



Demystifying Traditional Chinese Medicine | Rose Cheung & Genevieve Wong

[00:00:00] Guest Intro - Rose Cheung & Genevieve Wong

Darin: Welcome to the show, everybody. This is Darin Olien. This is The Darin Olien Show. Thanks for tuning in. Make sure you like, subscribe, share. It really helps our guests out because they have incredible things to share with you to help your life, to give their perspective, and also, it helps us generate more and more content that in this form, in this long-form discussion, you get to dive in with me and hear from an incredible people doing incredible things that are contributing to a healthy world and a healthy planet. My guests are mother and daughter, Rose Cheung and Genevieve Wong. They wrote an incredible book, called *Healing Herbal Soups*. You can also find tons of information on www.healingherbalsoups.com or you can buy direct incredible traditional Chinese medicine and other herbs that you can implement into your life making incredible food additions to really what it's all about, medicine is your food and food is the medicine. That's it. That's where it starts, man. So, Rose Cheung is incredible, she is the mother of Genevieve, but she's an entrepreneur. She loves and comes from a long line of traditional Chinese family in Hong Kong, and she watched her mother put traditional foods together in a way which is the traditional Chinese method and using these incredible herbs and tonics. You can put these in the soups to make this as a delicious part of a life-generating opportunity. Rose is insatiable in her desire to include traditional Chinese medicine but make it as food using these herbs, growing them yourself. In 2009, she sponsored the development of an herbal formula to treat diabetes at the Macau University of Science and Technology. This product was subsequently patented and is currently available through select traditional Chinese medicine clinics in Asia. That's how dedicated she is. Genevieve has this incredible background. Her daughter, a four-time Emmy nominated producer and writer. As a journalist, she has reported news for NBC, the New York Post, and the Los Angeles Times, and former cooking producer on the Nate Show. She has worked alongside celebrity chefs, and for two decades was suffering from conditions like eczema, allergies, asthma. That sounds so familiar when it comes to fatal conveniences too, the exposure of chemicals. Well, Genevieve became extremely interested then in her family's use of traditional Chinese medicine. At the age of 23, she then started to apply the healing powers of the traditional herbal soups coming from her grandmother then her mother. Then they came together and wrote this incredible book, and it is just so heartwarming this conversation that I had. We dove into how certain formulas can support the body. We dove into their stories. When you have an herb of any kind, if you have a tea, maybe you're drinking a tea now, that's an extraction process of herbal medicine. That is extracting compounds and beneficial compounds that support your health and your life. So, little things added up over time is really what changes the whole game rather than waiting until things fail, and then we go to drugs and shots and all of this stuff, which is the last resort, which is not even dealing with the underlying cause. You know. You get it. You are a smart group of people. I'm so stoked for you to hear from Rose and Genevieve and really dive into the power of traditional Chinese medicine integrated into delicious recipes. So, sit back, relax, enjoy, take in this incredible conversation that I know you can apply in



your kitchen and give that gift to your friends, your kids, and your family, the power of medicinal plants.

[00:04:57] Podcast Intro

Darin: You are listening to The Darin Olien Show. I am Darin, and it is my life's mission to find and share healthy and sustainable ways of living. In this podcast, I talk to inspiring people and professionals from around the world to uncover ways that we as humans can improve our lifestyles, strengthen our mindsets, and take better care of this beautiful planet we call home. If you're looking for motivation to take the next steps towards a happier, healthier life, then you're in the right place, and I'm stoked that you're here. So let's do this. This is my show, The Darin Olien Show.

[00:05:41] First Part of the Interview

Darin: Thank you so much. I was so excited to have this conversation with you both, this dynamic duo. Really, the exciting thing is you guys have taken to that level where you're literally taking traditional Chinese herbs and fusing it into the nurturing aspect of soup. It's like recipes, do this, get this benefit. You really took that food as medicine and really made it applicable and delicious. It's really a cool kind of bridge that you've created. I've read a little bit of your history. Obviously, your mother, Rose, and Genevieve, your grandmother, you had a lot of soup influence. So, describe to the audience a little bit, Rose, and how this inspiration came up as a child and then led to this next phase.

