

# Episode 4 - Thriving with Nature



## FULL EPISODE TRANSCRIPT

With your host

**Hayley Weatherburn**

Episode 4- **The Key Ingredient: SOIL** with Chef Cynthia Louise.

Welcome to **Thriving with Nature**, a podcast that gives you the tools you need to live a modern lifestyle that helps regenerate our planet. And now your host, Hayley Weatherburn.

Hello, Thrivers! Welcome to **Thriving with Nature** podcast. We have a special guest today, Chef Cynthia Louise, and I am so excited to introduce you all to the one and only, the phenomenal. She's a lot humbler.

**Hayley:** The reason why I want to bring Chef Cynthia Louise here to the Thriving with Nature community is because one of the topics I talked about in [Living a Regenerative Lifestyle](#) is Food. And it's not just about food that feeds our soul, feeds our body, feeds all the microorganisms inside us. It's also about where we're getting our food from as well. And Chef Cynthia Louise, just to give you a little back of how I came across Chef Cynthia. I was very much a carnivore. I used to eat meat and I had already transitioned into vegetarian. But as a previous carnivore, I had no idea how to cook. And I felt like my food was, most people I think you would say is when they transition, they just take meat out and then, they're like, "Ooh, it's this half salad, lettuce and tomato. What else is there? What else is there?"

**Chef Cynthia:** So true.

Hayley: And so, I think 'Aha!' moment when I met Chef Cynthia Louise was creamy potato bake, no dairy. No dairy and I was like, "You can make milk from nuts? What?" I want you to share a little bit about yourself, chef. How did you come into this place of being a whole food chef? What was your journey and your relationship with, not only the food coming from the ground, but what brings you here today that spreads the message that you're so passionate about?

**Chef Cynthia:** Well, hello everybody. This is an amazing opportunity to be on this amazing podcast. I grew up in Papua, New Guinea. I know, right? You could Google it. It's amazing. I have to explain this. I just find this growing up being very free, not attending school, being a naughty girl, kind of a rebel and being in the back of my dad's workshop with all the women cooking. Grating coconut, planting coconut trees, climbing mango trees, been covered in blintz, digging holes in the ground to bake, to wrap things up in banana leaf, to cover it with dirt, with hot iron, hot stones from the river, the ones that don't pop in the fire.

Hayley: Wow.

**Chef Cynthia:** And just cooking, basically, all I knew was normal.

**Hayley:** It's very raw, isn't it?

**Chef Cynthia:** It's just a normal life.

**Hayley:** Back to nature.

**Chef Cynthia:** Yeah. So imagine that a kid not going to school, but having this opportunity at my dad's workshop, all the people that worked with my dad had these times. And I just became a part of their family really. So, I believe that's a download for me.

And then moving to Australia in my early twenties, I found myself shocked in society. I found it very hard and very challenging to be able to open a can or have meat and three fish. You know what I mean? And you know, I'm 21. I'm 20 years old and it's challenging. I didn't really understand it because I didn't have diets, I didn't have TV and I didn't have shopping centers and I didn't have plans or any kind of trends. I was very much growing up like that. [Yeah]. So, and then that (was kind of) was in me, right? And so as I'm raising my child, I'm just cooking what I call normal, making these from scratch. I'm a stay-home mom. I had a property. I grew my own food. I went right into just simply waking up every day and going down to the garden and kept it very simple.

I had no knowledge about health or wellness or I didn't really have any knowledge about this agriculture industry, which is permaculture, bio-dynamics, organics, and conventional. I didn't really know how to really make soil really yummy. And I don't know where that came from. So, that kind of was in me and then later on in life, I got into a bit of a crisis point where I decided to transform my career. And I looked and got a job as a chef in one of Australia's living health retreats. Now, this health retreat had 2,000, million acres or whatever it is of land. Not 2000, that makes a lot. And 350 fruit trees and a couple of really great garden spaces for chefs to have.

I just dove into natural cooking and it came naturally. I didn't have to find it. That's where it came from. [Yeah.] And then from there, I'm just swarming it. As you can see, we're swimming in it. It's all behind me. Don't be intimidated. It's okay.

**Hayley:** I love her kitchen.

**Chef Cynthia:** And so, it just is.

**Hayley:** Yes. It's amazing to go from something raw, [yeah] have that sort of shock in the Western society of like, "why are things in cans and plastic and I don't know how to work with this." And then getting onto some land and going, "well, let's go back to what I know and grow it." [Yes!] One of the things that I really admire about you is, also from the journey that I've known you, health is so important, right? And so, you had your own health journey as well. How did that play a part in becoming even more passionate about why people need to have whole foods?

