

Announcer:	00:06	Welcome to a Teaspoon of Healing where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your life through positive changes. Here is your host Dawn DiMare.
Dawn DiMare:	00:25	I'm Dawn DiMare and you're listening to a Teaspoon of Healing. This is episode 6 and today we're going to be talking to an international award winning sculptor and Chapman University in Orange California. Dr. Nicholas Hernandez! We're going to be discussing the creative process and meditation and how both of those are so key to the your physical and your emotional health. You may think that the creative process. Oh that's just for artists for painters. No that's for all of us. All of us have creativity within us. And how does it affect our health. Well if we're not being creative we're not doing things expressing ourselves whether it's through painting writing.
Dawn DiMare:	01:05	Making a new recipe just creating something. Making a software program whatever it is that you like to create. When we're not doing that we get depressed. And we're not feeling as vital. Or vitality is lessened and then that going to lead to unnecessary stress. And block us. So the creative process is very integral to our health. And meditation while. Meditation is so key. I find that if I don't meditate for a while and I've been in a phase I've been so busy and I haven't been meditating. I just noticed that my stress levels are through the roof. And. I also noticed that it impacts my physical health. So meditation is so important. For our health and well-being. So I'm in a chat with Dr. Nicholas Hernandez. He's been meditating for many years and he has some tips for you and about the creative process. So stay tuned for that. If you want to learn more about a teaspoon of healing visit my website. W w w teaspoon of healing dot com. You can read my blog, download past episodes, of the podcast. Read transcripts of the show or contact me so again at dawn@teaspoonofhealing.com. If you have any questions feel free to send it to me or my contact form and I will answer your questions on the show. All right now let's talk to Dr. Nicholas Hernandez about the creative process and meditation on a Teaspoon of Healing.
Announcer:	02:38	This podcast is for informational purposes only and does not constitute medical advice please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.

Dawn DiMare: 02:56 And before we get into our interview let's hear from one of our sponsors Goff Tours.

Speaker 6: 03:05 Hi this is Goff owner of Goff Tours. Specializing in stand up paddleboarding or surfing lessons. We even do snorkeling. You can reach me here. Orange County has what you're looking for! You can contact me via e-mail at gofftours @ gmail dot com or. Mobile number is 9 4 9 3 3 8 5 9 3 7 Gofftours.com.

Dawn DiMare: 03:37 Hi I'm Dawn DiMare and you're listening to A Teaspoon of Healing. Well today we have a guest, Dr. Nicholas Hernandez international award winning sculptor from Chapman University.

Dr. Hernandez: 03:49 Great to be here.

Dawn DiMare: 03:50 Thanks. Great to have you. And how are you doing?

Dr. Hernandez: 03:52 Oh just couldn't be better. I'm having some real good luck and fun with my art. I'm working on two major projects. One is a possibility of a 14 foot monumental sculpture outside of the Moscow Performing Arts Center at Chapman University a brand new performing arts center that they've just built. Wow had I want to do it in Italian alabaster. The actual piece itself would be about nine feet and then it would be on a five foot pedestal and it's a beautiful Well I think it's beautiful and so does the director of the Moscone Center and several other professors out there. Now whether the powers that be Dr. Doiy And the new president Danieli Strooper whether I please them or not is another story but they're hoping that what they see will please them. That's really exciting for me you know to have the piece and have it out there called spirit form which I know is an oxymoron because spirit has no form but it's the attempt.

Dr. Hernandez: 04:54 So Nick, tell our listeners a little bit about your background.

Dr. Hernandez: 04:57 Let's see I'm a Southern California beach boy! Been on the coast my whole life. Born in San Francisco and then came to Santa Monica. Grew up there and then I'd been in Laguna almost 50 years.

Dawn DiMare: 05:14 So were you in Laguna Beach in the 60s with Timothy Leary and the Brotherhood and all that?

Dr. Hernandez: 05:18 I babysat Timothy Leary's kids. We were going up and up to Oregon and you know Northern California and up and down the state where I was a hippie. I helped organize the very first anti Vietnam rally in Golden Gate Park. Oh really. We did it the cops

beat us. But you know they didn't half heartedly nobody. You know there were no protests. I mean they were kind of like poking at us a little bit like not why what happens these days you know these days they're out for blood. But then the cops were kind of they were like You guys are a pain in the butt. They didn't consider it dangerous you know. And I was in a band up there I was living on hate street the whole summer of love.

Dr. Hernandez: 06:03 Oh the stories. Then you were in Laguna Beach and studying music and doing construction because I get an apprenticeship as a high rise construction plumber. A lot of technical stuff. You know I was trained for a computer cooling systems and petrochemical installation and commercial industrial plumbing. So I came to Laguna and I was walking up and down the town. I walked from one end of Laguna on one side of the highway across the street and walk all the way to the other end looking at art galleries looking a little shops. And that day I decided that I wanted to live here again. And I had been kind of on the road hitchhiking being a hippie. Even though I had graduated from my plumbing class and I was thinking to myself I wonder what I can do to make a living here. And it struck me just as I walked in front of Jim Argos you know where Jimmy, ourselves although the records that there's a record store in Laguna Beach south just as I got to Sound Spectrum it came to me that well I'm a plumber.

