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The Solari Report

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**The Solari Wellness Series:
Healthy Nutrition on a Budget
with
Dr. Sarica Cernohous**

THE FUNKY KITCHEN

THE MISSING LINK IN YOUR NUTRITION AND WELLNESS



Brigitte Mouchet: Welcome to another episode of The Solari Wellness Series! This is Brigitte Mouchet, and I am speaking today with Sarica Cernohous.

Sarica is a doctor of acupuncture and Chinese medicine. She teaches nutrition at the masters level and is on the board for the National Association of Nutrition Professionals. She is a coach for Metabolic Balance of Germany and a chapter leader for the Weston A. Price Foundation. Sarica is also a Solari subscriber who had contacted me for my wellness platform.

Sarica, welcome to The Solari Wellness Series!

Dr. Sarica Cernohous: Brigitte, I am so happy to be here. Thank you for having me.

Mouchet: Thank you for being here.

Today we are going to talk about a very down-to-earth topic: Healthy nutrition on a budget. What I like about Sarica as a nutritionist is that she combines knowledge and wisdom from Chinese medicine, Ayurveda, and traditional foods to create a very interesting way of cooking and eating that is not boring and not too complicated either.

Sarica wrote a book, *The Funky Kitchen*, which is a user-friendly book about traditional foods. It's more about the preparation and cooking techniques and why we would want to do that.

So when times are uncertain, we want to be able to eat healthy food no matter what. That is why we chose to discuss how to have a healthy and nutritious diet on a budget. We will share some of the most important ways to stay healthy through nutrition. That means having plenty of energy, a healthy weight, a good digestion, and a strong immune system. If we have time, we will also touch on the best medicinal foods and herbs.

While we talk about all of this, let's keep in mind that we may not have an unlimited budget for food and supplements, so I would like to be able to highlight what is absolutely necessary versus what is nice to have or not necessary at all.

Sarica, where shall we start?

Cernohous: Goodness! I love that we are talking about this because this year that we all lived through – 2020 – really was very taxing on our sense of feeling grounded and our certainty of what the next day would bring. The apple cart was overturned, and it was quite a mess.

The interesting thing was I remember looking at a lot of what was being fed to people in

media and social media, and it was kind of like a ‘Netflix and chill’ type language for people to just stay home and drink wine and binge on Netflix series. It was a very strange message to put out to people who are in a stress state. It was really one of the lowest options of how we can direct people societally, of how to look after themselves to be kind-of half-drunk and plugged into something on the television.

Mouchet: It’s more like escaping reality.

Cernohous: It’s totally escaping. It’s not putting you into a position of creation; it’s a very reactionary position that over time is going to deplete you and continue to make your situation worse – even if everything else is starting to perk up again.

I feel like for many people it was a very peculiar year in that regard. I heard about a lot of people putting on weight. We also saw the depression and anxiety that families and people on their own terms felt as their lives were upturned. It immediately became very clear to me how important it was for people to be sure to use nutrition as a means of grounding themselves and helping to right their ship in these uncharted waters. It’s really a huge deal.

In the nutrition class that I teach, we talk about fasting. The reason why I think about that is this: Even if you are choosing to not eat, we always have a thought of food on our minds, and we make decisions around food, even if it means that we are going to do a fast or something along those lines. We are still thinking about that, and we are still using food as a tool or not eating as a tool.

It is something that we deal with every day. Just as what it is that we are taking in through the nutrition of what we listen to, what we see, and what we feel on our bodies, that is another level of nutrition, and that is incredibly important.

This very physical activity of eating is something that has a very connected-to-the-earth capacity that really does help to ground us. I know that we’ve said that about three times already in this discussion, but it is something that we can use to create greater harmony within this temple that we reside in, our bodies.

The ‘Netflix and chill’ approach is something that doesn’t serve us. It might be an escape, and it might feel pretty good for a short window of time, but pretty quickly the returns on that get too diminishing. So whatever we can do to give ourselves that sense of nourishment and that sense of grounding is really impactful.

We came into this, Brigitte, and from my many years of working in natural medicine and being very interested in nutrition, I’ve seen the confusion that shows up in people’s lives regularly around what to eat. “Is this good for me? Is this going to make me fat? Is this going to make me happy?”