**Chef Cynthia:** With my health journey, I'm so qualified to even speak about this now. Because when you go through a major surgery and a major crisis point with one of your organs, you start to question like, "okay. Well, I was born with a heart defect. So for mine, it was very different from somebody having a food-related chronic disease or food-related diseases in an organ. Mine was a defect from when I was born." But what I knew was that the heart was surrounded by all the other parts in my body and everything was made out of tubes, right? So, I knew that the surrounding would become inflammation and capsulation.

And so without jumping on to Google and without looking for the answer, which was painful, without doing that, I just swam in nature, really. So what I did was I, instead of being alkaline and trying to find the diet or trying to not be so acidic or trying to take out inflammation, I just simply recognize the foods that made me feel good when I ate them. And I noticed how I felt inside which prolonged my surgeries for 17 years.

**Hayley:** Yeah. That's amazing.

**Chef Cynthia:** It's amazing. I wasn't following a trend or a diet. I was simply going back to nature and to really understand that whole real food does take time, but also nature takes time as well. [Yeah.] And so when I sat there, I just started to work out for myself, I've got goosebumps talking about it, which actually made me feel very abundant and delicious. And it's simple stuff. [Yeah.] It's broccoli and rice. [Yeah] It's not gourmet.

Hayley: Yeah, it is so simple. I think we can get confused by the complexity and I do want to talk about that later. It is to help the person who's not a cook in the kitchen and not an expert and hardly knows how to follow a recipe. I want to talk about it in a minute, but I want to jump back on just letting nature heal you.

A book that I have loved and actually I haven't talked about yet on the podcast is called **Anastasia**. There's a whole book series called the **Ringling Cedar Series**. And it was a pinnacle time in my life that really shifted and brought my attention to coming

back to nature. And in that book, Anastasia talks about how if you really come back into nature, there's a part where she helps show how you can become attuned to nature. If you're planting the seeds, if you're nurturing it and your body is around it, we are not separate from nature. *We are nature.*

And so just as trees, without trees, we can't have the big stage. We need to breathe oxygen. We die with carbon dioxide. But they turn our carbon dioxide, our waste, into something that we can breathe again. Going to plant seeds, tomatoes, lettuce, or have your own garden that you walk through every day, that your sweat goes into, that your hands are in, the plants actually can read the diseases inside your body. And make sure, and through the micro-fungal, they would call the nutrients that it knows that your body needs. And so, it's like having a live supplement garden [totally] that will heal yourself.

It's something that I've been really passionate about. It's fascinating that you talk about how you let nature talk to you. You came back to being in attuned with that (nature).

**Chef Cynthia:** And not fighting it, not looking for a diet, not looking for an answer. There is no answer. It just is. And when we allow ourselves to be a part of nature, we're in the same boat together. Something extraordinary happens. [Yeah!] And when we start to question it, dissect things towards nutritional parts. In other words, we take a carrot and we'd go, "Oh" and this is new science, right? We go, "Oh, there's carotene in there." Well, that's not our business to know about a carotene.

**Hayley:** You don't need to remember all those funny words.

**Chef Cynthia:** It's fascinating and we acknowledge and all mankind because it is incredible to actually be able to do that in science. [Oh, yeah.] Though for the moment at home, it's irrelevant. It's how you feel when you eat the carrot because nature gets a ride every time. It's just us and how we are downloading the food that we're eating. Because a lot of women, *a lot of you*, a lot of you out there really do look at food in a, I'm not going to say the word negative, but in a really shocking way. Because we are trying to find that when it's going to do for us, when it already is designed to do what it's designed to do, which is to flourish our body. It's really that simple.

**Hayley:** And I think in today's society, it's so hard. Especially, I mean, I now live in Bali, Indonesia because the overwhelm of being advertised to and told what's cool and told what's this, that comes in and affects (our bodies). And then we can't listen to our body that says, "actually right now, you need carrots or you need dragon fruit or you need

this.” Like, you can go, “Oh, I really crave.” But when you're really in tune with your body, your body is going to tell you which herb, which vegetable to grab to eat, right?

