.

NOTE Confidence: 0.85789007

01:08:48.726 --> 01:08:51.000 I understand that the theoretical concern,

NOTE Confidence: 0.85789007

01:08:51.000 --> 01:08:53.576 but I I don't exactly see how

NOTE Confidence: 0.85789007

01:08:53.576 --> 01:08:56.308 that how that bears out in this.

NOTE Confidence: 0.85789007

01:08:56.310 --> 01:08:58.524 I could see how that could

NOTE Confidence: 0.85789007

01:08:58.524 --> 01:09:00.480 be expanded in other ways,

NOTE Confidence: 0.85789007

01:09:00.480 --> 01:09:02.694 but I really don't think treating

NOTE Confidence: 0.85789007

01:09:02.694 --> 01:09:05.629 this as sort of a 0 sum game

NOTE Confidence: 0.85789007

01:09:05.629 --> 01:09:07.705 where giving more moral weight to

NOTE Confidence: 0.85789007

01:09:07.784 --> 01:09:10.220 some is going to therefore take

NOTE Confidence: 0.85789007



01:09:10.220 --> 01:09:12.245 moral weight away from others.

NOTE Confidence: 0.85789007

01:09:12.245 --> 01:09:15.010 I think that. That we have to.

NOTE Confidence: 0.85789007

01:09:15.010 --> 01:09:17.390 We have to agree that that humans

NOTE Confidence: 0.85789007

01:09:17.390 --> 01:09:19.787 have a moral weight that is

NOTE Confidence: 0.85789007

01:09:19.787 --> 01:09:21.957 distinct because of our species.

NOTE Confidence: 0.85789007

01:09:21.960 --> 01:09:24.156 Our ability to reason our abilities

NOTE Confidence: 0.85789007

01:09:24.156 --> 01:09:26.590 that do really exceed other species,

NOTE Confidence: 0.85789007

01:09:26.590 --> 01:09:28.828 however, that we that doesn't mean

NOTE Confidence: 0.85789007

01:09:28.828 --> 01:09:31.574 that we can't grant some degree of

NOTE Confidence: 0.85789007

01:09:31.574 --> 01:09:33.926 moral weight or dignity or autonomy,

NOTE Confidence: 0.85789007

01:09:33.930 --> 01:09:36.240 I think, is the wrong word,

NOTE Confidence: 0.85789007

01:09:36.240 --> 01:09:38.746 but it's it's sort of almost along

NOTE Confidence: 0.85789007

01:09:38.746 --> 01:09:40.880 that spectrum to other animals,

NOTE Confidence: 0.85789007

01:09:40.880 --> 01:09:44.080 and I think you can almost apply like.

NOTE Confidence: 0.85789007

01:09:44.080 --> 01:09:49.155 A sliding scale, just like you can.

NOTE Confidence: 0.85789007

01:09:49.160 --> 01:09:51.071 A plot like I talked about a

NOTE Confidence: 0.85789007

01:09:51.071 --> 01:09:53.291 sliding scale or an ethical gradient

NOTE Confidence: 0.85789007

01:09:53.291 --> 01:09:54.626 of moral responsibility.

NOTE Confidence: 0.85789007

01:09:54.630 --> 01:09:56.676 I think there's almost a gradient

NOTE Confidence: 0.85789007

01:09:56.676 --> 01:09:58.475 of weight accorded to animals

NOTE Confidence: 0.85789007

01:09:58.475 --> 01:10:00.659 based on their ability to suffer.

NOTE Confidence: 0.85789007

01:10:00.660 --> 01:10:02.185 And based on their intelligence

NOTE Confidence: 0.85789007

01:10:02.185 --> 01:10:03.710 or ability to form relationships,

NOTE Confidence: 0.85789007

01:10:03.710 --> 01:10:06.150 and I think that that can be argued,

NOTE Confidence: 0.85789007

01:10:06.150 --> 01:10:07.968 and I think that reasonable people

NOTE Confidence: 0.85789007

01:10:07.968 --> 01:10:09.809 could could disagree on that point.

NOTE Confidence: 0.85789007

01:10:09.810 --> 01:10:12.258 But the only point that I that I

NOTE Confidence: 0.85789007

01:10:12.258 --> 01:10:14.215 would strongly stand by is the

NOTE Confidence: 0.85789007

01:10:14.215 --> 01:10:16.129 point that it's that moral weight

NOTE Confidence: 0.85789007

01:10:16.199 --> 01:10:18.343 isn't a 0 sum game that you know,

NOTE Confidence: 0.85789007

01:10:18.350 --> 01:10:20.583 I'm not arguing that by extending moral

NOTE Confidence: 0.85789007

01:10:20.583 --> 01:10:22.711 weight to other animals that in any  
NOTE Confidence: 0.85789007

01:10:22.711 --> 01:10:25.369 way that should take it away from any humans.  
NOTE Confidence: 0.85789007

01:10:25.370 --> 01:10:26.282 And I don't.  
NOTE Confidence: 0.85789007

01:10:26.282 --> 01:10:28.106 I don't think it needs to.  
NOTE Confidence: 0.85789007

01:10:28.110 --> 01:10:31.099 I don't think it has two and.  
NOTE Confidence: 0.85789007

01:10:31.100 --> 01:10:33.668 I actually think that that it  
NOTE Confidence: 0.85789007

01:10:33.668 --> 01:10:35.956 will that treating animals with  
NOTE Confidence: 0.85789007

01:10:35.956 --> 01:10:39.386 compassion will make us as humans more  
NOTE Confidence: 0.85789007

01:10:39.386 --> 01:10:41.897 compassionate toward each other as well.  
NOTE Confidence: 0.85789007

01:10:41.900 --> 01:10:43.250 Compassion begets compassion,  
NOTE Confidence: 0.839973116666667

01:10:43.250 --> 01:10:45.860 gotcha. OK, next question Doctor Hall,  
NOTE Confidence: 0.839973116666667

01:10:45.860 --> 01:10:47.474 one of the most important questions  
NOTE Confidence: 0.839973116666667

01:10:47.474 --> 01:10:49.326 on this subject that you think  
NOTE Confidence: 0.839973116666667

01:10:49.326 --> 01:10:50.770 haven't been satisfactory answered.  
NOTE Confidence: 0.839973116666667

01:10:50.770 --> 01:10:51.718 Asked another way.  
NOTE Confidence: 0.839973116666667

01:10:51.718 --> 01:10:53.614 Are there any studies that you'd

NOTE Confidence: 0.839973116666667

01:10:53.614 --> 01:10:55.544 like to see done that you don't

NOTE Confidence: 0.839973116666667

01:10:55.544 --> 01:10:57.210 think have yet been conducted?

NOTE Confidence: 0.839973116666667

01:10:57.210 --> 01:10:59.973 So you've presented us with a lot of great

NOTE Confidence: 0.839973116666667

01:10:59.973 --> 01:11:01.820 information to back up your arguments,

NOTE Confidence: 0.839973116666667

01:11:01.820 --> 01:11:03.752 but is there are some important

NOTE Confidence: 0.839973116666667

01:11:03.752 --> 01:11:05.663 studies that are missing that you

NOTE Confidence: 0.839973116666667

01:11:05.663 --> 01:11:07.343 think really needs to be done?

NOTE Confidence: 0.82438827

01:11:09.740 --> 01:11:11.378 Well, that's the way it is.

