

EPISODE 44

“AS: In Chinese medicine, fall and winter are very Yin season and this drink is very Yang to help us balance it, that’s why we go for soups and stews and you know, all these warming foods.”

“JB: I think that when your heart is beating really hard after a meal, if you ever noticed that feeling, it’s not an allergic response but it’s just your body working really hard to sort of figure out, “Okay, what the hell am I going to do with all of this?”

[INTRODUCTION]

[0:00:32.8] AS: You know battling food and your body doesn’t work. You want to love and accept yourself. And because you’re insatiable, you want results too. And wouldn’t you know, you bring the same intensity to your life, wanting to maximize your time, potential, and experiences you have here on this beautiful and wondrous planet Earth.

Fair warning, it will be a rollercoaster. But for those insatiable, that’s your prime time to thrive. We’re here to say “YES!” to the hunger of wanting it all. I’m your co-host, Ali Shapiro, a health coach who helps people end the losing battle of dieting and find a truce with food.

[0:01:12] JB: And I’m Juliet Burgh, nutritionist, fitness expert, and a co-owner of Unite Fitness Studio Franchise.

[INTRO MESSAGE]

[0:01:23.0] AS: Hello and welcome to episode 44 of the Insatiable Podcast, *Golden Tumeric Milk*. Today, in this mini-sode, we’re going to talk about, what is golden milk? We’re also going to discuss the benefits of this thousand year old tradition and lastly, do you need it and will it replace your pumpkin spice latte obsession?

[EPISODE]

[0:01:43.0] AS: Okay, welcome everyone and Juliet and I are already laughing about our episode of golden milk.

[0:01:51.0] JB: Golden milk. Just sounds so regal. Anything with gold in it.

[0:01:59.7] AS: Yeah, you might have also heard it called what? Turmeric milk? What are the other names that as it becomes more trendy here in the US or in the health scene, right? They use other terms for it often, but we're going to talk today about golden milk, which is basically milk with turmeric in it. I fit's something you need to had into your diet, the benefits and what it does. So Juliet, have you ever tried golden milk?

[0:02:26.5] JB: I have not tried the golden milk that you are referring to, that recipe but I have tried many drinks with turmeric as the main component to it. A lot of different juices like little shots, so usually like three to four ounce shots that have turmeric and cayenne and typically a lot of lemon in them and garlic and maybe a little echinacea, that's something that I absolutely love to take when I'm trying to prevent getting a cold or something. I have done a lot of different turmeric beverages before.

[0:02:58.2] AS: Okay, cool, yeah. I tried the golden milk we're going to talk about today, I think that's an important distinction actually because part of what's so apparently magical about golden milk is that you mix it with a milk, either coconut milk and almond milk, whole milk if you can tolerate that. But the idea is that the fat content in the milk helps you better absorb the turmeric. So most people are defining golden milk as it having turmeric in it. So for those of you listening, turmeric is a spice I guess or is it an herb or a spice?

[0:03:32.0] JB: It's a root.

[0:03:32.4] AS: It's a root, yeah. I put turmeric root in my smoothies. But you can't even taste the difference but you can put them in smoothies. What defines golden milk is that it's made with some sort of milk and has turmeric in it. Turmeric is something Juliet and I totally agree on is something we should incorporate into our diet. It's very anti-inflammatory. It's one of the few roots that has been studied and that they know that it helps in cancer treatments and I know my aunt was going through some cancer treatments the past couple of years and her oncologist,

she went to a very conservative oncology department. He was super excited she was taking turmeric because there's actually data and research that shows, it's effective.

[0:04:12.6] JB: Yeah, I mean, beyond inflammation, there are other things like helping blood sugar levels and decreasing joint pain. There's just so much. It's just one of those magical supplements and that's why we want to talk about it because when you hear about trends like golden milk, well it probably wasn't called golden milk for thousands of years. It's something that has become more popular right now, and places like whole foods and other health food stores to market things in order for you to buy them, right?