**Chef Cynthia:** A certain subject and when you are stressed, and stress, I mean it could be fight and flight, which is paying your home loan, don't have enough payments; you've got credit card bills; there's private school fees. You've got to get to work. You're stuck in traffic. When we're constantly in fight and flight, I'm not talking about running away from an animal that's about to attack us. Like in the old days, we were constantly in it. And what happens is that we completely dis-attach from where we designed to be. [Yeah.] And so then, we start to pick one food and then we start to do many, many things over. Make it complicated. We tell ourselves some really interesting moments of negativity. And then, we dive into the cycle of looping around a diet. And it's very classic. When they were just standing there going, “Hey! Hi! [I'm here to heal you.]” Eat plants. Eat plants. Yeah. But, really, eat mostly plants. And eating food with food that comes from what food eats so. We are talking about this poor carrot compared to a conventional carrot.

**Hayley:** Yeah. I want to go into that.

**Chef Cynthia:** Because this is where it comes from.

**Hayley:** Yeah. There's a quote here by Dan Kittridge. He's a Bionutrient Food Association person which sounds very science-y, very clever. But what he says is profound. He says, “one carrot grown in healthy soil can have as many polyphenols, big word, which means micronutrients, high in antioxidants. So, one carrot can have as many of them as 200 conventional carrots. [Boom!] *Two hundred*. So, my understanding of this quote is saying, and I'd love to, you're very passionate about soil, as much as I am. One carrot that is growing in rich life. I can imagine in the back of the kitchen, just out at the garden, the soil would have been more lush and green, like dark brown and loamy and alive. And those nutrients, I salivate, it's like my body naturally, is like, `nature”. It feeds the carrot, this rich micronutrient. And if you bite that as opposed to a carrot that's been mono-cropped, maybe not even in soil, hydroponic or, but just the soil has been like pillaged and tilled and the organisms around it: the funky, the microorganisms or bacteria that helps feed it is not there. It's almost like a plastic carrot, right? [Yeah, it is.]

**Chef Cynthia:** And it has more plastic to it like fungicides, pesticides, herbicides, and we're constantly, constantly doing that. So as we look at the carrot and yes, you're right, the two separate things of conventional and non-conventional and the ingredients that

come out of a conventional carrot which means the ingredients of life; of what it's designed to actually sit in; which is living supplement. Like you said before, which is a gorgeous statement actually, a living supplement and a living mineral environment supplement. That if we don't actually step into nature fully and we were talking about this before, we're in a whole lot of trouble.

And building the soil- someone in the city, you're in an apartment right no, you're like, "well I don't have that a chimney." So, what do you do though? There are so many opportunities. That's a thing. These cities have city farms. They have the ability to join permaculture. [Community farms.] There are so many farmer's markets that are happening these days and not just one on Sunday anymore. This one three times a week, so shaking their hand that feeds us to really acknowledge the fact that where that food came from and the depth of the experience the soil has.

But if we continue to buy and fund an industry that supplies us with plastic carrots, our bodies are in a whole lot of trouble. And this is a classic statement. We're going to live a lot longer for sure. I'm going to live a lot (longer). We're going to have this medicated vibe among us. Out of balance, hopefully.

**Hayley:** Yeah. And so, I mean, one thing we're saying get into nature. And if you do live in the middle of a city, you do live in an apartment, get grounded at least one time a week. Spend 20 minutes in a park with your bare feet just reminding and sitting and watching. And even in a tiny little cube of soil, even in the degraded smaller parks that don't have much, you will find millions of lives in one teaspoon of regenerated, life-giving soil. There are more microorganisms in there than the humans on the planet.

**Chef Cynthia:** That's amazing. I sit at my table. I have a couch over there. I've got chairs over there. I sit on my wooden table all time and I feel [the wood] so connected to it. I'm in an apartment. I don't have a veranda. I'm in an apartment so I absolutely find myself, "Why am I sitting on the table?"

**Hayley:** Yeah, yeah, exactly. Because you want to get connected. And I have to make a note, in Cynthia's apartment, there are trees. She has so many plants. She's brought so much life. [There are trees.] That's a tree. You can turn the camera around and see that it's a tree. And I notice it when I take my plants out to give it a bit of sun, bit of water outside, that day that I walk in and there's no plants in it, it's stale [100%]. You can tell the difference that you're like, "Oh my gosh, they're bringing fresh oxygen towards fresh life."