NOTE Confidence: 0.82438827

01:11:11.380 --> 01:11:12.750 Is the question about studies

NOTE Confidence: 0.82438827

01:11:12.750 --> 01:11:14.120 about health or studies about?

NOTE Confidence: 0.82438827

01:11:14.120 --> 01:11:15.490 Well, I think that you

NOTE Confidence: 0.82438827

01:11:15.490 --> 01:11:16.876 you you made the argument based

NOTE Confidence: 0.82438827

01:11:16.876 --> 01:11:18.440 on health based on kindness to

NOTE Confidence: 0.82438827

01:11:18.440 --> 01:11:19.608 animals based on environmental

NOTE Confidence: 0.82438827

01:11:19.608 --> 01:11:21.520 impact based even on social justice.

NOTE Confidence: 0.82438827

01:11:21.520 --> 01:11:23.170 So I would say I would.  
NOTE Confidence: 0.82438827

01:11:23.170 --> 01:11:25.760 I would open up and say in any of those  
NOTE Confidence: 0.82438827

01:11:25.835 --> 01:11:28.099 areas and it puts you on the spot.  
NOTE Confidence: 0.82438827

01:11:28.100 --> 01:11:29.588 'cause I think you so there's  
NOTE Confidence: 0.82438827

01:11:29.588 --> 01:11:31.389 good data in all those already.  
NOTE Confidence: 0.82438827

01:11:31.390 --> 01:11:32.760 But what's the study that  
NOTE Confidence: 0.82438827

01:11:32.760 --> 01:11:34.130 that's taken to be done?  
NOTE Confidence: 0.8589918

01:11:35.360 --> 01:11:37.952 So I mean it's I have some degree  
NOTE Confidence: 0.8589918

01:11:37.952 --> 01:11:41.002 of bias here because I find the data  
NOTE Confidence: 0.8589918

01:11:41.002 --> 01:11:43.739 compelling in all of those domains,  
NOTE Confidence: 0.8589918

01:11:43.740 --> 01:11:46.460 but I think right now what I'd really  
NOTE Confidence: 0.8589918

01:11:46.460 --> 01:11:49.230 like to see is more data on on how  
NOTE Confidence: 0.8589918

01:11:49.230 --> 01:11:51.759 we can make systemic change with  
NOTE Confidence: 0.8589918

01:11:51.759 --> 01:11:54.404 buy in from different stakeholders.  
NOTE Confidence: 0.8589918

01:11:54.410 --> 01:11:57.010 So you know, I'd like to see actually  
NOTE Confidence: 0.8589918

01:11:57.010 --> 01:11:59.747 more more studies on efforts to bring

NOTE Confidence: 0.8589918

01:11:59.747 --> 01:12:02.657 healthy whole food plant based nutrition to

NOTE Confidence: 0.8589918

01:12:02.657 --> 01:12:05.562 communities that don't have access to it.

NOTE Confidence: 0.8589918

01:12:05.570 --> 01:12:07.285 I'd like to see it studied how

NOTE Confidence: 0.8589918

01:12:07.285 --> 01:12:09.129 we can do that effectively.

NOTE Confidence: 0.8589918

01:12:09.130 --> 01:12:10.750 You know, from an education standpoint

NOTE Confidence: 0.8589918

01:12:10.750 --> 01:12:12.400 and from an access standpoint,

NOTE Confidence: 0.8589918

01:12:12.400 --> 01:12:14.192 I'd like to see sort of more

NOTE Confidence: 0.8589918

01:12:14.192 --> 01:12:16.026 practical on the ground studies of

NOTE Confidence: 0.8589918

01:12:16.026 --> 01:12:18.036 how we can actually implement this,

NOTE Confidence: 0.8589918

01:12:18.040 --> 01:12:19.912 because I think we have enough

NOTE Confidence: 0.8589918

01:12:19.912 --> 01:12:22.197 data to know that we need to act.

NOTE Confidence: 0.8589918

01:12:22.200 --> 01:12:23.976 I think how exactly we act,

NOTE Confidence: 0.8589918

01:12:23.980 --> 01:12:25.172 I've presented some broad

NOTE Confidence: 0.8589918

01:12:25.172 --> 01:12:25.768 strokes suggestions,

NOTE Confidence: 0.8589918

01:12:25.770 --> 01:12:27.849 but I'd love to see more data.

NOTE Confidence: 0.8589918

01:12:27.850 --> 01:12:28.340 You know,  
NOTE Confidence: 0.8589918

01:12:28.340 --> 01:12:30.300 in terms of how we can act in  
NOTE Confidence: 0.8589918

01:12:30.365 --> 01:12:31.997 a maximally effective way,  
NOTE Confidence: 0.8589918

01:12:32.000 --> 01:12:33.188 I think that's brilliant.  
NOTE Confidence: 0.84842056

01:12:33.190 --> 01:12:34.680 I mean, I think that,  
NOTE Confidence: 0.84842056

01:12:34.680 --> 01:12:36.430 for example, if someone said.  
NOTE Confidence: 0.84842056

01:12:36.430 --> 01:12:37.876 We could spend money on figuring  
NOTE Confidence: 0.84842056

01:12:37.876 --> 01:12:39.420 out whether smoking is bad for you,  
NOTE Confidence: 0.84842056

01:12:39.420 --> 01:12:41.016 or we could spend that same money  
NOTE Confidence: 0.84842056

01:12:41.016 --> 01:12:42.410 on figuring how to get people.  
NOTE Confidence: 0.84842056

01:12:42.410 --> 01:12:44.250 Make it easier for people to stop smoking,  
NOTE Confidence: 0.84842056

01:12:44.250 --> 01:12:45.630 or more likely to stop smoking.  
NOTE Confidence: 0.84842056

01:12:45.630 --> 01:12:46.320 I say, well,  
NOTE Confidence: 0.84842056

01:12:46.320 --> 01:12:47.930 save the nickel in the first one.  
NOTE Confidence: 0.84842056

01:12:47.930 --> 01:12:49.323 Let's talk about what we can actually  
NOTE Confidence: 0.84842056

01:12:49.323 --> 01:12:50.919 do to help people change behavior.

NOTE Confidence: 0.84842056

01:12:50.920 --> 01:12:54.260 So here's a question for you, my friend.

NOTE Confidence: 0.84842056

01:12:54.260 --> 01:12:55.520 Arguments or even strategies

NOTE Confidence: 0.84842056

01:12:55.520 --> 01:12:57.095 among those you have outlined,

NOTE Confidence: 0.84842056

01:12:57.100 --> 01:12:59.305 do you think will resonate most strongly

NOTE Confidence: 0.84842056

01:12:59.305 --> 01:13:01.542 with the public and have the greatest

NOTE Confidence: 0.84842056

01:13:01.542 --> 01:13:03.396 traction in getting us to change?

NOTE Confidence: 0.84842056

01:13:03.400 --> 01:13:04.408 Our feeding behaviors?

NOTE Confidence: 0.84842056

01:13:04.408 --> 01:13:06.088 Will government restrictions and regulations

NOTE Confidence: 0.84842056

01:13:06.088 --> 01:13:07.810 be necessary all that scary business?

NOTE Confidence: 0.84842056

01:13:07.810 --> 01:13:10.008 No giant sodas in NYC and such.