There is this confusion around when to eat and why to eat something. So this innate understanding within ourselves of what these signals are in terms of what we need is something that I would say the vast majority of people were removed from – and maybe even never knew about – going into this challenging last year, which we are still dealing with.

I feel like so many people came into this situation not prepared on many levels for what was foisted upon them and how to surf those waters in a way that would best serve them.

Mouchet: Absolutely, and I would like to say as well that in terms of diet, there is no one size fits all, right? We are all different. We are of different types. So how do we know what is right for us?

Cernohous: That is such a tough question. It is a challenging situation when we don't have that inner knowing of what we need on a given day because it changes. I mean, dependent on what your activity level is, how your sleep was the night before, potential stress situations that are happening within your home and with other family members, where you are hormonally. All of these have an impact on what is going to show up as the 'right' food for you to eat at your next meal.

I'm just saying all of this to honor how tough that can be to understand. In my mind, the simplest thing that we can do is to work with foods in a format that are closest to their original format. I was born in 1971, and I grew up in a snacking and fast food environment. That was what that was for me. Societally, we grew up in a processed, snacking food environment – at least in the United States. I have seen what we have done with nutrition bleed out to other countries and cultures around the world.

So, I began to really look at nutrition a number of years ago. What I found the most centering and grounding of all of the things that I felt enthused about was moving back to working with nutrition that is close to its original format. What that means is having a bowl of organic oatmeal as opposed to a bowl of Cheerios. They both are made from oats. However, the processing that happens on the Cheerios is something that turns it into a food that is going to raise the blood sugar, it's not going to have a stabilizing effect on the blood sugar, it's not going to give a sense of satiety for many hours following versus organic oats that have been prepared on the stovetop.

It's the same base food, but they have very different actions on the body. Those oats in their whole format are actually something that is going to give you energy immediately and then a long, slow burn going forward. It's a very different type of activity within the body.

That's what I mean by dialing back to getting foods to their original source as simply prepared as possible. Does that make sense?

Mouchet: Totally, and that will also make a difference in your food budget, right?

Cernohous: Exactly, and that is the next important part. I'm sure that your listeners have heard about this concept of shopping the perimeter of the store because the perimeter of the store is where you are going to find refrigeration and it is where you are going to find less processed foods. As you travel up and down those aisles within the store, that is where you get into spending a lot of money on foods that have been highly processed. So much of where those dollars are going to make those Cheerios (I'm picking on General Mills today) and so much of why that box costs you \$4.50 is because of the marketing that has gone on behind that and the manufacturing facilities as well, but it's really the marketing.

That is what you are paying for for something that does not serve your body and that is going to cost you more money in the short run and in the long run because of how that shows up for your health and the way that you actually feel on a day-to-day basis. So budgetarily shopping the perimeter of the store where the produce is and where the dairy products are and where the fresh meats are and the bulk sections related to whole grains and beans is where you are going to be finding these types of foods. They cost you less, and they fill you up more.

Why do they fill you up more? Because innately – unless we are talking about dairy products and meat and eggs – these foods generally have a high fiber content. That fiber content is something that fills you up immediately and has a long burn on the energy that it gives you. It's not something that is going to really raise your blood sugar and drop you down quickly the way that processed foods do like white pasta and many of the processed spreads and crackers, not even getting into things like cookies and pastries and things like that, but rather working with something in its whole format and its innate fatty acid content and fiber content and mineral and vitamin content that is there.

So, yes, it ends up costing you less out of the gate, and it gives you a longer, more robust, more even energy when you consume those foods. So, to me that is a huge benefit right there, and it is something that no matter the budget, that perimeter type of shopping is going to allow you to get more food and food value for your dollar.

Mouchet: I totally agree. I know you're a big fan of traditional foods. Do you want to talk about that right now?

Cernohous: In my mind traditional foods have a lot to do with the preparation, and that is something that our ancestors used to do. It wasn't until fairly recently that we've had refrigeration and certainly the chemical preservatives, but even canning is kind of a new technology when you look at the human experience. So, the processes that were needed to preserve foods through winters or periods of fallow when food wasn't as plentiful were

ways that really helped humans to survive.