[00:06:45] Growing up with traditional Chinese medicine principles

Rose: We grew up with it and also for generations, all this knowledge has been handed down. Whenever we don't feel well, we just have a drink, an herbal drink mixture of different kinds of flowers, roots and all that. We all have a soup, and a soup is definitely better tasting than a bitter concoction. That's why I never form a habit of taking pills because I'm so used to my own ways, and it's natural, so there's no overdosing, very little side effects if there are any at all. But during the pandemic, we have a lockdown and I thought, we have nothing to do, what are we going to do? Might as well make it more productive. I thought, at that time, we don't have the vaccine and nothing during the early months. I told Genevieve, I say, I need to write down everything because my friends always asked me to, my daughters always asked me to, so I'm keeping it in my head, and how to boost our immune system against all the virus, all the bacteria that's around us. So I got together with Genevieve. She's a real writer, I'm quite an amateur. We started writing, and this is the only time she ever listens to me.

Genevieve: We wrote the book during the beginning of the pandemic in March and April of 2020. I had actually gotten into a car accident during this time. So my car was totaled. I really did have nothing else to do. I mean, I certainly couldn't leave the house, I looked terrible. I knew I had to write something. I'm a journalist, so I'm very prolific anyways. Obviously, with a pandemic, it makes me think about life and death, and how many years we have left on the planet. My mom is in her 60s. Throughout the years, we've always spoken about getting her Chinese herbal soup recipes down on paper for her friends and family. I just knew it was a great time to come out with a book with these recipes, especially since



most of these recipes are in Chinese on the internet. I think that we're past that point of just having things relegated to just Chinese people. So I thought it was important to have an English-speaking guide for not just Chinese people, but for everybody, all sorts of Asians around the world who may not be as proficient in Chinese like Chinese people. That's really why I think the book is special.

Darin: I want to unpack this for people a little bit because people may have heard about acupuncture, they heard about tai chi, they heard about herbs, they hear about traditional Chinese medicine. Then let's describe that a little bit because it is vastly, and maybe I'm stating the obvious for people, but I just want to state the obvious. We have the traditional Chinese medicine, and I want you to add your color to it too please. That is a systems approach to health. It's not looking at from a Western perspective, we have now kind of accepted this idea that everything's down to its individual parts. You have heart disease, you have kidney problems, you have diabetes. It's kind of treating these things in silos, which is actually the quite opposite approach to, I think, all of what real healing is anyway, but certainly traditional Chinese medicine. Rose, I'd love to hear your take on that side of things and the holism that traditional Chinese medicine has, and also what you put together.

[00:10:34] What exactly is Chinese and herbal medicine?

Rose: In modern terms, it's culinary medicine, but we have it for thousands of years, just that culinary medicine is nothing new, now starting to adopt. Just like you said, the universe was created for us to survive, which is beautiful because we have all these things around us that we used to know and used to do, and we all forgot about it after some time. Now, we are in modern age, and so we use modern medicine, pills, lotion, stuff like that, which is full of chemicals. If you think about that, all those chemicals really derived from the natural materials. It's just it's more concentrated, and it's more focused on one or two items. Whereas in the natural world, we have a mixture of all the natural chemicals together, which is really the better way. I read about your website and the work you do about superfoods. Let's start with some superfoods in our book that we introduced, which is very natural, like we use Lily or we call it Lotus a lot. If you look at the lotus plant itself, the lotus seeds are very good for your heart and calming down your nerves. If you have a heart problem, you can make a lotus dessert or a lotus soup, and even eat it as a snack. It's very tasty, but nobody knows it's good for the heart. Now we start talking about it, and it also calms your nerves. So, if you're very anxious, or you have so much anxiety during this pandemic, which everybody has including myself, if you drink a cup of lotus tea with lotus season and all, you have to use it after dinner, it makes you sleep better. Those are things that I think is important to let people know. Talk about the lotus plant again, the lotus leaves itself is very important in driving out summer heat during the summertime so that you don't get sick from it. Let's talk about the lotus root. The lotus root is also something in the soup that we use. If you grind up the lotus root fresh as a juice, it's very sweet, and it can stop nose bleeding, which a lot of kids have. So, those are the kinds of food I want to introduce into our system through our book, and let people familiarize themselves and then why they are sick. I also talk about the various reasons why they are sick. In the book, I talk about air conditioning, which is good and bad for our bodies because when you go into an air conditioning room, which is 70 degrees or 65 degrees, while the heat outside is 90 degrees, your natural sweating system gets stopped instantly, and the sweat is blocked and trapped underneath our skin. Of course, the dirt cannot come out was the natural process, the toxins is supposed