**Chef Cynthia:** Totally. And I've surrounded my little office desk with trees around me, even though my window is facing a kind of a jungle leer and kind of look (like it). I've actually surrounded my workspace and I'm getting more actually next week. Because I find myself in a feeling of not just being grounded but a part of where I've come from.

**Hayley:** Yeah, yeah, yeah, of course. It's awesome.

**Chef Cynthia:** It's really strange. It's a really strange feeling because it feels so real.

**Hayley:** I want to talk about something you said just before about shaking the hand that feeds you. It's something that I just said. One of your very first intro videos, if you go back into her old archive of YouTube, there's an intro of her walking in the markets here in Bali. And talk a bit about what that means to the farmers and what that means for you as a consumer talking to the farmers.

**Chef Cynthia:** It means everything to me because I find farming so fascinating. I find that going to any kind of shopping center or any kind of farmer's market, it doesn't matter what it is or where I get food from, I feel so connected to that produce. And then when I go to a farmer's market and check the hand that feeds me, I feel even more interested in the process from seed to planting to harvest. I'm so fascinating. And then, I go into a love affair with, "Oh, what if the world actually understood soil health? And what if the world understood what food or where food comes from?" We would have a lightness about us. There would be a lot. I have so much lightness about it.

**Hayley:** What do you think or what do you want to share that's a really key piece? Because I remember you first talking about soil and I would appreciate it. But I'm starting to learn a lot more that even scientists didn't know up until recently really the importance of life in soil. So, what do you think is important to share about what people should know about soil? I mean, you said just before that when you look at all these different whole foods, what have we got here? We've got dates. We've got cranberries.

**Chef Cynthia:** Black beans and red [inaudible], [wild rice], kimchi and cacao and rice.

**Hayley:** You say soil. What does mom, dad, consumer that's in Western society that's doing, what do you think they need to know about soil and why it's so important?

**Chef Cynthia:** I think that when you pick up a product and I really encourage you to read it and to have a deep understanding of what it is first. So, for products that I buy, there's really just one ingredient in the product, like black beans, it's black beans. Oats,

it's oats. So, I don't really buy food that is contaminated with a lot of ingredients that are not food ingredients. So, I encourage everyone to take the time to pick up something and read it. And then, *if*, if you feel the joy of that because it's joy, right? Then, (you) kind of go through the steps. Imagine this, right? The guy that planted the seed who actually made the soil in the first place, to the harvest, to the person packing it, to the truck driver that picked it up, to the shop that it went to, to the lady that put it on the shell, to the lady at the checkout. That, to me, is a celebration. And it's so much fun to do with kids. If you can just try and celebrate that, then your interest will be, "Oh, I wonder if I went to the farmer's market and I wonder if I bought it from there." Or "I wonder where really this broccoli came from and what it felt like for that farmer to harvest that."

Because farming is one of the most incredible moments that anyone could ever be involved in and we don't have that involvement. So, if we can think about it and go through those channels, like I said, that celebration, you have a download and then suddenly you become interested in something. And then suddenly, you listen to podcasts like this and other podcasts. And suddenly, you're watching other shows. I think something happens.

**Hayley:** And watching your cooking shows and learning how to make it.

**Chef Cynthia:** Yeah! You just become what you're designed to be - interconnected.

**Hayley:** Interconnected. Yeah, it's so valuable. And I've read this that we're in a bit of an upside down society. We think oil is so, so important. That oil is the commodity, the value. But nothing will exist if there's no soil. [Yeah, totally.] And we have sixty years left of topsoil if we continue the direction we're going. It's like six steps in our lifetime. Then, your kids or grandkids, they've got nothing.

**Chef Cynthia:** It scares the shit out of me.

**Hayley:** Yeah. And very highly quickly, we'll decline.

**Chef Cynthia:** So, what can I do as a consumer? I don't have a garden? I'm working 12 hours a day. This is real, this thing. [Yeah.] I have two kids. My husband's coming home. I got a home loan squat. I don't have time. *I don't have time*. So, how can I then go, "okay, I don't have time. Now, I'm going to value a little bit of that time. I actually kind of go find that person who sells that organic rice. Or I'm going to go online and buy it. And we can be globally where we create a ripple effect. [Exactly.] That's it. What we're going to do.

**Hayley:** What you put on your plate and you'll find out. You definitely have to go to [chefcynthialouise.com](http://chefcynthialouise.com). One idea to do is Google Chef Cynthia Louise potato bake. I made them put the link below because it's like I've changed so many people by cooking that. They're like, "there's no dairy?"