NOTE Confidence: 0.84842056

01:13:10.010 --> 01:13:11.585 Do you think the government's

NOTE Confidence: 0.84842056

01:13:11.585 --> 01:13:13.531 going to get involved in place

NOTE Confidence: 0.84842056

01:13:13.531 --> 01:13:15.673 restrictions on us to get this done?

NOTE Confidence: 0.8685409

01:13:17.100 --> 01:13:18.918 Do I think the government is

NOTE Confidence: 0.8685409

01:13:18.918 --> 01:13:21.079 going to need to get involved?

NOTE Confidence: 0.8685409



01:13:21.080 --> 01:13:22.740 Absolutely. Do I think that  
NOTE Confidence: 0.8685409

01:13:22.740 --> 01:13:24.400 we need to place restrictions?  
NOTE Confidence: 0.8685409

01:13:24.400 --> 01:13:26.398 No, I am not about restrictions,  
NOTE Confidence: 0.8685409

01:13:26.400 --> 01:13:28.584 but I am about leveling the playing  
NOTE Confidence: 0.8685409

01:13:28.584 --> 01:13:30.964 field because we don't have a leveling  
NOTE Confidence: 0.8685409

01:13:30.964 --> 01:13:32.694 level playing field right now.  
NOTE Confidence: 0.8685409

01:13:32.700 --> 01:13:35.598 So again, and I think that's part of the  
NOTE Confidence: 0.8685409

01:13:35.598 --> 01:13:38.348 problem of a lot of the political rhetoric.  
NOTE Confidence: 0.8685409

01:13:38.350 --> 01:13:40.303 Now is this idea that when we're  
NOTE Confidence: 0.8685409

01:13:40.303 --> 01:13:41.914 actually just trying to change  
NOTE Confidence: 0.8685409

01:13:41.914 --> 01:13:43.346 make behavioral economics changes  
NOTE Confidence: 0.8685409

01:13:43.346 --> 01:13:45.236 and change defaults that somehow  
NOTE Confidence: 0.8685409

01:13:45.236 --> 01:13:46.836 gets marketed as restrictions?  
NOTE Confidence: 0.8685409

01:13:46.840 --> 01:13:49.600 And when in fact that's not the case,  
NOTE Confidence: 0.8685409

01:13:49.600 --> 01:13:52.372 so no one saying you can't, you know?  
NOTE Confidence: 0.8685409

01:13:52.372 --> 01:13:55.470 Well, let's leave the soda thing out of it,

NOTE Confidence: 0.8685409

01:13:55.470 --> 01:13:58.230 because that that ended up being a debacle,

NOTE Confidence: 0.8685409

01:13:58.230 --> 01:13:59.950 but I'm not suggesting banning,

NOTE Confidence: 0.8685409

01:13:59.950 --> 01:14:02.308 so I'm suggesting.

NOTE Confidence: 0.8685409

01:14:02.310 --> 01:14:04.245 Pricing things that are actually

NOTE Confidence: 0.8685409

01:14:04.245 --> 01:14:06.180 more reflective of the health

NOTE Confidence: 0.8685409

01:14:06.243 --> 01:14:08.083 costs of the environmental costs

NOTE Confidence: 0.8685409

01:14:08.083 --> 01:14:10.315 and just of the production costs

NOTE Confidence: 0.8685409

01:14:10.315 --> 01:14:12.604 because the you know the meat there.

NOTE Confidence: 0.8685409

01:14:12.610 --> 01:14:14.794 There are a lot of subsidies

NOTE Confidence: 0.8685409

01:14:14.794 --> 01:14:17.051 that are currently given to some

NOTE Confidence: 0.8685409

01:14:17.051 --> 01:14:18.866 industries and not to others.

NOTE Confidence: 0.8685409

01:14:18.870 --> 01:14:19.938 And you know.

NOTE Confidence: 0.8685409

01:14:19.938 --> 01:14:22.430 And in terms of the way food

NOTE Confidence: 0.8685409

01:14:22.522 --> 01:14:24.387 is taxed or not taxed,

NOTE Confidence: 0.8685409

01:14:24.390 --> 01:14:27.326 what are ways that we can change the

NOTE Confidence: 0.8685409

01:14:27.326 --> 01:14:29.939 pricing schemes of food and then also

NOTE Confidence: 0.8685409

01:14:29.939 --> 01:14:32.170 the distribution of food such that.

NOTE Confidence: 0.8685409

01:14:32.170 --> 01:14:34.996 It can be allocated in a more just way.

NOTE Confidence: 0.8685409

01:14:35.000 --> 01:14:36.570 That's where I'm I'm not.

NOTE Confidence: 0.8685409

01:14:36.570 --> 01:14:37.826 I'm not saying restriction,

NOTE Confidence: 0.8685409

01:14:37.826 --> 01:14:39.710 I'm not saying you can't sell

NOTE Confidence: 0.8685409

01:14:39.768 --> 01:14:40.650 this stuff here,

NOTE Confidence: 0.8685409

01:14:40.650 --> 01:14:42.582 but I'm saying how can we ensure

NOTE Confidence: 0.8685409

01:14:42.582 --> 01:14:44.190 that in these food deserts

NOTE Confidence: 0.8685409

01:14:44.190 --> 01:14:45.990 that grocery stores are open?

NOTE Confidence: 0.8685409

01:14:45.990 --> 01:14:48.204 Are there are there in monetary

NOTE Confidence: 0.8685409

01:14:48.204 --> 01:14:50.404 incentives that you can give franchisers

NOTE Confidence: 0.8685409

01:14:50.404 --> 01:14:53.028 to open up a grocery store in an

NOTE Confidence: 0.8685409

01:14:53.104 --> 01:14:55.516 underserved area and sell this food?

NOTE Confidence: 0.8685409

01:14:55.520 --> 01:14:57.120 You subsidize it that way.

NOTE Confidence: 0.8685409

01:14:57.120 --> 01:14:59.304 What are ways that we can make

NOTE Confidence: 0.8685409

01:14:59.304 --> 01:15:01.280 this food cheaper in other areas?

NOTE Confidence: 0.8685409

01:15:01.280 --> 01:15:03.200 How can we change the default

NOTE Confidence: 0.8685409

01:15:03.200 --> 01:15:04.480 choices so I don't?

NOTE Confidence: 0.8685409

01:15:04.480 --> 01:15:05.660 I don't want restrictions,

NOTE Confidence: 0.8685409

01:15:05.660 --> 01:15:08.005 but I do think that we need to

NOTE Confidence: 0.8685409

01:15:08.005 --> 01:15:09.776 change the way make it the path

NOTE Confidence: 0.8685409

01:15:09.776 --> 01:15:12.085 of least resistance to eat the

NOTE Confidence: 0.8685409

01:15:12.085 --> 01:15:14.075 healthiest food rather than currently.

NOTE Confidence: 0.8685409

01:15:14.080 --> 01:15:15.040 As it stands,

NOTE Confidence: 0.8685409

01:15:15.040 --> 01:15:17.280 it's the path typically of most resistance,

NOTE Confidence: 0.8685409

01:15:17.280 --> 01:15:20.160 and I think that's how it needs to change.

NOTE Confidence: 0.8685409

01:15:20.160 --> 01:15:21.660 I don't think again,

NOTE Confidence: 0.8685409

01:15:21.660 --> 01:15:23.910 to paraphrase what we heard on

NOTE Confidence: 0.8685409

01:15:23.984 --> 01:15:26.406 Fox News with the Green New Deal.