However, they also had other benefits that made those foods. It changed them. I will say that one of the simplest formats that doesn't necessarily get into the preservation but does get into being able to use everything – not letting things go to waste – is making soup and using soup. Many chefs will use the trimmings from carrots and celery and onion and garlic, and these types of trimmings from what might be used for the entrée can end up in the stock of the soup.

Vegetables that are getting kind of wilted, that might not taste as good to have in a salad or something like that, as long as they're not moldy or slimy, they can be used to create a soup so that nothing that way goes to waste. Of course, they release their mineral content and their nutrition content into the broth of the soup, but it's the same thing, Brigitte, related to meats.

These tougher, less expensive cuts of meat – certainly the bones and the joints and things that otherwise would be rather tough to eat or flat-out inedible – when you put them into a soup, you are able to allow that slow cooking to begin to break down the fibrous content of tough, poor meat cuts, and certainly to release the mineral content and the fatty acid structure and the protein structure of joints and whatnot into the broth itself. That makes an incredibly delicious and nutritious and inexpensive source of nutrition for the body.

In my mind, soup is one of the most fantastic ways to really work with a budget and make that stretch for you.

Mouchet: I agree.

Cernohous: The other techniques involve the perimeter shopping experiences. One is fermentation. Fermentation might sound like an outlandish concept to a lot of the listeners. However, it is something that our ancestors did. You can go to any continent historically, and there were preservation methods that would take different roots or other plants, working with grains and working with dairy, and you are harnessing the activity of beneficial bacteria to begin to transform whatever that beginning food was. It makes it something that is very available to the body, and it can actually transform the nutrient value quite extensively.

As a quick aside, going back to the shipping of yore, back in the day, Captain Cook really paid attention to the sickness that would develop with the different crewmates. Being out on open sea without refrigeration and without access to fresh foods for months at a time, it was something that was really an exploration of what that does to the human body. So he paid attention and was a scientist about this. What he found was that the fermentation of cabbage was a way that he was able to keep his crewmates from developing scurvy, which is a tremendous deficiency of vitamin C.

Vitamin C is generally found in fresh foods. So when you don't have access to fresh foods for months at a time because you are on the open ocean, that is a tremendous way to develop scurvy, and scurvy is a horrible way to die.

So he lost a lot of the people who were working for him to this disease. Well, they found that it wasn't just cabbage that would do it; there was something in the fermentation that not only preserved that cabbage and allowed for the crewmates to consume that for months after they had left shore, but it also prevented the scurvy. That is because in this fermentation process on cabbage, you take a food like cabbage, which is not inherently super-high in vitamin C, and in this transformation that occurs, it actually becomes a powerhouse of vitamin C.

This is an incredibly inexpensive thing to do. I mean, think about it: A head of cabbage is about \$0.98, and that will make you three big quart jars of fermented cabbage, sauerkraut. You just need a good salt and some good water to work with. That is a fantastic way to naturally bring probiotics, which are things that people pay a lot of money for in capsule format, into the diet as well as a little bit of fiber that is very good for the gut health and, of course, the vitamin C that we are talking about here as well as other nutrients.

I mean, what a fantastic thing that is.

Mouchet: We should ferment our vegetables ourselves. I still need to do it myself. I know you have some good videos teaching how to do that, right?

Cernohous: I do, but don't just take my word for it. My goodness, there are so many formats out there of others.

This is what I will say: When I first became engulfed with all of this, the practices that I teach in my book and my class were things that were not widely commercially available, and now they are. You go into any natural food store, and oftentimes a standard supermarket, and in the refrigerated section you may find naturally fermented sauerkraut or kimchi or pickles. That will allow you to get used to what that texture should be. I think that is an important thing.

Let's think about this, Brigitte: When we start working with traditional food preparation methods, it really flies in the face of how we have all been brought up. We've been brought up that the milk goes into the refrigerator, and the veggies go into the refrigerator. We're not used to these concepts of, "Oh, you prepare something, and then you leave it on your counter for a month." I mean, that's a tough thing.