to come out. So that caused a lot of skin problems later on. If we want to just in daily life, try to make this a smoother transition like putting a coat on, or walking slower, don't just jump in from one extreme temperature to another, that always benefits us. People don't realize what they're doing hurts themselves. Something that we don't talk in the book, I have it on our website, which is www.healingherbalsoups.com. We also talk about a lot of drinks, how to help us relieve heat or other illnesses that we have. I just put on something new on our website, that's apple cinnamon leaves tea. Apple cinnamon leaf is long known to help build up the strength of our blood vessel wall, which is very important. If our blood vessel wall is healthy, then the circulation is better, and you can't have cancer cells attached to it as easily. So, it has many functions. Recently, there are studies that show that because apple cinnamon leaves contain quercetin and vitamin C, it fights against COVID. That's a big deal. Because we already wrote the book, I put it on our website. Genevieve, you can go on to talk about the other superfoods that we included in our book.

[00:15:05] The art of herbs

Genevieve: There's a lot of superfoods, but I guess to answer your original question, Healing Herbal Soups is our book, and it's a book of Chinese herbal soup recipes. They're all infused with our knowledge about traditional Chinese medicine. Essentially, the book teaches you about traditional Chinese medicine and how to incorporate herbs into your soup-making so that you can better weather the seasons and improve your immune system. It's a tradition that's handed down through generations in our culture or Southern Chinese. So we're talking about Hong Kong, Southern China. I think that a lot of people who are not familiar with traditional Chinese medicine, they don't know what it is they think about like the bitter herbs that people drink when they go to the herbal pharmacy, and I just want to say it's not that. We're using some of those herbs and we're mixing them into formulations in a safe, gentle manner, so people can drink it like a healing broth, like a bone broth. That's what it tastes like. I think that's about it. There are other superfoods. I'm a huge fan of monk fruit. We have a recipe in our book for monk fruit water, and it's for smoke inhalation to clear out your lungs. We have a lot of fires in Los Angeles. At least for the past five years, I've noticed a lot of metals, toxins in the air. This was a recipe that came to us through another Chinese herbalist who was dealing with some very important people in China and they were all heavy smokers, and he came up with this recipe for a young monk fruit water to drink to clear up the lungs from pollution and toxins. So that's another one that I'm a fan of.

Darin: Not to mention good tasting.

Genevieve: You might see monk fruit in your health food store in America, especially as like a sweetener now, but really, it's the natural fruit that's used in Chinese medicine for bronchitis, clearing out mucus, things of that nature.

Darin: It's funny, I looked at it years ago, lo han guo, when people were saying, have you heard of monk fruit? I didn't know the name, the common name, for so long. I was like, what is this? I like saying lo han guo more than I like saying monk fruit.

Genevieve: That's what we say too. For us, monk fruit became a new word.



Darin: This is a super important conversation because it's looking at health and everyone listening, looking at our health, from less reactive places and more proactive playing the long game. Not to mention, you can eat these foods, drink these soups and get the benefits. There are no side effects because they're not drugs. Again, we have to demystify some of this stuff, like I don't want to take traditional Chinese medicine. Listen, all food, an apple has 300 beneficial compounds to it. It's so weird people go down an aisle and buy process crap food that is full of chemicals, and preservatives and all that stuff. Then when you present them with natural superfoods, plants, herbs, botanicals, and somehow they freak out. I just want to say, the recipes you have here are delicious and safe, and they're medicinally packed. They're nutritionally packed.