NOTE Confidence: 0.8685409

01:15:26.410 --> 01:15:27.965 Alexandria Ocasio Cortez is not

NOTE Confidence: 0.8685409

01:15:27.965 --> 01:15:29.867 coming to take away your hamburgers

NOTE Confidence: 0.8685409

01:15:29.867 --> 01:15:31.601 like if you want a hamburger

NOTE Confidence: 0.8685409

01:15:31.601 --> 01:15:33.189 you can have a hamburger.

NOTE Confidence: 0.8685409

01:15:33.190 --> 01:15:33.485 However,

NOTE Confidence: 0.8685409

01:15:33.485 --> 01:15:35.255 understand that you know maybe under

NOTE Confidence: 0.8685409

01:15:35.255 --> 01:15:37.496 a more just scheme the price of the

NOTE Confidence: 0.8685409

01:15:37.496 --> 01:15:39.206 hamburger will be a little higher

NOTE Confidence: 0.8685409

01:15:39.206 --> 01:15:40.996 because maybe the beast industry

NOTE Confidence: 0.8685409

01:15:40.996 --> 01:15:42.428 isn't getting Subs subsidies.

NOTE Confidence: 0.8685409

01:15:42.430 --> 01:15:44.065 Maybe they're not allowed to

NOTE Confidence: 0.8685409

01:15:44.065 --> 01:15:45.373 practice these inhumane practices

NOTE Confidence: 0.8685409

01:15:45.373 --> 01:15:47.317 in their factory farms and in on

NOTE Confidence: 0.8685409

01:15:47.317 --> 01:15:48.752 the factory line where workers

NOTE Confidence: 0.8685409

01:15:48.752 --> 01:15:50.427 are being mistreated in crowded.

NOTE Confidence: 0.8685409

01:15:50.430 --> 01:15:52.418 You know we have to have much

NOTE Confidence: 0.8685409

01:15:52.418 --> 01:15:54.267 higher standards there that in and

NOTE Confidence: 0.8685409

01:15:54.267 --> 01:15:55.827 of itself having higher standards

NOTE Confidence: 0.8685409

01:15:55.827 --> 01:15:57.600 for factory farms and factories.

NOTE Confidence: 0.8685409

01:15:57.600 --> 01:15:58.587 Farm factory workers.

NOTE Confidence: 0.8685409

01:15:58.587 --> 01:16:00.561 That's going to raise prices because

NOTE Confidence: 0.8685409

01:16:00.561 --> 01:16:02.567 the price is currently that that

NOTE Confidence: 0.8685409

01:16:02.567 --> 01:16:04.187 are are charged are artificially

NOTE Confidence: 0.8685409

01:16:04.241 --> 01:16:05.931 low because of really cruel

NOTE Confidence: 0.8685409

01:16:05.931 --> 01:16:06.945 and inhumane practices.

NOTE Confidence: 0.8623689

01:16:06.950 --> 01:16:08.620 Tord Animals and Tord people,

NOTE Confidence: 0.8623689

01:16:08.620 --> 01:16:10.588 and so already if you just

NOTE Confidence: 0.8623689

01:16:10.588 --> 01:16:12.300 change that and nothing else,

NOTE Confidence: 0.8623689

01:16:12.300 --> 01:16:14.239 prices are probably going to go up

NOTE Confidence: 0.8623689

01:16:14.239 --> 01:16:16.276 and then combine that with subsidies

NOTE Confidence: 0.8623689

01:16:16.276 --> 01:16:18.181 and financial incentives to provide

NOTE Confidence: 0.8623689

01:16:18.181 --> 01:16:20.310 healthier food in food deserts already,

NOTE Confidence: 0.8623689

01:16:20.310 --> 01:16:22.176 that that that in and of  
NOTE Confidence: 0.8623689

01:16:22.176 --> 01:16:23.990 itself makes a huge change.  
NOTE Confidence: 0.8623689

01:16:23.990 --> 01:16:25.898 And and that just seems to  
NOTE Confidence: 0.8623689

01:16:25.898 --> 01:16:27.660 me like it's common sense,  
NOTE Confidence: 0.8623689

01:16:27.660 --> 01:16:29.748 and that that really shouldn't be.  
NOTE Confidence: 0.8623689

01:16:29.750 --> 01:16:31.290 A controversial point, but again,  
NOTE Confidence: 0.8623689

01:16:31.290 --> 01:16:33.006 realizing that I have a bias  
NOTE Confidence: 0.8623689

01:16:33.006 --> 01:16:34.970 if not a conflict of interest,  
NOTE Confidence: 0.8623689

01:16:34.970 --> 01:16:36.806 it's my confluence of interests that,  
NOTE Confidence: 0.8623689

01:16:36.810 --> 01:16:38.665 you know, I I find all of  
NOTE Confidence: 0.8623689

01:16:38.665 --> 01:16:40.190 these reasons very compelling,  
NOTE Confidence: 0.8623689

01:16:40.190 --> 01:16:42.638 and I think you know it's it's well past  
NOTE Confidence: 0.8623689

01:16:42.638 --> 01:16:44.789 time to make these changes alright?  
NOTE Confidence: 0.8623689

01:16:44.790 --> 01:16:45.410 Well, here's  
NOTE Confidence: 0.854234

01:16:45.410 --> 01:16:47.348 a suggestion from someone that maybe  
NOTE Confidence: 0.854234

01:16:47.348 --> 01:16:49.980 will get us to change our behavior.

NOTE Confidence: 0.854234

01:16:49.980 --> 01:16:52.710 Do you think images of animal slaughter,

NOTE Confidence: 0.854234

01:16:52.710 --> 01:16:54.615 similar to cancer pictures on

NOTE Confidence: 0.854234

01:16:54.615 --> 01:16:56.520 cigarette cartoons would be effective

NOTE Confidence: 0.854234

01:16:56.578 --> 01:16:58.170 in altering consumer habits?

NOTE Confidence: 0.8696345

01:16:59.610 --> 01:17:03.426 I do and I will say that as someone

NOTE Confidence: 0.8696345

01:17:03.426 --> 01:17:06.908 for whom that's been effective.

NOTE Confidence: 0.8696345

01:17:06.910 --> 01:17:09.439 You know, I've I've had a sort of slow

NOTE Confidence: 0.8696345

01:17:09.439 --> 01:17:11.578 progress toward a more plant based diet.