Dr. Hernandez: 07:15 I'll bet I can do plumbing. So I walk into a store and here's Jim the first time I ever saw him. And he sort of smiled and said hello. I said "Hey. I'm a plumber and I want to you know I'm going to be looking for work in Laguna Beach." He is I've got why he just said "Oh man. That you're just what I needed me to be " Led me into the back room and they had a sink with faucets that were leaking like crazy and he had a couple of odds and ends and I fixed right up you know.

Dr. Hernandez: 07:47 And then he took me to his house and I did a couple of odds and ends there for about the whole thing maybe took me two hours and he gave me a CD not a CD a record a big you know vinyl LPs. Yeah he gave me one of those and he gave me fifteen dollars and a quarter ounce of hash. And I thought I had died and gone to heaven. I said this is crazy. And then I did end up moving to Laguna and ended up meeting a lot of people in it because I had like shoulder length hair longer. I was the first plumber that anybody had ever seen that looked like a hippie and I knew my business well. So I went to work in one of the first people I worked for was Tony Iseman. Yeah, our mayor. And this was like the second year I was in Laguna and I had done some repair work for her.

Dr. Hernandez: 08:42 But then I started meeting all the the drug dealers that backed when it was all marijuana and hash and they were making a bunch of money and they were remodeling their homes and they didn't trust hardly anybody to have a plumber that they knew was like one of the guys you know a local surfer and local you know hippie that they really liked it. So pretty soon I was working for all of these guys making real good money used to not like it so much. Now it's just kind of like sculpting which is in a different way. It's very creative and now for me it's fun because it's just second nature.

Dawn DiMare: 09:21 So Nick when did you start out sculpting? When did you find out that that was something that you wanted to put a lot of your passion into?

Dr. Hernandez: 09:29 Well this is an interesting story. My father was an old beatnik and when I was 7 he took me to meet a very famous sculptor Leon Salter. I got a lesson that day and I made a little face out of granite. I got to have a couple of lessons. I didn't get another lesson in sculpting until I was 46 really. And so what happened at 46.

Dr. Hernandez: 09:54 I was walking down on a beautiful spring day I was walking down Main Beach and it hit me it just hit me that I'm a failure. I don't have a career. I just sort of hit me like you know at this age most people are well into a career. My one of my very best friends in the world is a world famous sculptor master's from the Chicago Art Institute. So I went to him and asked what are the chances of you teaching me to sculpt. He sort of threw a fit. He got up a little cigarette he's pacing back and forth and then he stopped at the far end of his studio and he pointed at me and he said if anybody could be a sculptor you can. But you have to be my protege. And the next day he took me to UCLA to a store where he bought his carving tools and we bought a whole set of tools.

Dr. Hernandez: 10:46 I started carving and on the very first strike I put the chisel onto the wood and I hit it. When I hit it I had an epiphany. I suddenly knew what that word meant. My life just I just made it just a medium left turn. Everything changed and I started working and I couldn't stop. After two years I sold my very first piece by four years. I was in the White House. I'd made a high relief woodcarving of Chelsea Clinton that made Hillary cry. Fourth year I was juried into my first international show to Florence, Italy. I was a proof of how it was with the Olympics of Art. I won the the Medici Medal - then, really suddenly I was somebody in the art world. More respect and I got offered many shows and

I've done galleries on and on I became an art commissioner and then eventually I got a Ph.D. from Chapman University.

Dawn DiMare: 11:36 That's really amazing. Such an inspiring story. So Nick tell our listeners about a project that you're going to be working on with the Segerstrom Arts Center in Costa Mesa.

Dr. Hernandez: 11:55 They built a big outdoor stage for community events.

And I carved a guitar. It's a it's a woman's body and it's quite beautiful. Air conditioning play at that day and they're going to install one of my big PC emergence there and I'll have a booth in the Saturday January 6th and it's January 6th, 2018.

Dawn DiMare: 12:14 OK so the Segerstrom performing arts center in Costa Mesa, California. So Nick I want to talk about the creative process with you. So the creative process is something that's very healing. It's very powerful and if you have a tendency to be creative which I think most of us do ,and it's being suppressed whether you don't have time for it you're not thinking about doing it or perhaps you're depressed and you're not expressing yourself in that way that can actually make you feel even more depressed. So the creative process. Do you feel that it's something so intrinsic to us and healing to us as humans? Because we're basically expressing our I guess our inner power our inner essence through creativity. How do you feel about the creative process and how it relates to emotional well-being?