Genevieve: We actually partnered up with a professor in Hong Kong, who is a TCM, a traditional Chinese medicine doctor to vet all of our recipes. So yes, I would say that these recipes are all safe. I know that even amongst Chinese people, they do get scared about using Chinese herbs, and this is why we had to hire a consultant just to make sure our formulations are safe. There's really nothing to be scared about. It's so mild, the things we use, and we use such small amounts. You think about using one ounce of an herb and eight cups of water that's really diluted. I always ask people not to eat the herb straight up, you just drink the broth. I don't think anything's going to happen to you.

Rose: A lot of those herbs are actually flowers and fruits, so you can eat it raw, so why can't you use it in the broths or drinks?

Darin: Exactly. That again, that's the demystifying aspect of this stuff. These are our first medicines. The emphasis here is playing the longer game in terms of our health. I say this all the time. We're all right now on this podcast sitting in the choices we've made from our past. This is the manifestation of those choices. The choices we make now to better ourselves, to drink good soups, to eat good foods, to get good rest, to listen to our bodies, that is then creating the seed of our future. So that's what I love about this. Listen, I've tasted a lot of bitters, tannins.

Rose: You have.

Darin: I have and what you're doing here, which is why I celebrate it so much is like, I will eat those things and consume those teas because I know they're good for me, and that's me, but I'm in a rare class of people. But you have taken these recipes and created an alchemy here that is delicious, that is healthy, that is medicinal, and delivering in a way that people can instantly utilize, and that's what I love. Because if you were to give some of these herbs directly--

Genevieve: People would do nothing, they would turn the other way. That is our hope is that people will make these very traditional Chinese soup recipes, and think about their own health and say, maybe I should look into traditional Chinese medicine and see what it does for me. It's to take people through that because we want everybody to be healthy, too. We live in such a polluted world now, and we really have to take steps back or steps forward.

Darin: It's funny, I'm working on a second book right now, it's literally all about this flip of the coin. I do these fatal conveniences, and I'm really astonished. The more I look into it,



clothing, personal care items, Wi-Fi, all of these pollutants has mounted in such a huge capacity that it's the flip side of health, and it's the underbelly of our society. We need herbs more than ever to chelate and to refresh and to flow the body through some of these challenges because there are 80,000 new chemicals emitted in our environment every year and of that, about 9% are tested. The healthcare world should be labeled differently.

Genevieve: We agree.

Darin: Because it's not how--

Genevieve: I tell people all the time. Obviously, I've been interested in herbal medicine for decades. But when I first started out being interested, I would take an herb individually and see its effect on my body. Then I would read about it. Once that came together for me and I noticed I have less mucus when I take this herb, I'm like, that's what this does for my body. I kind of filed it away and slowly in an encyclopedia would build in my head, and I do that with vitamins and supplements as well. Now I'm like, you know what, I actually don't have to go to the doctor because I remember when I took this in the past, it helped me do this. That's what we want people to do. We start you off with different herbs. There's about, mom, what do you think, there's like 50 plus herbs that we have in our field guide where we have pictures of these herbs and their Chinese and English names as well, which I think is unique because you could take it into the store and be like, I want this. Then there are no language barriers. Or you can go on our website, which is actually healingherbalsoups.com, and to buy these ingredients. But we want people to see, to smell, to touch, and to know what it's about before putting it into their bodies.

Rose: Well, it is important, I think, as we put it in a delicious way, so there's nothing to be scared of.

[00:23:28] Easing into herbal soups

Rose: You can try out different soups. We have 50 soups in the book at times that you feel like it. Then you gradually realize that I drank this and I feel better the next day or I sleep better tonight. Then hopefully people will be trained in their minds to accept this more and then pay more attention to other natural foods we have.