NOTE Confidence: 0.8696345

01:17:11.580 --> 01:17:14.118 As I've gotten older and you know we were

NOTE Confidence: 0.8696345

01:17:14.118 --> 01:17:16.245 talking about this a little bit before,

NOTE Confidence: 0.8696345

01:17:16.250 --> 01:17:18.590 but you know, I I when I was in

NOTE Confidence: 0.8696345

01:17:18.590 --> 01:17:21.075 middle school I had that that dog pig

NOTE Confidence: 0.8696345

01:17:21.075 --> 01:17:23.537 epiphany and I was like wait a minute

NOTE Confidence: 0.8696345

01:17:23.537 --> 01:17:26.186 like this is this is not OK I was,

NOTE Confidence: 0.8696345

01:17:26.186 --> 01:17:28.553 you know totally in love with my with

NOTE Confidence: 0.8696345



01:17:28.553 --> 01:17:31.361 my Westie and I just one day is like I  
NOTE Confidence: 0.8696345

01:17:31.361 --> 01:17:33.769 can't eat other mammals and so I just  
NOTE Confidence: 0.8696345

01:17:33.770 --> 01:17:35.594 stopped eating mammals and because I  
NOTE Confidence: 0.8696345

01:17:35.594 --> 01:17:37.979 that was where the connection was made.  
NOTE Confidence: 0.8696345

01:17:37.980 --> 01:17:40.689 And I actually I had thought about  
NOTE Confidence: 0.8696345

01:17:40.689 --> 01:17:43.098 not eating poultry for a long time,  
NOTE Confidence: 0.8696345

01:17:43.100 --> 01:17:45.669 but I sort of didn't stop really,  
NOTE Confidence: 0.8696345

01:17:45.670 --> 01:17:47.500 mostly not to inconvenience other  
NOTE Confidence: 0.8696345

01:17:47.500 --> 01:17:50.062 people and not to be, you know,  
NOTE Confidence: 0.8696345

01:17:50.062 --> 01:17:51.160 the quote difficult.  
NOTE Confidence: 0.8696345

01:17:51.160 --> 01:17:53.792 And I actually saw some some pictures  
NOTE Confidence: 0.8696345

01:17:53.792 --> 01:17:56.700 of poultry and and it was just one  
NOTE Confidence: 0.8696345

01:17:56.700 --> 01:17:58.840 picture in particular an it just.  
NOTE Confidence: 0.8696345

01:17:58.840 --> 01:17:59.938 It was heartbreaking.  
NOTE Confidence: 0.8696345

01:17:59.938 --> 01:18:02.456 I was like that's it, I'm out.  
NOTE Confidence: 0.8696345

01:18:02.456 --> 01:18:05.200 And then I became PESCO vegetarian and it

NOTE Confidence: 0.8696345

01:18:05.273 --> 01:18:08.087 was only recently that I've moved toward.

NOTE Confidence: 0.8696345

01:18:08.090 --> 01:18:09.705 Predominantly vegan or vegan at

NOTE Confidence: 0.8696345

01:18:09.705 --> 01:18:11.320 home and an otherwise vegetarian

NOTE Confidence: 0.8696345

01:18:11.371 --> 01:18:13.100 and experience so so that to get

NOTE Confidence: 0.8696345

01:18:13.100 --> 01:18:14.350 to the questions directly.

NOTE Confidence: 0.81386375

01:18:14.350 --> 01:18:15.980 Though because those pictures you

NOTE Confidence: 0.81386375

01:18:15.980 --> 01:18:18.270 know in in the consumer spaces are

NOTE Confidence: 0.81386375

01:18:18.270 --> 01:18:20.356 very very start so you think when

NOTE Confidence: 0.81386375

01:18:20.356 --> 01:18:22.510 someone goes to buy a couple of pounds

NOTE Confidence: 0.81386375

01:18:22.510 --> 01:18:24.630 of ground beef that on the back of

NOTE Confidence: 0.81386375

01:18:24.630 --> 01:18:26.590 the package or the front of the

NOTE Confidence: 0.81386375

01:18:26.590 --> 01:18:28.515 package there should be a picture of

NOTE Confidence: 0.81386375

01:18:28.515 --> 01:18:31.040 a cow in the slaughterhouse. Sorry I

NOTE Confidence: 0.81386375

01:18:31.040 --> 01:18:32.455 didn't I misunderstood the question

NOTE Confidence: 0.81386375

01:18:32.455 --> 01:18:34.545 I thought you meant just more in

NOTE Confidence: 0.81386375

01:18:34.545 --> 01:18:36.095 general are those pictures compelling?

NOTE Confidence: 0.81386375

01:18:36.100 --> 01:18:37.288 Like in the pictures

NOTE Confidence: 0.81386375

01:18:37.290 --> 01:18:38.855 are certainly compelling, but they're

NOTE Confidence: 0.81386375

01:18:38.855 --> 01:18:40.420 talking about the cancer pictures.

NOTE Confidence: 0.81386375

01:18:40.420 --> 01:18:42.664 On cigarette carton, so I think

NOTE Confidence: 0.81386375

01:18:42.664 --> 01:18:44.697 the analogy would be slaughter

NOTE Confidence: 0.81386375

01:18:44.697 --> 01:18:46.977 pictures or be King pictures

NOTE Confidence: 0.849684

01:18:46.980 --> 01:18:48.231 on meat packaging.

NOTE Confidence: 0.849684

01:18:48.231 --> 01:18:51.490 I mean you know that that stuff do.

NOTE Confidence: 0.849684

01:18:51.490 --> 01:18:54.360 I think that that would be affective.

NOTE Confidence: 0.849684

01:18:54.360 --> 01:18:56.784 Absolutely do I think that that

NOTE Confidence: 0.849684

01:18:56.784 --> 01:18:58.400 would be incredibly polarizing

NOTE Confidence: 0.849684

01:18:58.469 --> 01:19:00.097 Ann and might ultimately.

NOTE Confidence: 0.8378122

01:19:02.220 --> 01:19:04.495 Hurt the movement more than help it.

NOTE Confidence: 0.8378122

01:19:04.500 --> 01:19:06.456 I don't know. I don't know.

NOTE Confidence: 0.8378122

01:19:06.460 --> 01:19:10.420 I mean, I think that's a great idea.

NOTE Confidence: 0.8378122

01:19:10.420 --> 01:19:13.578 But I I think I, you know, I almost

NOTE Confidence: 0.8378122

01:19:13.578 --> 01:19:15.870 wonder in our hyper polarized environment.

NOTE Confidence: 0.8378122

01:19:15.870 --> 01:19:17.842 What kind of backlash

NOTE Confidence: 0.8378122

01:19:17.842 --> 01:19:20.307 that might create and I?

NOTE Confidence: 0.8378122

01:19:20.310 --> 01:19:23.982 I can't help but think I'd I'd rather I'd

NOTE Confidence: 0.8378122

01:19:23.982 --> 01:19:27.376 rather use more carrots and fewer sticks.

NOTE Confidence: 0.8378122

01:19:27.380 --> 01:19:29.668 And in that sense, but you know honestly,

NOTE Confidence: 0.8378122

01:19:29.670 --> 01:19:31.380 I need to think about that.

NOTE Confidence: 0.8378122

01:19:31.380 --> 01:19:34.440 I don't know. I think that.

NOTE Confidence: 0.8378122

01:19:34.440 --> 01:19:38.659 I think it would be effective, but is that?

NOTE Confidence: 0.8378122

01:19:38.660 --> 01:19:40.124 I just don't know.

NOTE Confidence: 0.8378122

01:19:40.124 --> 01:19:42.850 I'd love to see data on that.

NOTE Confidence: 0.8378122

01:19:42.850 --> 01:19:44.382 Now you got the study.

NOTE Confidence: 0.8378122

01:19:44.382 --> 01:19:45.300 Now you have

NOTE Confidence: 0.86461115

01:19:45.300 --> 01:19:46.218 this study. OK,

NOTE Confidence: 0.86461115

01:19:46.218 --> 01:19:47.748 let's go to another question.

NOTE Confidence: 0.86461115

01:19:47.750 --> 01:19:49.580 Do you have any thoughts on

NOTE Confidence: 0.86461115

01:19:49.580 --> 01:19:50.190 regenerative agriculture?