But we just want to try and clear up, is this actually something worth looking into, worth trying, worth putting in your diet and can you make it at home, do you really need to be spending \$10 on it when you see it out? I think that's the thing that bothers me a lot about some of this products that are great for you is then you end up spending more money than you really need to and you can just learn how to incorporate them into your diet every day without having to go out of your way.

[0:05:09.9] AS: Yeah, it's kind of like the thing that attracts us to trying this stuff is the same downfall, right? The media is in the business of no, to get you to buy something, right? They want you to think it's new, it's a breakthrough, even though people understand there's no silver bullet, we often don't understand how that silver bullet mentality I think is marketed to us. Like, "Oh my god, the latest craze." This actually isn't a craze, this is a traditional beverage which was especially popular in Indian cultures.

One of my clients comes from Indian heritage and we were talking about golden milk and I was telling her that we were doing this episode and she was like, "Yeah, my mom makes that and you know, but she adds peppers as well." And I was like, "Oh, well they just tell you to add pepper because it helps to increase the absorption of turmeric," and she was like, "Oh well, I don't think she knew that but that's just what we did." It was like, "Right. These intuitive..."

[0:06:04.0] JB: I know you think that that's how it usually, these all happens to things, right? Someone ends up doing something and they're like, "Oh, this made me feel better," and then a lot of ancient traditions, that's how the studies went right? Before there were scientific studies, it

just really was about doing it and then experimenting on people and then, “Oh wow, that made me feel a certain way. Could perhaps this be a cure for this?” And that’s really how it goes down.

[0:06:28.9] AS: Totally, that’s how we actually change, right? We think if we learn more, we’re going to pick up new habits. But if we intuitively sense or we can connect that, “Hey, golden milk or turmeric is making me feel better,” beyond just the placebo effect, we tend to keep going with some things. Intuition is one of my favorite quotes is by Carl Jung and he says, “Intuition doesn’t contradict reason, it’s outside the province of reason.” Basically saying, if you keep going it’s probably going to make logical sense but we just don’t have all the data yet.

[0:07:00.0] JB: Yeah, but with this we do have data which is nicer, people out there wondering, is it placebo and it is not placebo. There are actual scientific studies that have not been done to show that this is very anti-cancer, very anti-inflammatory and as Ali said, when you add something like black pepper to it, it actually helps you absorb it more. So I know for myself whenever I’m cooking with it, I always make sure to put black pepper with my turmeric.

[0:07:25.9] AS: Yeah, there is plenty of turmeric golden milk recipes out there. I think turmeric golden milk is great for the winter and the fall when we want those warm, comforting foods, in Chinese medicine fall in winter, a very yin season and this drink is very yang to help us balance it. That’s why we go for soups and stews and, you know, all these warming foods, I think it’s a great time to enter into your diet especially for so many people, beverages are also about ritual, right? Tea ceremonies in the east are so much more about the ritual than just the tea.

That’s why people have a hard time giving up coffee in the morning, right? It’s like, “No, this is part of my ritual.” So I think adding this in is something that could be really helpful, I know when I tried, the first time I tried it, I’d been hearing about it for a couple of years but I only tried it when I knew we were going to do a podcast on it. It was really good, the recipe that I used and we’ll include it on the show notes of the podcast was from Wellness Mama’s recipe. I picked it because it was really simple but it had pepper, ginger which is also anti-inflammatory, turmeric and just a little bit of maple syrup or honey.

Then I use almond milk because I can't do dairy and just blended it all together, I actually even didn't blend it to try to take a short cut and just hit it up over the stove but I found that by not doing that, by the time I got to the bottom, I basically got a shot of pepper, ginger and turmeric.

[0:08:47.2] JB: Oh my gosh. Wait, so did you use the root or did you use just the spice.

[0:08:53.3] AS: Yeah, so I use just the spice and with her recipe, she said you could use fresh ginger instead of — she recommended used in the turmeric spice, which is very yellow if you guys are curious, what it looks like, it's very yellow.