Darin: It's so important this mindfulness that we kind of let go of. We just kind of shovel things and expect the body to work, and when it doesn't, we're like, it's tragic. Now we found so much in the epidemiology, the things that we do overtime weigh a lot heavier on our genetics, so what are we doing consistently over time? Again, the aspects, speak a little bit to this too because again, traditional Chinese medicine also it's about the flow of the body, but it's also psychological. There are all of these different intricacies, again, holism rather than reductionism.

Rose: Well, we use Chinese yam a lot. Chinese yam is actually just like, say potato-type. You just cook it fresh and stir fry it, it tastes better than potatoes slightly, but the same kind. You can stir fry it in the cuisine or you can put it in soup. Why do we talk about it? It's very popular in all our recipes, in most of our recipes. You can never overdose on that because this is just like potato, but it helps the spleen. We talk about the spleen a lot, which is very



ignored in Western culture for some reason. How is the spleen important? Most people can't even answer you for that. You take all the food, all the nutrition, all the vitamins, it goes into your stomach first and then to be digested, and then what? They go to your spleen because the spleen is the place where they filter out all these things, and send the nutrients into absorbable fall through the rest of your body. So the spleen is super important, which nobody talks about. The spleen is the distribution center. We use Chinese yam because it's very good for your spleen. It builds up [00:25:54] off your spleen. Those are things that I think we should make people realize more. Western medicine, they talk about one organ only. But in Chinese medicine, we talk about how the stomach and the spleen works together. When they send nutrients out to different parts of the body, how those other parts will work together, like our kidneys, it's not just the kidney itself. Kidney is responsible for other functions. We realizes it's tied to your gut system, it's tied to your intestines, and so forth.

Genevieve: You can get the Chinese yam for all the listeners out there and readers, you can get Chinese yam in Chinese supermarket if you live in a city that has that big Chinese community, or you can get it dried online through an herbal pharmacy or through our website.

[00:26:51] Beekeeper's Naturals Ad

Darin: As a vegan and a plant-based guy, guess what? I love honey. Yes, you heard that right. There is a right way to harvest and utilize the power of bees. One company that does this outstandingly is Beekeeper's Naturals. Their products can offer some real boost to your health that are packed with essential vitamins and compounds that are only coming from the bees that are clean and effective ingredients. My schedule is pretty insane most days, so I need to have a routine to set myself up in a way that leaves me feeling ready. When I started incorporating Beekeeper's Naturals' B. Immune Throat Spray into my routine, it made a huge difference to my throat because propolis is such a powerful medicinal part of what the bees use. This immune-boosting anti-inflammatory compound that the bees naturally create and that we can use is incredible for my everyday health. Yes, I'm constantly talking to people or into a microphone, so this throat spray helps throughout the full day. Bees play such a crucial role in our environment, and Beekeeper's Naturals are truly appreciative and honor that at the forefront. Their number one necessity is that the bees are happy and healthy. They even partnered with UC Davis Honey Bee Research Facility to raise awareness for and support the pollinator protection. They also send their products to undergo important third-party testing to make sure that their products are free from pesticides and herbicides. So, try Beekeeper's Naturals today. They have an exclusive offer, head to beekeepersnaturals.com/darin, or enter the code DARIN at checkout to get 25% off your first order to start feeling great by including something that's good for you, good for the bees.

[00:29:14] Second Part of the Interview

Darin: Again, this is a super important aspect of it too because we have growing digestive disorders going like you explode. I'm glad you brought this up because it's also of course important what you're eating, but what do you have built up? Do you have the digestive fire? Meaning all of these systems in line to be able to break down these foods to then utilize these foods. It isn't also just about eating the perfect food, it's about building your body up so



that it can digest, break down, and utilize the food. Again, this western culture is like, it's that, that thing's not good, let's cut it out, let's treat it but yet, you don't even know where the line of breakdown happened. So that's why I love this approach, and your approach to doing this is an alchemy in the soups to build the body back so it flows again.