When you are making yogurt at home, I remember the first time I did that. It scared the tar out of me. I thought, "I'm taking milk, I'm adding a little culture starter to it, but then I'm

putting the whole thing into a warm environment, and I'm leaving that there for eight hours."

It was a real leap of faith. I didn't know what I was going to get the next morning when I went to check on this yogurt, but, sure enough, that milk had gone into the jar, it smelled like milk, it looked like milk, and it had the texture of milk, and the next morning through the fermentation with the starter culture, it had turned into yogurt. And I was hooked. It was amazing!

So I think it's important for us to become accustomed to what those textures and flavors are so that when we go to try this on our own and we use so many of the great tutorials that are out there, then we are able to say, "Okay, we are on the mark," or, "That was definitely not on the mark!"

Mouchet: That is a good point.

Something that I personally like a lot as well and that is packed with energy is sprouts.

Cernohous: Sprouts are wonderful. To your point about this year that we've lived through, and we have recently had the Suez Canal blockage with a massive cargo ship. It wasn't just those multiple thousands of cargo containers, but it was blocking any other access of other ships through this port of commerce for the world. Then we had the storm down in Texas, and we saw how unprepared people are for emergencies like this.

I've always had those thoughts in my mind for whatever reason, but when I saw these things happening here recently, it encouraged me to up my game a little bit. We live on a lot that is very shaded by trees, it has poor soil, and it is very dry. We live at 7,000 feet in the desert. So we don't have ideal growing conditions here, and we are very dependent on the infrastructure of people bringing fresh produce up from farms that are maybe an hour and a half away.

What I have really adopted is beginning to work more with sprouting and microgreen growth within the house. That is a great thing to do, and you can do this in small containers like Ball jars. You can use different types of seeds, and alfalfa is one of them. It just requires you keeping an eye on it and treating it the way it likes to be treated, but it is a fabulous way to bring life-giving fresh nutrition into your diet, and the cost is so minimal.

With the microgreens that I'm doing, there were some start-up costs for that. I had to get grow lights for within our home, but it wasn't terribly expensive by any means, and I used existing bookcases that we had to set that up. I just used plastic trays, and then I got the seeds.

In my mind, working with that sort of thing and making yourself more self-sufficient is

going to save you so much money. Of course, if things get really sideways and these connection structures to bring whatever goods we are needing are blocked for some reason, then you are already set up and versed in how to look after yourself.

Again, it also just saves a lot of money versus buying sprouts out of a plastic container at the grocery store. So, yes, I think that sprouts are wonderful.

One of the other things that I talk about in *The Funky Kitchen* and as a Weston A. Price chapter leader is the use of soaking and sprouting and fermentation on grains and nuts and seeds and legumes/beans as a means to make the nutrition that is stored within those seeds more bioavailable to the human body. Again, that is such a super-simple thing to do. It's not hard; it just requires a little bit of forward thinking.

Mouchet: That is exactly what I wanted to talk about next. How do you make sure that we have a good, functioning digestion? It's really important. We heard in a previous interview that having good digestion is important for minimizing oxidative stress. Otherwise poor digestion creates toxins, and we don't want that.

So what can we do to improve digestion? Other than what you just mentioned, do we also need to think about food combinations and things like that? Does it make a difference eating different foods at a certain time, or avoiding certain foods? How do emotions like stress affect digestion?

Cernohous: It's all there! Every last bit of that, Brigitte! I mean, it's everything.

I'm going to back it up to the emotional content. If you are looking at your phone and you are upset about what you are reading or you are engaged with that and not giving your attention back over to honoring the meal that you are taking in, or there is a whole bunch of noise going on around you, or if you are really rushed – all of that is going to impede digestion.

The way that our nervous systems are designed, we have this yin and yang – it's Chinese medicine right there. We have all seen the symbol of yin and yang. It kind of looks like two paisleys with little dots on either side. What that represents is the activity and the more fluid aspect of the human experience, and these things are always in relationship to one another.

The more yin activity is called parasympathetic in Western medicine. It's more receptive, calm, and it's when we rest and digest. The yang aspect is much more activity and motion. So the one side has more of a female quality, and the other side is more of a male quality. It's the sympathetic dominance. It's when we are charging and when we are on. It's not a time of rest and digest; it's a time of reactivity.