[0:09:06.0] JB: Very staining so be careful if you get it on your fingers or like on your cutting board. It's great, if you want to dye something yellow, and next time you're making Easter eggs or something, use it because it's an amazing form of dye as well.

[0:09:23.2] AS: That is so true. When I buy the root which looks exactly like ginger root and you know I'm cutting off the covering of the root like my hands just get all yellow when I put it in curry or really on my green smoothies because you can't taste it.

[0:09:38.5] JB: Also the great thing, now that I think about, it is that it's so mild. It's not like black pepper or something or cayenne where it's really strong. Turmeric is really mild and I love how you say turmeric I say turmeric. We're just going to keep that going guys, if you're like, "Why do they say it differently?"

[0:09:54.1] AS: Also know that I have a genetic thing that does not allow me to pronounce things properly.

[0:10:00.0] JB: You say tomato, I say tomato, it doesn't matter.

[0:10:03.4] AS: No but Carlos was being so mean to me the other day. I was in speech pathology classes as like a first grader, I was saying something, I couldn't say a word the other day and I was like, "I was in speech classes as a first grader." He's like, "Clearly!" And I was like, "That's so mean." I mean I've gotten better in some ways but I can't pronounce everything properly.

[0:10:25.8] JB: Just say you're from Pittsburg I'm from New York, it's all good.

[0:10:28.7] AS: Yeah, I don't have a Pittsburg accent. Like the yin, I would not even ya'll. Forget it, we're getting off topic.

[0:10:35.8] JB: No, the thing about it is it's really mild, if you put it in something, you won't — it has a flavor but it doesn't overpower anything. You can really throw this in as like to a smoothie, into a chicken dish, into a stir fry on some rice, you can use it like salt and pepper.

[0:10:54.7] AS: Oh great analogy, yeah. I put it on my eggs in the morning, often if like, I'm not going to make, you know, I don't have it every day because it's not something I'm so used to that I found a way to incorporate every day. But I definitely put like — I put pepper on my eggs anyway. Yeah, the key that I want everyone to remember, you'll find various turmeric golden milk recipes out there and the key is to make sure that you're using a milk that has some fat in it.

Fat helps us absorb nutrition and just a couple of weeks ago, it came out about how a couple of Harvard researchers were paid off by the sugar industry, I think it only took \$50 grand to compromise their integrity to steer people towards low fat. I know that just because this is coming out, people aren't going to all of a sudden not eat sugar, but make sure that the recipe has some fat in it and minimal sugar. Because I think what happens with this trends is, everyone tries to cash in on them. Which again, this isn't a trend, this is actually a tradition.

[0:11:57.2] JB: But lots of things that are traditional become trends and people try to make money off of them and they create something that has 20 grams of sugar in it and it's like, "Oh this is so delicious," because sugar tastes good.

[0:12:10.1] AS: Well it's challenging, you know, I'm never one to stick up for food companies but I know that food companies, I think it was a ketchup company, I forget, they try to decrease the sugar in their ketchup and people stopped buying it. It's like, they're giving us what we want but then the more sugary stuff we eat, it's this weird thing, that's why I think — and people try to do different branding of the same thing right? We see this with palates, we see this with veganism, whatever it is.

Then they do add more sugar or they say, “This is different,” and it confuses the consumer but what you really want to make sure for is, it can have some sweetness in it. The Wellness Mama’s recipe that will be in our show notes, I think I use like a teaspoon of honey and I think I even cut down on what she suggested just because my pallet doesn’t need a lot of sweet. But make sure if you’re buying out at a coffee shop, I’ve noticed a lot of coffee shops I started asking like when I get almond milk, “Can you use the unsweetened?” Or whatnot, because vanilla almond milk has as much sugar in it as like frozen yogurt or something like that.

[0:13:10.5] JB: Yeah, it does a lot for sure.