Rose: Exactly. Liquid forms are much easier to absorb than a piece of meat or something. It gets into your system right away whether you have a strong digestive system or not. Soups and drinks are popular because of that reason. Some people are healthier than others, some are stronger than others but liquid and soup always go into your system right away.

Darin: Rose, you look amazing, by the way. Genevieve, of course, but I'm just saying to make the point, take us through, Rose, a day in the life of you, not necessarily everything but what your liquid intake is, what your food intake is, take us through that little journey and maybe give us the time that you're consuming your things as well.

[00:31:10] A day in the life of Rose and her herbal soups

Rose: My life is very simple. In the morning, I have Tai Chi and I stand in my garden next to the pine trees to breathe in the oxygen. That is very important to me, the sunshine and the pine trees. Then I start on my breakfast. It's interesting because I think I live a lifestyle that very few people live, but they can do it, like standing next to a tree and breathe in oxygen in the morning and have the early sunshine on yourself, you have vitamin D right there. By the way, you guys get vitamin D easier than us because yellow-colored people like us need to stand for two hours. Whereas you guys can only stand for 20 minutes and get everything you want, so we have to make an effort. Then my breakfast, I have a very special breakfast. I use the germinated rice to cook a porridge for me, and I put in lotus seeds every morning, brown oat into it. I have Chinese yam ground up into it and mix it together. Those are important food because it not only gives you fiber, it helps your gut to absorb much easier. It has been tested on patients that have chemotherapy and they don't have the appetite to eat things and they can't absorb. But if you were to eat germinated rice ground up in a blender and mix it in water, they can actually drink it. It only takes a few days and they work wonders in your system. That's how I realized that it's good for normal people like us as well. Then I have sea cucumber.

Genevieve: Sea cucumber is great, if anybody out there needs to know, I mean it's delicacy in Chinese culture.

Rose: You can cook as a stir fries to it. Sea cucumber is the only animal that can regenerate itself. If you eat it, you probably can regenerate some of your cells inside, who knows, but I know sea cucumber is superb for people who have kidney problems. This is a story my herbalists told me. He once had a patient that needed to go on dialysis, but before they scheduled him for dialysis, he went to see my herbalist. Then my herbalist said, why don't you eat sea cucumber, sea cucumber is great for kidneys. He ate one per day for three weeks, and then he doesn't need dialysis anymore.

Genevieve: It helps us to regenerate your cells in a really quick manner, and it's a superfood.



Rose: Yes, it is a superfood. You can buy it at a Chinese supermarket. We put it in soup in some of our recipes, but I think this is some thing that you should know. So, I have that every day and of course, I think because it contains so much nutrients. All women, especially women, I think all people care about how they age, and it contains a lot of nutrients inside that helps you age slower, so that is very important, as we all like to look younger and feel good. At lunchtime and dinnertime, I just eat a lot of vegetables. I have my soup for every meal. It has to be balanced, but my daily intake is mostly a lot of fresh herbs. The vegetable dish I love best is stir frying. Lilly bulbs with Chinese yam. Try that out. It's very tasty. It's good for vegans. I don't eat that much meat to be honest, I eat a lot of fish more. Fish is something very important because it contains natural collagen that helps you to look young. It has a lot of vitamin A, so it helps your skin look younger. All those things feel very natural and you can never overdose on it. So that's my daily routine.

Darin: That's pretty good. That's pretty good. I love it. People are gonna be inspired. I need some germinated rice and some yams now. For sure, I'm excited.

Genevieve: I know people think it's a joke but we actually have always consciously practice medicinal eating, and it's in all the dishes too. The only thing I would say differently than my mom is she does tai chi, but I do like sound tones. Like you say different tones, it's in Chinese medicine, you say different tones for different organs in your body, your heart, your kidney, they're triple Energizer, things like that. I do tone and it's very good for building Qi in the body.

Darin: Is that a daily practice?