The issue is that so many people today are more or less always in this yang, sympathetic,

override pattern. One of the things that is very necessary to properly digest your food is to begin to shift into more of a parasympathetic tone. When we do that, we naturally have more saliva, which is full of enzymes that help us to break down carbohydrates.

When we see food that appeals to us and we smell it and we are in a more relaxed state, our bodies naturally begin to release hydrochloric acid. That hydrochloric acid is paramount and foundational to making sure that we are breaking down the protein, breaking down the minerals, and that we have this first line of defense against pathogens that may be in that food or the environment.

We need to have that relaxed tone. So the emotional content around eating is really a big deal.

Mouchet: I agree.

Cernohous: What does that look like? Let's say that you are staying committed to that, and you are excited about the meal that you are going to be eating. That is wonderful. If a person has an impaired digestion, maybe after they eat they get a lot of bloating and burping and gas and this sort of thing, again, I would say that one of the most foundational things is making sure that when you eat it is actually a pretty simple meal.

If we think of a standard American lunch of a fast food cheeseburger with fries and a coke, that has so many levels of complexity: It's processed foods, it is factory-farmed meats, and it is a lot of simple carbohydrates with poor fats. It's just rough for the body to take in.

Mouchet: It's a lot of sugar as well, right?

Cernohous: Yes, it's a lot of sugar with greasy protein. Fried foods are very challenging to digest.

Simplicity is really an important component. I will never be the person to show up in someone's life and say, "You shouldn't eat meat," or, "You shouldn't eat bread," and this sort of thing. But, what we do want to be mindful of is not having too complex of a meal regularly.

I think of the Thanksgiving meal. That is a pretty complex meal in America. Thankfully it only happens once a year with some leftovers. So when I say 'not complex,' if there is digestive disturbance, then not having highly-processed carbohydrate breads with meat is better. That is not a good combination, and that is going to be tough to digest for most people.

What would be a better choice is maybe a small amount of grass-fed beef – maybe three to

four ounces – and not overly-cooked. That is really tough on the fats that you are paying extra for in a grass-fed product. Believe me, those fats are so important because grass-fed and grass-finished beef is actually very high in omega 3 fatty acids, which people normally think of as, “Oh, I need to eat flax,” or, “I need to eat salmon.”

You can actually get that from grass-fed and grass-finished beef that is not cooked hard. So it would be rare beef on a salad dressed with a little bit of olive oil and maybe a good balsamic vinegar or a little lemon on that. That’s a very nutrient-dense beef-containing lunch. That is something that is really going to give you something back in terms of nutrition.

The other thing, Brigitte, is that I feel that people are not clear on what their ‘full signal’ is. Again, that is easy to do when you are eating a highly processed diet because it doesn’t have the fiber content. That fiber content is naturally going to fill you up faster. That is one part of it.

Highly processed foods are full of chemicals that engage you to want to eat more. I mean, I remember being a kid and eating things like Nabisco’s, Chicken in a Biscuit, crackers or Doritos and I could eat the entire package. It was the excitotoxins and the processed nature, and so concentrated that I never felt full eating food like that.

That is a really big difference there as well. Make sure that your meal has some good fiber in it. Eat to about 70% of what you need, and then take a little pause. What happens is when you give yourself a little bit of time that way, there are naturally-occurring hormones that are going to begin to rise up in your body and tell your body, “I’m actually good. I’m feeling full.”

That way, you are not overstuffing your system. As we overstuff this way, it puts such a tremendous burden on the digestive processes all of the way through the belly.

So have simpler meals, eat to about 70% of fullness, and come into that meal feeling that it is a time of calm for you. Give yourself that window of time, even if it’s just ten minutes. Honor that for yourself.

Mouchet: Definitely. What I would like to add is that it is also important to bring consciousness into the preparation phase of the food. That also helps you to produce those enzymes when you are preparing the food yourself and smelling it and all of that. That helps with digestion. Also, as a cook, you bring your own energy into the food. So it’s a responsibility that you have for others for whom you are cooking, and for yourself as well.

People who are not aware of energy that is everywhere may not realize that they could put either their stress or their love into the food that they are preparing. That is also something that is good to be aware of.