NOTE Confidence: 0.69117457

01:19:51.820 --> 01:19:55.700 Oh mean meaning. Cell based

NOTE Confidence: 0.69117457

01:19:55.700 --> 01:19:57.170 meat is that you know, I'm not

NOTE Confidence: 0.8722971

01:19:57.170 --> 01:19:58.430 sure if that's what they mean,

NOTE Confidence: 0.8722971

01:19:58.430 --> 01:19:59.738 but I'm gonna I'm going to

NOTE Confidence: 0.8722971

01:19:59.738 --> 01:20:02.400 assume that's what's meant. Here.

NOTE Confidence: 0.8722971

01:20:02.400 --> 01:20:05.120 Because I think this mean that term also,

NOTE Confidence: 0.8722971

01:20:05.120 --> 01:20:07.927 you know to some brings to mind

NOTE Confidence: 0.8722971

01:20:07.927 --> 01:20:10.869 you know top cell regeneration.

NOTE Confidence: 0.8722971

01:20:10.870 --> 01:20:12.160 Water cycling and such,

NOTE Confidence: 0.8722971

01:20:12.160 --> 01:20:14.811 but but I think that the the the

NOTE Confidence: 0.8722971

01:20:14.811 --> 01:20:16.898 the cell based meat, the plant,

NOTE Confidence: 0.8722971

01:20:16.898 --> 01:20:19.142 you know that these laboratory based

NOTE Confidence: 0.8722971

01:20:19.142 --> 01:20:21.696 meat etc that that Bill Gates has

NOTE Confidence: 0.8722971

01:20:21.696 --> 01:20:24.382 recently been talking to us about even

NOTE Confidence: 0.8722971

01:20:24.382 --> 01:20:26.577 the laboratory based yogurts right?

NOTE Confidence: 0.8722971

01:20:26.580 --> 01:20:28.480 I think that's that's the area

NOTE Confidence: 0.8722971

01:20:28.480 --> 01:20:30.670 perhaps that the question and I don't

NOTE Confidence: 0.8722971

01:20:30.670 --> 01:20:32.518 mean to try and reach someone else,

NOTE Confidence: 0.8722971

01:20:32.520 --> 01:20:33.708 am I think that's

NOTE Confidence: 0.8345358

01:20:33.710 --> 01:20:35.190 perhaps what they're referring to?

NOTE Confidence: 0.8345358

01:20:35.190 --> 01:20:37.674 OK, I mean, I, I think that sort of

NOTE Confidence: 0.8345358

01:20:37.674 --> 01:20:39.946 similar to the plant based meat there.

NOTE Confidence: 0.8345358

01:20:39.950 --> 01:20:41.138 There's some, certainly it

NOTE Confidence: 0.8345358

01:20:41.138 --> 01:20:42.920 helps with some of the issues.

NOTE Confidence: 0.8345358

01:20:42.920 --> 01:20:45.584 So in terms of animal welfare and excuse me,

NOTE Confidence: 0.8345358

01:20:45.590 --> 01:20:47.075 climate change, I think it

NOTE Confidence: 0.8345358

01:20:47.075 --> 01:20:48.560 definitely makes a huge difference.

NOTE Confidence: 0.8345358

01:20:48.560 --> 01:20:50.639 And if that's going to be a

NOTE Confidence: 0.8345358

01:20:50.639 --> 01:20:51.530 necessary stepping stone,  
NOTE Confidence: 0.8345358

01:20:51.530 --> 01:20:53.371 and I do think that we're going  
NOTE Confidence: 0.8345358

01:20:53.371 --> 01:20:54.935 to be multi pronged approach  
NOTE Confidence: 0.8345358

01:20:54.935 --> 01:20:57.065 because some people are just not  
NOTE Confidence: 0.8345358

01:20:57.065 --> 01:20:59.369 going to be willing to give it up.  
NOTE Confidence: 0.8345358

01:20:59.370 --> 01:21:01.864 I think that's a great idea, but again,  
NOTE Confidence: 0.8345358

01:21:01.864 --> 01:21:03.736 going back to a health standpoint,  
NOTE Confidence: 0.8345358

01:21:03.740 --> 01:21:05.300 putting on my cardiologist hat,  
NOTE Confidence: 0.8345358

01:21:05.300 --> 01:21:07.166 taking off the animal lover hat,  
NOTE Confidence: 0.8345358

01:21:07.170 --> 01:21:09.347 you know that's really going to be.  
NOTE Confidence: 0.8345358

01:21:09.350 --> 01:21:11.228 If it truly is lab based,  
NOTE Confidence: 0.8345358

01:21:11.230 --> 01:21:13.096 you know regenerated cell based meat.  
NOTE Confidence: 0.8345358

01:21:13.100 --> 01:21:14.790 Presumably it will be nutritionally  
NOTE Confidence: 0.8345358

01:21:14.790 --> 01:21:16.839 equivalent to eating meat from a cow,  
NOTE Confidence: 0.8345358

01:21:16.840 --> 01:21:19.056 and so you know if you if you  
NOTE Confidence: 0.8345358

01:21:19.056 --> 01:21:20.700 don't care about your health

NOTE Confidence: 0.8345358

01:21:20.700 --> 01:21:23.073 and you're like you know a doc.

NOTE Confidence: 0.8345358

01:21:23.080 --> 01:21:25.574 I hear you, but I'm healthy, I'm good.

NOTE Confidence: 0.8345358

01:21:25.574 --> 01:21:28.070 I mean, I want to keep eating meat,

NOTE Confidence: 0.8345358

01:21:28.070 --> 01:21:29.670 but I'm very concerned about

NOTE Confidence: 0.8345358

01:21:29.670 --> 01:21:30.950 animals on the planet.

NOTE Confidence: 0.8345358

01:21:30.950 --> 01:21:31.508 You know,

NOTE Confidence: 0.8345358

01:21:31.508 --> 01:21:33.182 for someone for whom those are

NOTE Confidence: 0.8345358

01:21:33.182 --> 01:21:34.340 more compelling priorities,

NOTE Confidence: 0.8345358

01:21:34.340 --> 01:21:36.492 I think cell based or lab based meat

NOTE Confidence: 0.8345358

01:21:36.492 --> 01:21:38.650 is going to be helpful alternative.

NOTE Confidence: 0.8345358

01:21:38.650 --> 01:21:39.380 And again,

NOTE Confidence: 0.8345358

01:21:39.380 --> 01:21:41.570 I I think realizing that we're

NOTE Confidence: 0.8345358

01:21:41.570 --> 01:21:43.548 going to have to sort of.

NOTE Confidence: 0.8345358

01:21:43.550 --> 01:21:45.210 Attack this on multiple fronts.

NOTE Confidence: 0.8345358

01:21:45.210 --> 01:21:47.190 I think that's a fantastic idea.