Genevieve: Yeah, it's a daily practice. For me, it is. Tones, traditional Chinese medicine, and see what tones to say for different organs in your body.

[00:36:11] The importance of sleeping patterns

Rose: And sleeping pattern is important. In our book, we have a chapter talking about when to sleep because people will have different issues, especially to rest a certain time periods of the day. Most people like to go to a gym after work. Actually, that's a very poor scheduling because your body is extremely tired at that time, after day of work. So if you want to stress out more, like going on treadmills and all that, it's actually a stress to your heart and all that. Those are actually the time that you should rest up first, or maybe just take a light walk. The best time to do any kind of exercise is actually in the morning. So you have to get up early to do that, I know is hard. But sleeping well is very important, we talk about it, between 11 and 2 AM are the most important time to sleep because that's the resting time for our most vital organs, which is our liver and our gut, they all take turns during those hours. Our spleen also rests between 11 and 2 AM. So your lifestyle has to change a little bit in order to accommodate all those changes, but it's good for you and you feel the difference after just a couple of weeks, I would say.

Darin: Well, that's one of the most obvious things that we should follow. If we are nature, the sun comes up, sun goes down. If we're going against all of nature and its rhythm, it's probably not going to benefit us over a long period of time.



Genevieve: No, it's really bad for you. I used to work at the graveyard shift as a news reporter. When I had to work this graveyard shift, I could sleep during the day, and it did it quite a number on my body. I actually had to pair up with a Chinese herbalist who gave me herbs to ensure that I could go through that transition well, but even then I couldn't do it. It's so bad for you.

Darin: People will get used to anything. I know guys that work all night, and go to sleep at five in the morning and get up at 11, and they still do it. Just because you've changed your system, it doesn't mean it's good for you. That's the weird thing about humans, it's the good part and the bad part. We can get used to almost anything and adapt, but what are we adapting to is really the big issue. What are some things that you're seeing? You've have this incredible book that is there to fortify us, both of you, what do you think's the biggest obstacles and challenges for people today that are keeping them from their optimal health?

Rose: I think most people do not want to change their lifestyle. They're used to certain things. To bring them back to nature and enjoy what the universe gives us seems to be, I don't know why, it's hard. But if they just try to make even a few drinks for themselves, and do a little bit of change to their regular routine, they will realize that it makes a big difference in a very short period of time. We tried to promote this going back to nature lifestyle to make people realize that, especially during the pandemic, I think it's a good time for people to start looking at how they have been living all these years, and do they really feel it's better for them? Are they really happy, or they have a lot of anxiety? Then maybe they can think about changing to make themselves happier, healthier. If you're not healthy, you're not happy because nobody's sick and feels happy. You notice your mood changes because you're not healthy. So if you want to be happy, you have to change it. People will realize that happiness has a lot to do with your health. Then we focus on just exercising our muscles and all that but exercising our organs is very important. The inside is actually more important than the outside, which our culture doesn't seem to emphasize. So if you want to look young, it's not just doing a lot of plastic surgery and tons of makeup and all kinds of things on to your face and your skin, it's what you eat that makes you healthy, and when you're healthy, you radiate from inside out. You can feel the difference. You can see the difference.

Darin: Yes, that's beautiful. Genevieve, what are you thinking that are challenges for people right now? I mean, I'm pretty flexible, but stubbornness definitely people get locked. They want things the way they want. It's almost like we've gotten too relaxed, and we've gotten too much in a certain sense, like hit a button and it gets delivered to us, like that kind of thing. What do you think are some of the biggest challenges for people in their health right now?

Genevieve: Well, there are so many challenges. I'm very much an anti radiation, anti microwave, anti any sort of electrical signal kind of person. So I would say that the biggest obstacle is making time for yourself to be in nature, whether it's every day, or once a week, and just to be in nature for hours so that your body can heal. I think that is one of the biggest obstacles is that we do not remove ourselves from modern society, and to tap into a natural environment. In terms of Chinese herbs, I think my mom would agree with me. We are seeing people drink the wrong teas, and eat the wrong types of ginseng all the time. We see people eating herbs the wrong way, and they don't realize that they're harming themselves. Again, it's failing to understand what traditional Chinese medicine is and understanding like you said before, that it's about your whole body and not just one organ.