Cernoious: That is incredibly important. I'll be the first to say that there have been meals that I have made when I have been stressed, and they taste like it. They taste like the stress, and they show up that way in my body – like I was just not honoring what was going on there.

Coming from a person who more or less walks the talk, what you just said is so true.

Coupled with that is to think about the consumption of processed foods. I'm not being judgmental, but if you open most people's pantries, they are going to be full of processed foods. Look at the labels. Read what is actually in there. I'm not talking about the calories and that sort of thing. What I am talking about is the actual ingredients.

When you are making food yourself, you don't have so much of what you are going to be finding in that ingredient list. That right there is huge.

Mouchet: Yes, that is a big plus.

Do you have any recommendations for people who are working from home and close to the fridge? How can we not be constantly snacking? Do you have any advice for that?

Cernoious: I do. This is the thing: With the human body until the last 100 to 150 years or so, starvation was more the norm for most humans. With the increasing industrialization, with the advent of refrigeration and electricity into the homes, in the blink of the human development eye, that all really changed. Then, yes, you come into the 1950's and the use of a lot more processed foods that showed up onto the scene before. You move into the 1970's where the marketing companies on Madison Avenue became involved with getting people eating more frequently of these processed foods. That is where the whole concept around snacking came from.

It has been foisted upon us, and it is something that we have to use our intelligence to override this low-hanging fruit, that fridge that is always in the next room full of food. We have to override that tendency with our mind. I mean, we really have to.

The human experience was always starvation, like I said. So if there was food plentifully available – and I'm talking food that maybe has a higher sugar content or something that really had a nutrient density to it – we would eat a lot of it. That is what we are hardwired to do because of those times when the food was not available.

So we have to use our minds to keep ourselves in an awareness of giving periods of fallow between meals. That fridge just needs to be a place where you go for nourishment, and you stock it full of foods that take care of the future you. It's the same thing in the pantry. They take care of the future you. They are nutrient-dense, and they are not going to be empty

calories.

Anything that you have in that fridge or that pantry – no matter what you’ve grabbed – it is going to be something that is going to nourish you. That is a really important consideration.

I became a metabolic balance practitioner. In the years that followed, people really started popularly getting into intermittent fasting. People do much more than I suggest people do around fasting, and they have great success with it.

If you say to somebody, “You have three meals a day,” they will say, “That’s what I do.” Well, people don’t realize how much they snack during the day. A little bag of almonds there on the desk, some cheese cubes, some grapes, and this sort of thing. Every time you go to eat, what happens is your body has to engage every one of the systems to make sure that that is safe as you bring it directly into your system and that it is humanized into something that can be used.

So every time we eat, although it is something that can nourish us, it is also an incredible oxidative stress. So we have to use our minds to entrain that when we eat it needs to matter. Then we need to honor that meal with giving our body the opportunity to put that to use, and only give ourselves water between meals. Keep it to three eating episodes a day.

Plenty of people eat twice or once a day. When you look at historical practices with humans, think about it. What people had to do to put a meal on the table 200 or 300 years ago, it was such a huge endeavor. We are so far removed from that.

This concept of eating more or less three times a day and snacking in between is the low hanging fruit that is part of the illness that so many people experience. So you have to use your mind until you get to a place where you realize, “My gosh! I have no desire to snack.”

The thing that is great about that is that it will save you money, and it will give you back so much more mental energy.

I used to be a person who had to have a snack in my pocket at all times. I really dealt with hypoglycemia. Now I have this emancipation where my body knows how to behave the way a body should behave and go five or six or seven hours between meals during the day and have long fasting periods at night. It gives you back so much, and you begin to understand your body’s signals as well.

To me, those are the powerful things to do.

Mouchet: I agree. Also, something that I’ve experienced is that it is really important what the first food that you eat is in your day. If I start the day with carbs for breakfast or any sweet things, then for me, I want to eat the whole day. If I start eating late, like at 11 or

noon, and I've skipped breakfast, or if I start with eggs and an avocado for breakfast, then I don't even need to have lunch; I can wait until the evening.

So the food that you start your day with has a big impact on what you would want to eat and how much you would want to eat for the rest of the day. Is that your experience, too?