**Chef Cynthia:** I'm so glad you put a potato veggie because potatoes' farmers, and this is so interesting because I've met potato farmers before, they do not eat potatoes they grow conventionally. And I do not go into the field after they've described. They go home and grow their organic potato because that's how toxic they are. So if we, as consumers, can actually tend over our catch and create a ripple effect that transforms the world by buying [exactly] or make conversion or organic, we are towards getting soil health.

**Hayley:** We're asking, I say it in the past podcast, go to your farmers and say what regenerative methods? Because there are farmers out there that don't understand. They're still in the machine. I'm reading a book called **The Call of the Reed Warbler** by Charles Massey, an amazing farmer in Australia who does regenerative soil. And he came from a background of being in the machine, industrial agriculture. Because food is like the core, we have to eat. I'm, you know, damn because it's delicious especially when you eat Chef Cynthia Louise' food.

That's where you can make a difference because you have to eat anyway. And just by making that micro shift to "I am going to start using regenerative products;" go into the farmer's market and say, "what regenerative methods?" Like, "can I come out and see the soil?" And they'll love to show you the difference between this soil has grown. And so, the difference with regenerative agriculture is that it will continue to build the soil forever and ever and ever and ever. So, we start a shift from at the moment depleting the soil and soil and soil and heading to doom, and all of a sudden, we just know that in a year's time if we keep going to that farmer, it's going to be even more powerful for us, in our gut and everything. This is where you can make a change. It's something so simple. And, I definitely will put a link down below to Chef Cynthia Louise's website because she gives, you're so generous in sharing how simple (it is).

And that's coming back to what I said I want to come back to. It's you really understand how hard it is in the Western world when you have so (much). You've got a full time job, both of you. You've got two, three kids with sports that you've got to go to every night, weekend, all that kind of stuff. And when it comes to food, of course, convenience is the thing. But you make it so easy. And because there aren't

complicated ingredients; because you can just go to your local farmer's market and get everything you need and cook a massive potato bake; and you've got it for the week. [Yeah.] You know? That is really powerful.

**Chef Cynthia:** It's very powerful. Making the right choices, but more than so, making the choices that we're designed to make which is nature. Buying the black beans, you know, make a decision. [Yeah.] Because conventional versus something that has grown food and really great soil health, you're actually a changed maker. You see those ads all the time, the change you want to be, you're actually it.

**Hayley:** Yeah, you're doing it. You're living it.

**Chef Cynthia:** You don't have to put the meme up. You're actually it.

**Hayley:** You're a thriver and eating delicious, gorgeous food.

**Chef Cynthia:** Governments aren't going to change the world; we are individuals.

**Hayley:** And part of your community, you've seen so many people who've just shifted by cooking this way. [Oh, massive]. (In) their health, the symptoms that they didn't really think were symptoms have suddenly disappeared.

**Chef Cynthia:** And we're talking simple recipes here and not complicated stuff. Massive, huge, huge transformation in health. And that simple spaghetti bolognese that they bought those vegetables conventional. Now, they have the recipe. And then now, looking at the recipe that the recipe is a guide. It's the intention behind the recipe that I teach. What is the intention behind the recipe? And how can we provide ourselves with nutrients in a simple dish after we worked all day? And how does it become a part of us? So, we started to gravitate and value different farming methods that aren't conventional. It's a massive, massive transformation. It is huge.

**Hayley:** It is absolutely massive. Yeah. I'm so grateful for having you here today. I wanted to point out a quote that I wanted to read. It says, this is my Doctor Mark Hyman, who's a famous, famous doctor out there who talks about health. He has many books. He's something like a best selling book, eight different books, and it's all about food and eating whole foods. And he's quote is *"Food is the nexus, the center of most of our world's health, economic, environmental, climate, social, and even political crisis. So, by you just paying a dollar to this regenerative farmer over a modern cropping industrial agricultural farmer will force the tank across everywhere."*

**Chef Cynthia:** Yeah. It's just not that hard. Like I said, you're in an apartment building. You'd go down to your local supermarket. You have a choice. [Yeah.] That black bean or that black bean, like beans, conventional or organic biodynamic or in conversion. Massive transformation. You don't have to go down and turn the soil and grow food [yeah] after you've worked 12 hours a day. There are answers.