Darin: You brought up some really good stuff. The EMF, it's an invisible pollution too. That's a challenge because we're not seeing it hit us. If we could see those microwaves and those radio waves and those EMF waves, if they could see them hitting our bodies, we would freak out. You're saying also like the misuse of herbology, and that comes by way of marketing and people wanting to also sell things that may or may not have an understanding of where the plant was from, how it was processed, what the hell it actually is, how do you really use it, when do you use it? It is a whole thing?

Genevieve: Yes, really research and really ask somebody who knows.

Rose: Well, you have to take things at a right season. It's just like in wintertime, you don't want to drink a cup of ice water. It really freezes you up inside. So those things are very simple to do. You drink warm things during winter time, you drink lighter things in summertime, but people don't seem to realize that in springtime, there's a lot of fog in certain part of our countries. So you try to avoid the fog in the morning, but they still go run out to exercise and absorb all that fog. The fog is moistened at the wrong time, put it that way. But people can't change, they are stubborn, they say that exercise is good, I have to run. Not running in the fog.

Darin: The great thing about traditional Chinese medicine is it's been used and reused and applied for thousands of years. As people are hearing this, it takes the head from taking a backseat, and to be able to literally be more conscious of everything that you're doing. Just like you're saying, Rose, it's like, I just need to exercise. Well, you never really consulted how your body's doing, what it really wants, when it wants it. You're just forcing it into an idea, and that idea was probably coming from somewhere else, from someone else that had no idea who you are, what you are, what you're doing. Really, we just adopt this stuff, and we've lost this common sense. I think you both said it, I think there's a silver lining in the pandemic. I think there is from a cosmic perspective, I think there's a beautiful timeout. Like okay, let's take some self inventory here. Don't miss the opportunity because we're gonna get through all of this, it's gonna go back, and things are going to speed up, and they already are, but don't miss the opportunity. That's what I think getting people to just nurture themselves, go inside and listen, I think it's an underutilized superpower that we all have.

Genevieve: We're helping more and more people just get back to nature now. Most people have. I think a lot of people have. Maybe this is what the pandemic is really about.

Rose: We have to make the pandemic productive instead of destructive.

Darin: Amen to that, absolutely. What's the website again?

Genevieve: Our website is called healingherbalsoups.com. You can go there. You can buy our book in a lot of places. We're in a lot of countries now, US, UK, India, Australia, and we're available on Amazon, Target, Simon and Schuster's website, just all over so you can order that online. If you don't live near a Chinese pharmacy and when you're buying ingredients for our recipes, you can always purchase them from our store online. We work with a really prominent herbal supplier in California called [00:46:09], which is a huge franchise. They have a lot of herbs, and they supply herbs for us. We just hope whoever's



out there who's listening to just go back, get in tune with nature and herbal lifestyle, and start to detoxify, cleanse and moisturize your body and keep it in check.

Darin: That's beautiful. A great opportunity to get nature inside the body through this way. This has been such an awesome conversation and such a pleasure to meet both of you. I can't wait for other people to know and to experience what it is that you put together and the generations that this has been passed down to you so that you can then get it out to as wide as the population as possible. So thank you so much.

[00:46:55] Podcast Outro

Darin: Thanks for tuning in to this episode of The Darin Olien Show. I hope you took something valuable away from this conversation that will help improve your life in some way. If you'd like to learn more about my incredible guests, you can find all of their information in the show notes on my website. If you enjoyed this episode, or even you didn't like it, please rate this podcast. The team and I value your feedback so we can continue to give you the most value possible. We want you to get the most out of every podcast. So please rate, subscribe, share anything you feel called to do. I truly appreciate it, and I love and value your support. So, thank you, and I'll meet you in the next episode.