NOTE Confidence: 0.8345358



01:21:47.190 --> 01:21:49.181 Something I'm going to, you know.  
NOTE Confidence: 0.8345358

01:21:49.181 --> 01:21:51.167 I have no intention of eating  
NOTE Confidence: 0.8345358

01:21:51.167 --> 01:21:52.160 plant based meat,  
NOTE Confidence: 0.8345358

01:21:52.160 --> 01:21:53.815 but that doesn't mean that  
NOTE Confidence: 0.8345358

01:21:53.815 --> 01:21:55.139 other people people shouldn't.  
NOTE Confidence: 0.8345358

01:21:55.140 --> 01:21:56.795 It's just that that's not  
NOTE Confidence: 0.8345358

01:21:56.795 --> 01:21:58.780 appealing to me at all gotcha.  
NOTE Confidence: 0.8338487

01:21:58.780 --> 01:22:00.435 OK, so here's a question  
NOTE Confidence: 0.8338487

01:22:00.435 --> 01:22:02.090 for a cardiologist as well,  
NOTE Confidence: 0.8338487

01:22:02.090 --> 01:22:04.738 perhaps is there a way to promote plant  
NOTE Confidence: 0.8338487

01:22:04.738 --> 01:22:07.422 based plant based diets in a way that  
NOTE Confidence: 0.8338487

01:22:07.422 --> 01:22:09.698 is congruent with health at every size?  
NOTE Confidence: 0.8338487

01:22:09.700 --> 01:22:11.495 Another fat liberation movements that  
NOTE Confidence: 0.8338487

01:22:11.495 --> 01:22:13.740 seek to separate weight and health.  
NOTE Confidence: 0.8338487

01:22:13.740 --> 01:22:16.218 I mean, I, I think that again,  
NOTE Confidence: 0.8338487

01:22:16.220 --> 01:22:19.944 as a cardiologist, I think the the.

NOTE Confidence: 0.8338487

01:22:19.950 --> 01:22:22.038 An effort to to to play down body shaming

NOTE Confidence: 0.8338487

01:22:22.038 --> 01:22:24.167 I think is a very worthwhile effort.

NOTE Confidence: 0.8338487

01:22:24.170 --> 01:22:26.546 On the other hand, I think is a cardiologist.

NOTE Confidence: 0.8338487

01:22:26.550 --> 01:22:28.302 Perhaps you might want to tell us that

NOTE Confidence: 0.8338487

01:22:28.302 --> 01:22:29.935 we can't completely separate size and

NOTE Confidence: 0.8338487

01:22:29.935 --> 01:22:32.255 health or weight and health that these are

NOTE Confidence: 0.8338487

01:22:32.255 --> 01:22:33.935 not totally distinct concepts as well,

NOTE Confidence: 0.8338487

01:22:33.940 --> 01:22:35.788 but but the question wants to know,

NOTE Confidence: 0.8338487

01:22:35.790 --> 01:22:37.930 is there a way to do this to promote the

NOTE Confidence: 0.8338487

01:22:37.990 --> 01:22:40.174 plant based diet in a way that's congruent

NOTE Confidence: 0.8338487

01:22:40.174 --> 01:22:42.390 with the health at every size movement?

NOTE Confidence: 0.82566273

01:22:43.050 --> 01:22:46.490 Yeah, so you know, I think your comments.

NOTE Confidence: 0.82566273

01:22:46.490 --> 01:22:49.500 Actually, you're you summed it up perfectly.

NOTE Confidence: 0.82566273

01:22:49.500 --> 01:22:52.425 Which is to say that I don't think that

NOTE Confidence: 0.82566273

01:22:52.425 --> 01:22:55.514 you can fairly completely D couple

NOTE Confidence: 0.82566273

01:22:55.514 --> 01:22:57.662 weight and cardiovascular health.  
NOTE Confidence: 0.82566273

01:22:57.670 --> 01:23:00.190 I just think that the the  
NOTE Confidence: 0.82566273

01:23:00.190 --> 01:23:02.400 data would not support that.  
NOTE Confidence: 0.82566273

01:23:02.400 --> 01:23:04.500 However, you know that that's there  
NOTE Confidence: 0.82566273

01:23:04.500 --> 01:23:06.985 other things that are more directly  
NOTE Confidence: 0.82566273

01:23:06.985 --> 01:23:08.518 correlated with cardiovascular  
NOTE Confidence: 0.82566273

01:23:08.518 --> 01:23:10.562 disease specific risk factors,  
NOTE Confidence: 0.82566273

01:23:10.570 --> 01:23:13.396 although many of those risk factors.  
NOTE Confidence: 0.82566273

01:23:13.400 --> 01:23:15.310 Are also correlated with obesity,  
NOTE Confidence: 0.82566273

01:23:15.310 --> 01:23:18.730 but I think that we really that being said,  
NOTE Confidence: 0.82566273

01:23:18.730 --> 01:23:19.759 you know what?  
NOTE Confidence: 0.82566273

01:23:19.759 --> 01:23:22.160 While I don't think that we should  
NOTE Confidence: 0.82566273

01:23:22.238 --> 01:23:24.548 be disingenuous and sort of actively  
NOTE Confidence: 0.82566273

01:23:24.548 --> 01:23:27.499 state that that we see no correlation,  
NOTE Confidence: 0.82566273

01:23:27.500 --> 01:23:30.160 where in fact there is a correlation.  
NOTE Confidence: 0.82566273

01:23:30.160 --> 01:23:32.589 But certainly I don't think that should

NOTE Confidence: 0.82566273

01:23:32.589 --> 01:23:35.498 be the focus of healthy eating programs,

NOTE Confidence: 0.82566273

01:23:35.500 --> 01:23:37.780 whether it's plant based or otherwise,

NOTE Confidence: 0.82566273

01:23:37.780 --> 01:23:40.230 where you know the the primary concern

NOTE Confidence: 0.82566273

01:23:40.230 --> 01:23:43.444 should not be weight so much as other

NOTE Confidence: 0.82566273

01:23:43.444 --> 01:23:45.120 metabolic indices that actually.

NOTE Confidence: 0.82566273

01:23:45.120 --> 01:23:46.029 Are better correlated.

NOTE Confidence: 0.82566273

01:23:46.029 --> 01:23:49.330 So what do I mean by those metabolic indices?

NOTE Confidence: 0.82566273

01:23:49.330 --> 01:23:50.032 Waist circumference,

NOTE Confidence: 0.82566273

01:23:50.032 --> 01:23:52.138 which again does correlate with weight.

NOTE Confidence: 0.82566273

01:23:52.140 --> 01:23:54.246 But we know that that central

NOTE Confidence: 0.82566273

01:23:54.246 --> 01:23:55.650 obesity or central adiposity?

NOTE Confidence: 0.82566273

01:23:55.650 --> 01:23:58.458 Those fat cells that deposit on our organs,

NOTE Confidence: 0.82566273

01:23:58.460 --> 01:23:59.864 also called visceral fat.

NOTE Confidence: 0.82566273

01:23:59.864 --> 01:24:01.970 That's a lot more metabolically active.

NOTE Confidence: 0.82566273

01:24:01.970 --> 01:24:04.394 And subcutaneous fat and so measuring

NOTE Confidence: 0.82566273

01:24:04.394 --> 01:24:06.383 someone's waist circumference may actually

NOTE Confidence: 0.82566273

01:24:06.383 --> 01:24:08.574 give you a lot more information than

NOTE Confidence: 0.82566273

01:24:08.574 --> 01:24:10.739 than just putting them on the scale.

NOTE Confidence: 0.82566273

01:24:10.740 --> 01:24:13.169 But even that is if that's going

NOTE Confidence: 0.82566273

01:24:13.169 --> 01:24:15.130 to be too difficult.

NOTE Confidence: 0.82566273

01:24:15.130 --> 01:24:17.174 You know, let's look at blood pressure.