[0:13:12.0] AS: You want to make sure because part of the benefit of this, Juliet talked about it being anti-inflammatory, when things are anti-inflammatory, that helps you in different ways. For some people, if their genetic disposition is cancer, that can be really helpful. If their genetic disposition is heart disease, that anti-inflammatory is helpful for them. Inflammation causes all different types of pain on a continuum from arthritis to joint pain, with the extremes being heart attack, cancer, Alzheimer’s, Lupus, those type of really serious illnesses but they start from an inflammatory position based on your genetic predisposition.

So things that are anti-inflammatory help cool that off and for people who concerned with weight loss, a lot of weight gain is inflammatory. So it helps all conditions but what it also does is it helps boost your immunity as well. When your body is in constantly trying to put out fires literally, because inflammation is like a slow smoldering fire in your body, it can better protect your immunity and 70% of your immune system is in your gut. So this is a great immune booster for winter because I don’t know about you Juliet but the flu shots scares me.

[0:14:23.2] JB: I’ve never had one. There’s a pharmacist that just started working out at Unite and he was like, “Did you come in for your flu shot?” I think that’s just something that a lot of pharmacist say and I felt really uncomfortable because I didn’t want to put him down in any way for what he does for a living, promoting the flu shot but, I had to just say, “I’ve never had one.”

[0:14:46.4] AS: My dad always gets one and he’s always the one that feels like fatigued and achy for a couple of days.

[0:14:52.3] JB: The flu shot doesn't mean you're not going to get sick with some other type of virus or even flu because there's many strains of the flu. So it really doesn't guarantee much of anything to me because how many strains of the flu are there? There's a lot.

[0:15:04.9] AS: Yeah, and I think as super bugs and all this kind of stuff, it's so important to have more resilience in your immune system than trying to be fighting off four versions of the flu, I think usually there is like a couple of different strains in the flu vaccine or the flu shot but it's not, to your point, it's not targeting everything.

[0:15:24.8] JB: Yeah, I was working with a client and she has been fighting a sickness for over a month now, where she just can't seem to get over it and I was using the analogy of, you know, in the same way that we are strength training and creating your outer body to be strong, you need to start working on building up your immune system from the inside out and make it stronger by resting more. Maybe there are some supplements you should be taking right now, it doesn't mean you will take them forever but in the meantime just to give your body a boost.

[0:15:54.3] AS: Yeah, I mean, I love metaphors and I think about the importance or emotional resilience, right? when you have emotional resilience, you don't need to control the outcome, you feel like you have power. And if your immune system is resilient, you don't have to be as worried about everything out there, you know that you can handle it and also knowing that getting sick once in a while is also really healthy. It's like strength training, it's like giving your immune system a workout.

[0:16:16.9] JB: For sure, but I think that you can agree that if it's like, two, three, four weeks, that's a lot.

[0:16:24.2] AS: Oh no, totally. I just think when I was sick back in August, someone was like, "You're the healthiest person I know, I can't believe you got sick," and I was like, "Yeah, it's healthy for me to get sick once in a while."

[0:16:36.3] JB: I know, I used to beat myself up when I would get sick, I'd be like, "What's wrong with you? You are so healthy, you're doing everything you should," and I know that's the

wrong way to go about it because it is really important that you get sick a little bit but I would get like angry with myself and feel guilty, this is ridiculous, I'm a lot — we're allowed to get sick.

[0:16:56.9] AS: Totally. Yeah, it's anti-inflammatory, it's immune boosting and I found it really comforting. In the winter time, we produce less serotonin. It is a time to go inward, to feel more down which is reflective, slower, our culture hates that, it freaks about that. I think that's why emotional eating and we gain weight so much during the holidays is because not only are we asked to go inward but we're usually surrounded by the people or things that trigger the reasons that we're afraid of our emotions, you know?