**Hayley:** Thank you so much, Cynthia. Tell us what you've got. What programs do you offer? Do you have events? What can people, if people want to start to go, "yep, I want to start to make the decision to go more plant-based?" And, we're totally not people that would be like, "you must only eat plants." Like I said, just 80-20 if you (want to). I choose not to eat meat. I just actually feel better without eating meat. [Yeah]. But we're not saying that if you can introduce to have more plants and I didn't know how to do it until I met Chef Cynthia and I followed her recipes and it just opened up my world. So, tell us what you've got.

**Chef Cynthia:** What I do in this amazing space is I film in from my kitchen to yours, 24/7, 7 days a week in any device really. And I take you through techniques and skills that we've not been taught. Because we've been taught how to eat and we're not being taught how to cook. So, I hold your hand through a process on this online platform that gives you an opportunity to really sink into nature and to take out the bullshit really of having to be a certain way and look a certain way. And so, each recipe is designed with your organs in mind or 78 of your organs. [Awesome.] And that direct connection between nature and yourself is in one boat together. So, that's what I do online. And then I have physical products. So, I have a probiotic spread.

**Hayley:** For those of you in Australia, if you liked vegemite, this is the healthy, amazing version. It's got probiotics. I'll let you talk about it.

**Chef Cynthia:** It's the only living bacteria in a spread that I've ever (know) You know how you take probiotic pills? It's 100 bucks, 150 bucks and you've got to remember the day when to take your probiotic pills. And when you get sick, you're like, take these probiotic pills. And when you have anybody to take your probiotic pills. So what I've designed is something that supports the microbiome, which is super important. I'm also teaching about the three brains, which are the head, the heart and the gut, and connecting them into nature. So, I have physical products. I have a retreat called **Nourish**, which is a 5-day plant-based cooking retreat.

**Hayley:** I had a sneak peak last month. It's just phenomenal. [It's] the faces of everyone.

**Chef Cynthia:** When you're cooking, you're physically cooking and I'm training you and helping you and guiding you to go back into your home and physically don't sell online and physically cooking. And then, lots of different partnerships, building cafes to people, TV, Guy TV, FMTV, TV. There's just so much TV really. But at the end of the day, what I love to do is have conversations where I can see what you're doing at home. Because there is a part of us that goes, "I want to be plant based or I want to do this." I'm not about that. I'm about just introducing you to nature when it comes to whole food. And then, how do we do that in a busy schedule and how do we actually fall in love with ourselves first? And, (we) get to understand our own patterns of either overeating or undereating or dieting or anything of that. I bring you into a direct alignment internally and then we play with the recipe. And then, what happens from there is you fall in love with yourself. You fall in love with your traits. You fall in love with who you are and you become very aware of food. That's what I do.

**Hayley:** You'd be the change you want to see in the world. And that ripple effect of what happens helps.

**Chef Cynthia:** (It's) massive and it changes chefs as well which is very interesting. Because (with) chefs, I really don't have your optimal health in mind nor do they have a direct connection with farmers. They order online through a computer. They don't even know what's going on out there with the tomato farm or what's going on out there with anything really. And so, I give them an opportunity to sink into nature and train them from that space. So, yeah, it's all encompassing.

**Hayley:** It's so phenomenal. So, definitely go and check out [chefcynthialouise.com](http://chefcynthialouise.com). There's so much. I will put some links below. Anything else you want to finish off with, Cynthia? Any last message you have for the Thrivers out there?

**Chef Cynthia:** Put trees in your house. You get mine. They're actually getting big.

Hayley: Yeah, it's phenomenal. Thank you so much everyone for listening! It's so exciting. We're hoping we'll probably have Chef Cynthia Louise on again at some stage. I'd love to maybe even show some mentor back or something.

**Chef Cynthia:** I think that, you know what we should do? We should ask your audience [yes!] what subjects you'd like me to talk about when it comes to nature and food.

**Hayley:** That would be amazing. Yeah, I would love that. Great idea. So, Thrivers please hit down below to get to the show notes where you can join the conversation and

start asking these questions. And in the meantime, I'm looking forward to you so that we can all thrive together in nature. Thank you!

**Chef Cynthia:** Thank you.

Hey, if you enjoyed listening to my podcast, remember to subscribe to hear more. You also have to come check out the **Thriving with Nature website** where all of my videos, podcasts, and resources are to take what we discuss here to the next level and apply it in real life. I'd love to have you come join myself and many others striving towards living a regenerative lifestyle. Go to [thrivingwithnature.com](https://thrivingwithnature.com).