Cernohous: Absolutely, but I love that you said, "For me." I noticed that you said, "For me."

When we travel in America, we have the continental breakfast at the hotels which is pastries and cold cereal with nonfat milk. It's a total glycemic index blast which sets you up on that roller coaster for the rest of the day. However, we also have to honor that sometimes we don't really feel like eating in the morning. Other times, we may feel ravenous.

Let's say we had a really stressful day before, but we got a good night's sleep. You wake up the next morning, and maybe you just feel like you need some serious nutrition. In the morning, to have three scrambled eggs and some sourdough toast and some baked apples and some avocado on that, that is a very nutrient-dense breakfast. But there could be another morning where you wake up, and you think, "Gosh! I really just feel like having some tea with cream. That's really all I want." Or maybe you just want water. Maybe you don't want anything to eat.

This awareness with ourselves is really important. I would say that in all of those instances, if you are skipping breakfast or eating really lightly, don't let yourself get to that shaky, 'hangry', hypoglycemic state before you finally do eat. As you begin to notice your tummy grumbling and food is starting to sound like the right thing, go act on that please. Don't let yourself get to a shaky state. That's not good, and that will put you on that roller coaster of craving for the rest of the day, and your energy will be really bad.

So we just have to take ourselves where we are on any given day on these biorhythms.

Mouchet: I know you have a hard stop really soon, so I don't want to take too much more of your time. We could go on forever.

Cernohous: I'm happy to come back and do it again because I feel like we just skimmed the surface here. I mean, what I think would be great is if we could get some questions from the listeners. We can go into that together because, as folks can see, there are a lot of ways that we can approach this.

What it all comes back to is beginning to trust your own internal signals. Brigitte, bless us all, but we have really been entrained over the last 100 years or so to not pay attention to what those signals are and to not trust ourselves. It's an unearthing for many of us of something much deeper within us that has never been given a voice, or if it was, it was shut

down early.

This is something that requires patience and inner-awareness. But this I know for sure: 'Plugging into Netflix and chill' is not going to get you there.

Mouchet: If we are totally connected with ourselves, we should be guided to the food that is right for us at that particular time. That could be a goal.

Cernohous: It's a huge goal. I think that one of the issues is that before we understand this and before we have explored what it means to really focus on true whole foods that are in a great format for our bodies and know what that feels like and allow our microbiome to reset and our neurotransmitters that are created because of our microbiome to reset and move into new places.

What happens is in the early days we may have a craving for a cheeseburger or a craving for a bag of chips or a craving for ice cream. How I taught myself around that was I dialed it back to saying, "With this, what is the base flavor here that I'm going after? Is it the salty? Is it the sweet? Is it the sour? What is the thing here that I am really looking for?" Then begin to look for a whole, real food that would satisfy that.

It's not that you are beating yourself up for wanting a cheeseburger, but maybe it's that you are really looking for that deeper nutrition of the beef. That's fine. No judgement. Just make it a really high-quality one so that it truly serves you.

Mouchet: That is a very good point. There is always a healthier alternative to what you are craving.

Cernohous: Until we begin to exercise using those types of foods, it's not so clear for us to see. It's a mental practice that we all can do. We all can do that as we begin to learn what our body's signals are.

Mouchet: Wonderful! I think that is a good way of ending our first discussion today.

Sarica, where can people find you if they are interested in learning more about you and what you are offering?

Cernohous: Thank you. Naturally Living Today is my website, <http://NaturallyLivingToday.com>. I would probably say that that is the best place. I have some recipes on there. It's a place where you can see where I'm coming from. It's also a place where people can connect with me and get my email contact from there. I would say that is probably the best. And, of course, I have *The Funky Kitchen* book out there which is available.

Just have this understanding around traditional food preparation techniques and why they are important and how you do that.

Mouchet: Sarica, thank you so much for spending time with us today. It was a fun conversation.

Cernohous: My pleasure.

Mouchet: Hopefully we have provided listeners with ways to have a healthy and nutritious diet. This is Brigitte Mouchet with The Solari Wellness Series. Thank you for listening, and take good care of yourself because it's more fun to be well.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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