We feel powerless around family or traditions or the holidays bring up a lot of kind of this end of the year review or whatever. So I think adding this at night as a ritual, especially if you're going to keep the sugar very low because that can interfere with sleep. But having this at the end of the night to, especially cool your body down, part of why people have trouble sleeping is they can't cool their body temperature has to decrease just slightly to fall asleep and fats help you reduce your body temperature.

And because people aren't eating enough fats and then they're also on Facebook or social media or a screen but the turmeric, the anti-inflammatory nature of that, which is cooling right? Anti-inflammatory isn't just anti-inflammatory, it's cooling, along with some fat, it would be a really nice after dinner ritual I think to include rather than maybe a dessert or a different type of beverage.

[0:18:25.6] JB: I think something that people think of when they think about taking on a ritual is that it needs to be an all or nothing, right? Okay so now I'm going to do this every day, you don't need to do this every day but maybe incorporate it a couple of times a week or three times a week or whatever it might be? It will benefit you, it doesn't have to be a seven day a week thing.

[0:18:43.8] AS: That's such a great point Juliet because...

[0:18:45.8] JB: That intimidates me when anyone's like, "Why don't you take this on?" And I'm like, "Okay, that sounds like a lot. Can I do that once or twice a week?" I'm the person that I

don't jump into the pool, I've never been that person. I can't, I have to dip my toe, then my other toe.

[0:19:02.7] AS: Ask everybody else what the temperature is?

[0:19:05.6] JB: Then my calves, and then I'm like, this is so cold and I'm making this so much harder for myself but I just can't dive in. Whereas Macky, my boyfriend, he could just jump right in and he's like, "It's good, I feel great." I'm like, "Okay, it's going to take me another five minutes," that's how it is for me when it comes on to taking on new routines and I just know that about myself and it's okay. It's not an all or nothing for me.

[0:19:30.0] AS: That is such a great point because also too, rituals are meant to nourish you and if all of a sudden you bring this, "Oh my god, I have to bring my golden milk in tonight, I don't feel like it." Then the whole point is destroyed. But I do think it's something fun to experiment with. I tend to be very side eyed and anything that's trendy and again this is something very classical, I did feel like an energy boost from it and again, I don't know if it was from the little bit of honey. I did it around like four or 5 o'clock when I tend to get a little, I could take a nap anyways. I did feel really nourished taking it and I think if you do it and feel that way, definitely incorporate it into even, yeah, that three or 4 o'clock time period where you feel a little bit dragging.

I haven't seen it pre-made, I made it at home and you could also, one of the things I love the Wellness Mama recommended was like making the spices combination ahead of time so that rather than having to proportion it out each time, you just have this golden milk spice, you heat up some almond milk and you just stir it all in together and then add your little sweetener and you can store that at work. I know when I was in the corporate world, I used to bring sort of some staple and just store them in my drawer. So you could do that as well if you're in a traditional work environment.

[0:20:47.5] JB: Yeah, you can actually make a paste, a golden milk paste and it can store for like a couple of weeks, it's the turmeric powder, just some water and black pepper and coconut oil and then, you put it in a pan and cook it all together and then you can transfer it into like a

glass jar with a lid or something, you can store it in the fridge for a couple of weeks and then all you would do is you just add the paste to some almond milk and heat it up.

[0:21:15.1] AS: Or coconut milk, hazelnut, I'm using that because that's kind of...

[0:21:18.0] JB: Yeah, any kind of milk you want.

[0:21:19.1] AS: Yeah, oh that's great. When I hear paste, I feel like I hear complication, I'm like — but that sounds very manageable.

[0:21:26.5] JB: If you're somebody who likes to make things ahead right? You feel like on Sundays make your meals for the week, this might be something that you can do as well.

[0:21:33.5] AS: I love it, it's not really complicated, it just goes back to I have to put my toe in the water, I'm like, "wait, what? You want me to make a paste? That's the deep end of cooking.

[0:21:44.6] JB: No, I know, totally.