NOTE Confidence: 0.82566273

01:24:17.180 --> 01:24:18.650 Let's look at hemoglobin A1C,

NOTE Confidence: 0.82566273

01:24:18.650 --> 01:24:20.414 which is a measure of long-term

NOTE Confidence: 0.82566273

01:24:20.414 --> 01:24:21.927 blood glucose control that's used

NOTE Confidence: 0.82566273

01:24:21.927 --> 01:24:23.607 to measure people with diabetes and

NOTE Confidence: 0.82566273

01:24:23.607 --> 01:24:25.379 pre diabetes and how well they're

NOTE Confidence: 0.82566273

01:24:25.379 --> 01:24:26.555 doing on their regimens.

NOTE Confidence: 0.82566273

01:24:26.560 --> 01:24:28.020 Let's look at cholesterol panels

NOTE Confidence: 0.82566273

01:24:28.020 --> 01:24:29.827 like there are lots of metabolic

NOTE Confidence: 0.82566273

01:24:29.827 --> 01:24:31.829 indices that that we can look at.

NOTE Confidence: 0.82566273

01:24:31.830 --> 01:24:33.588 We can look at CR P,

NOTE Confidence: 0.82566273

01:24:33.590 --> 01:24:35.634 which is a measure of of inflammation.

NOTE Confidence: 0.82566273

01:24:35.640 --> 01:24:37.976 So so I I I don't think again,

NOTE Confidence: 0.82566273

01:24:37.980 --> 01:24:39.884 I think this is not exclusive to

NOTE Confidence: 0.82566273

01:24:39.884 --> 01:24:41.698 plant based we we shouldn't be

NOTE Confidence: 0.82566273

01:24:41.698 --> 01:24:43.253 in the business of shaming.

NOTE Confidence: 0.82566273

01:24:43.260 --> 01:24:45.900 And again, it sort of goes toward the.

NOTE Confidence: 0.82566273

01:24:45.900 --> 01:24:47.790 Let's I want us to focus on

NOTE Confidence: 0.82566273

01:24:47.790 --> 01:24:49.080 carrots more than sticks.

NOTE Confidence: 0.82566273

01:24:49.080 --> 01:24:51.672 I want this to be as inclusive as possible.

NOTE Confidence: 0.82566273

01:24:51.680 --> 01:24:53.664 I think that you know we need to

NOTE Confidence: 0.82566273

01:24:53.664 --> 01:24:55.265 realize that there are some people

NOTE Confidence: 0.82566273

01:24:55.265 --> 01:24:57.251 who are going to find the health

NOTE Confidence: 0.82566273

01:24:57.251 --> 01:24:59.477 arguments compelling but not the others.

NOTE Confidence: 0.82566273

01:24:59.480 --> 01:25:01.896 Some that are going to find the animal

NOTE Confidence: 0.82566273

01:25:01.896 --> 01:25:03.528 arguments compelling but not the others.

NOTE Confidence: 0.82566273

01:25:03.530 --> 01:25:05.155 The climate arguments compelling we

NOTE Confidence: 0.82566273

01:25:05.155 --> 01:25:06.780 I wanted inclusive movement that's

NOTE Confidence: 0.82566273

01:25:06.835 --> 01:25:07.579 not about 0 sum.

NOTE Confidence: 0.82566273

01:25:07.580 --> 01:25:09.596 You know, if you're not with us,

NOTE Confidence: 0.82566273

01:25:09.600 --> 01:25:11.328 you're against note like that there.

NOTE Confidence: 0.82566273

01:25:11.330 --> 01:25:12.725 There's something in plant based

NOTE Confidence: 0.82566273

01:25:12.725 --> 01:25:14.799 nutrition for for most if not everyone.

NOTE Confidence: 0.82566273

01:25:14.800 --> 01:25:15.852 And so I I.

NOTE Confidence: 0.82566273

01:25:15.852 --> 01:25:18.191 I don't think that you know a myopic

NOTE Confidence: 0.82566273

01:25:18.191 --> 01:25:20.255 focus on weight is is helpful

NOTE Confidence: 0.82566273

01:25:20.255 --> 01:25:22.111 or necessary without explicitly

NOTE Confidence: 0.82566273

01:25:22.111 --> 01:25:24.299 decoupling the link between

NOTE Confidence: 0.82566273

01:25:24.299 --> 01:25:26.487 weight and cardiovascular disease,

NOTE Confidence: 0.82566273

01:25:26.490 --> 01:25:28.896 because I do think that's disingenuous.

NOTE Confidence: 0.8570952

01:25:29.910 --> 01:25:32.080 You know, so there's a whole bunch

NOTE Confidence: 0.8570952

01:25:32.080 --> 01:25:34.250 more questions, and our time is up.

NOTE Confidence: 0.8570952

01:25:34.250 --> 01:25:35.490 There was tremendous influence.

NOTE Confidence: 0.8570952

01:25:35.490 --> 01:25:37.350 Obviously tremendous interest in the talking.

NOTE Confidence: 0.8570952

01:25:37.350 --> 01:25:39.436 The talk stimulated a lot of great

NOTE Confidence: 0.8570952

01:25:39.436 --> 01:25:41.017 questions and conversations which will

NOTE Confidence: 0.8570952

01:25:41.017 --> 01:25:42.925 hopefully carry forward to beyond tonight.

NOTE Confidence: 0.8570952

01:25:42.930 --> 01:25:44.764 Doctor Who I want to thank you

NOTE Confidence: 0.8570952

01:25:44.764 --> 01:25:46.340 for a tremendous presentation.

NOTE Confidence: 0.8570952

01:25:46.340 --> 01:25:48.615 I want to apologize to those who

NOTE Confidence: 0.8570952

01:25:48.615 --> 01:25:50.679 ask questions that I didn't get to,

NOTE Confidence: 0.8570952

01:25:50.680 --> 01:25:52.230 but I've promised you all

NOTE Confidence: 0.8570952

01:25:52.230 --> 01:25:53.780 the hard stop at 6:30,

NOTE Confidence: 0.8570952

01:25:53.780 --> 01:25:56.260 which is about to happen any second now.

NOTE Confidence: 0.8570952

01:25:56.260 --> 01:25:59.590 It's 629, so I am going to stop it here.

NOTE Confidence: 0.8570952

01:25:59.590 --> 01:26:01.222 I'm going to thank you and

NOTE Confidence: 0.8570952

01:26:01.222 --> 01:26:03.000 thank you all for attending.

NOTE Confidence: 0.8570952



01:26:03.000 --> 01:26:05.480 We look forward to seeing you at our  
NOTE Confidence: 0.8570952

01:26:05.480 --> 01:26:07.555 next program when in a couple weeks  
NOTE Confidence: 0.8570952

01:26:07.555 --> 01:26:09.674 and you can check our schedule on  
NOTE Confidence: 0.8570952

01:26:09.674 --> 01:26:11.984 the on the website and Doctor Hall.  
NOTE Confidence: 0.8570952

01:26:11.990 --> 01:26:12.610 Wonderful talk.  
NOTE Confidence: 0.8570952

01:26:12.610 --> 01:26:13.850 Thank you so much.  
NOTE Confidence: 0.8570952

01:26:13.850 --> 01:26:17.112 Thank you and thank you everyone for coming.  
NOTE Confidence: 0.8570952

01:26:17.112 --> 01:26:19.215 Good I thought.