[0:21:47.2] AS: Yeah, I do want to talk about you, about trying to just supplement with turmeric. I really encourage everyone to listen to our episode on vitamania with Catherine because it totally reframed how I looked at supplements and I think turmeric comes from a root, the spice is pretty in its whole form but when we do supplements, we're missing part of the whole, we don't know what it is, we probably haven't identified it yet. Juliet, you were saying that you tried really high doses of turmeric and you also... for your knee.

[0:22:18.3] JB: Yeah, basically the anti-inflammatory compound in turmeric is called curcumin and you can get curcumin supplements which is like medical grade high doses which I was recommended at a certain point to see if it would help me with my knee pain because I was having a lot of patella tendonitis which turned to tendonitis, which is more chronic. I am fortunately didn't notice any difference from it but I think what Ali is trying to say is it's not always supplements that are going to be the cure for things. For me it was actually going through physical therapy and lengthening and strengthening certain muscles that were out of balanced,

So didn't matter how much curcumin I was taking or how much turmeric I was putting in my food, it had to do with actually changing my movement patterns.

[0:23:06.0] AS: Yeah, the reason I wanted you to bring that up is because I think in America we think "more is better", right? "Oh my god, if a little bit of turmeric is good then I'm going to supplement with 5,000 times the amount," and it's just a mismatch of tools. You're going to get more bang from your buck, I think of getting off sugar than even golden milk, right?

So I think we try to go big or go home often in nutrition which sets up the all or nothing cycle or the all or nothing ritual cycle like you said and you only needed to have this a couple of times a week, turmeric a couple of times a week to get the benefits and I definitely recommend trying golden milk and see if you enjoy it. However, you can get it in other ways. Like on your eggs, curries, how else have you eaten it Juliet?

[0:23:53.8] JB: I just put it in stir fries and really, like I said, I sprinkle it on like I would salt and pepper, just get it into my food.

[0:23:59.9] AS: Yeah.

[0:24:00.0] JB: I just have it sitting on next to my stove with every other spice readily available and between that, my pumpkin pie spice, which I'm obsessed with. This time of year, I put that shit on everything. "I'll put that shit on everything". Basically just the cinnamon and cloves and I forget what else but it taste like pumpkin pie but there's no sugar or anything, it's just those spices but it makes me feel like just fall in my mouth every day.

[0:24:33.3] AS: I found it, so my birthday was Saturday October first and I found out that it apparently is national pumpkin spice day and I'm like, "Carlos, national pumpkin spice day, hijacked my birthday."

[0:24:48.1] JB: Back in the day, I was one of those PSL girls, pumpkin spice latte girls. I can't even believe that I would drink that, I would have like a Grande with soy milk every day,

[0:24:58.9] AS: My sister, in between her undergrad and law school, was a barista for a year at Starbucks. She like moved to Denver and she was on to how much sugar it had but we would go, both drink soy milk which I now know does not work for me but get soy milk and we would get like tow pumps instead of five.

[0:25:15.8] JB: I would do that, I'd be like...

[0:25:17.6] AS: But it was still so sweet.

[0:25:20.5] JB: I think the last one I tried one was like a year or two ago and even half the pump, my friend got when I sipped it and it was still too sweet, which makes me just think how much your taste buds do change when you cut back on sugar like you were saying, your pallet doesn't need a lot of sweetness. So if I were to actually have a sip of a regular pumpkin spice latte, I think I would spit it out, I think it would be like that brain freeze feeling, you know?

[0:25:46.5] AS: It totally is. Oh my god, my mom was like, "What do you want for your birthday?" And she made this great dinner and I was like, I love cookie cake, I've always loved it so there's a gluten free place here.

[0:25:57.5] JB: What's cookie cake?

[0:25:57.8] AS: It's like a chocolate chip cookie but made as a cake, in the shape of a cake so it's like extra thick and then I was like, "I want the butter cream icing." So my mom ordered it from this place and I had a piece of it on Sunday night, not even a big piece. I could not sleep, we all joked, like Carlos and I joked that we woke up feeling hung over and I was like, "I used to be able to, especially in high school and college I loved cookie cakes, I used to be able to eat like half of that thing and not even, not feel gross until half of it was gone and now I was..."

[0:26:30.5] JB: Your body's just sensitive. Your heart palpitations...

[0:26:34.3] AS: I was sweating.

[0:26:34.5] JB: I think that when your heart is really beating hard after a meal, if you ever noticed that feeling? It's not an allergic response. But it's just your body working really hard to sort of figure out, "Okay, what the hell am I going to do with all of this? You just gave me something very foreign that I don't know. Like how do I digested it? just takes a lot out of your body. Your body just basically revs up to try to figure out what to do with it.

[0:26:57.7] AS: My god, yeah, the next day I was like finding myself irritable, I was like, I had anxiety, I have all this to do, I don't have enough time and Carlos was like, "What happened between yesterday?" and today because... I was like, "Oh my god, it's the cookie cake."

[0:27:12.3] JB: The damn cookie cake.

[0:27:13.3] AS: Yeah.

[0:27:14.2] JB: I think this brings up a really great point, right? Because how many of us want something sweet at night right? After dinner that's a ritual for a lot of people, myself included. Even I've been trying to experiment with having teas at night and it is something that I am very resistant to and like I said, I'm the person who is dipping the toes in the water. So I don't jump in and I'm not like, "I'm having tea very single night."

It's like, "I'm going to try to have some tea tonight and make a cup of tea and I'm enjoying it, I'm not..." if you don't fight it, if you just try just lean into it, "Okay, I'm just going to see how this feels." Maybe I've done it a couple of times in a week but a couple of times in a week of me having tea versus having dark chocolate is a huge change, that's huge. I think that this golden milk is something that people might want to try as that really calming, delicious sort of sweet treat at the end of the night or at the middle of the afternoon, why not, right?

[0:28:20.5] AS: Yeah, when I think what you're describing is you're approaching it from a playful curiosity rather than a punishment because I think often times people are like, even if it's a ritual or having, "I have to do this," right? When you have the have to, must's, should's, it's just a form of punishment in a way. Yeah, try golden milk, be curious with it, you know, we'll post the recipe in our show notes that I try that's pretty simple but you can make a past. A lot of my clients love cooking and getting experimental with flavor profiles.

I always think recipes or suggestions and templates to them unless you're baking. I know baking has to be much more exact but give it a whirl and I really recommend trying it with coconut milk, I think a lot of people, more people are dairy intolerant and not just lactose intolerant but dairy intolerant than even gluten or egg intolerant. Try the coconut milk because food allergies will heat you up all over again, it's inflammation. Try it with a milk that has some fat in it so that you make sure you absorb all the benefits. Yeah, so I think we both say thumbs up, right?

[0:29:26.8] JB: Yeah, let us know how it goes, make sure to tune in and check out the Facebook page and you know, we would love to see you post a picture of your golden milk or anything that you start to use turmeric with.

[0:29:38.1] AS: Yeah.

[0:29:39.6] JB: Report back.

[0:29:40.5] AS: And too, Juliet and I are trying as you can see this episode is only about a half hour. So we're trying this out, this new "minisodes" to go into some more of the tactical or trendy things. Let us know on our Facebook page, what you think of these. If you like them, if you want more of them, if you think of some hot topics you'd love for us to address, we're all ears?

[END OF INTERVIEW]

[0:56:00] JB: Thank you so much for listening to the Insatiable Podcast. We hope you enjoyed today's episode. You can connect with us on social media. Follow me on Twitter and Instagram @julietunite and Ali @alimshapiro, M stand for Marie. Please feel free to also e-mail us any questions. We would love to hear from all of our listeners. You can reach us on ali@alishapiro.com and juliet@unitefitness.com.

We'll see you next time.

[END]