Dr. Hernandez: 12:57 What I see is that human beings are creative beings. That's why we're here - it's essential to our nature. And it's the urge to express ourselves - it's an essential basic urge to be expressive. If you're not that's when you're hung up you'll get just stunted. And the fact is we all as I mentioned before we all created ourselves. We all everybody remembers creating their smile. Everybody remembers creating their walk. You know I've said that those two lines to hundreds and hundreds of kids and I've never you know students and I never had one disagree or argue about it. And but that doesn't stop we we create ourselves every instant. In Buddhism it's called origination of what this instant how this instant originates instant after instant after instant and and we are doing it we are responsible. We are creating this reality investigate and practice being creative. It will open up your creative energy. In other words there's an infinite number of ways to put a piece of clay on a sculpture or to put a color on a painting. It's just there are no boundaries, it's absolutely infinite.

- Dawn DiMare: 14:17 How about people who don't feel that they're creative because perhaps they were told in school? I remember having a class and they said I can't draw and you know it sticks with me. I can't draw but maybe I just didn't draw exactly how that teacher wanted me to draw this. Mind you this is when I was 8 years old. And so there's people how do they get past that hang up because there's so many ways to be creative. And some people feel oh I don't have the talent I was either told that or my parents told me that or I did feel that by yourself. How do people who maybe don't feel that they have any talent or any of this?
- Dr. Hernandez: 14:54 One word - practice! I always urge the students to practice in art. I don't care if it's dancing or cooking or sewing or gardening or any of the visual arts photography whatever. But can you think of any career that doesn't require creativity. I can't. No there are none. So if we're practicing dipping into this infinite potential, that is the creative process and it's ours. We all own it you own it. Every one of the students I've ever lectured owns it. We are that creative process. So the way to make it work for you is to practice, practice, practice, practice. I mean in that five years when I started carving I mean there were thousands and thousands of hours that I was just pounding away with my chisel and and scraping with files and then the rest you know the very first piece that I ever made a kid stole from my car. I saw the kids playing with it as I drove by and they saw me.
- Dr. Hernandez: 15:57 So they smashed it on the sidewalk and ran away broke the peace in half. This is the very first piece and it was beautiful not it wasn't the very first piece it was the first the first real piece you know because it was everybody said it was beautiful. Everybody did OK so that's that's cause I can't really tell on with my work. I usually always see all the defects you know and the things that I should have done or could have done better. So only when other people are telling me that it's that they liked the piece that's how I judge my work. It's hard for me I all I ever see are my faults but that's OK.
- Dawn DiMare: 16:34 What we always think our fault. Yeah don't you believe that. It's very easy for me at least I can if somebody says something bad I'll believe that way. It's way easier to believe that if somebody says something complimentary I'd outgrown that. Did you find that we are worst critics? and that perhaps the quest for perfection. You know being afraid to start practicing and failing practicing failing. How do people handle failure? Definitely is part of the process.

Dr. Hernandez: 17:00 There's a term it's called equanimity, the balancing of the good and the bad parts that the universe throws you know in other words think of it as as people criticizing you. There's going to be some people who criticize you on one hand and on the other hand there's going to be people that are praising you and you can't be captive to either one. You have to balance make it equal make it so that in order to be creative you need to have a balance within yourself. I have a graveyard of pieces that just didn't make the cut. And I've I've got this those pieces some who are pretty big. But it's it's over but I did learn from it. Not too much to the left not too much right. No not too much happy not too sad then you're not going to be a victim of your own negativity or other people's just like you said don't listen to either side too much.

Dawn DiMare: 17:51 And also how about trusting your own self as well.

Dr. Hernandez: 17:54 Yeah. And that's you do develop that by developing equanimity and for me what has done that.

Dr. Hernandez: 18:02 And this is an important factor is meditation OK.

Dr. Hernandez: 18:06 I know that my art is born of and supported on a daily basis by meditation.

Dawn DiMare: 18:12 So meditation - so say somebody is new to meditation. They haven't tried it yet and getting into it. And how did it help you develop your own sense of self and that equanimity? And also how did it help you with the creative process?

Dr. Hernandez: 18:28 First of all when you meditate, it's the practice of quieting your mind. We don't do much. I mean some people do but it's just quiet mind. No movies you know you close your eyes and leave them a little sliver just over at the bottom because if you close your eyes all the way. You'll tend to get pictures but if you leave open you leave your eyes you know you notice that in a lot of the meditative sculptures you'll see a slight. Their eyes are just just a little sliver is open in them. No thoughts no emotions. No you will catch yourself.

Speaker 9: 19:05 A thought will carry you away. And you'll be in the middle of a fantasy or a mind a movie or something like that. And as soon as you catch yourself you use that as a gentle loving reminder to go back to quiet to go back to center and to to stay in the moment you want to be in the here now. You're not thinking about anything or going away you know in your mind it's being very aware in this instance but still quiet. Now what happens is

creative energy from the unit which pours into you like a giant battery. The place between thoughts that energy is led into you and that becomes yours your energy to use. Now how to get started is I would definitely join a group somewhere. Find us. We call it a songa in Buddhism it's just a group of Buddhists get together and we meditate.

Dr. Hernandez: 20:03

I have a monk who comes here about once a month we get together meditate for an hour and then talk about the Dharma the various teachings of Buddha. My son gets really bright there's so many professors and doctors and lawyers and famous authors oh my god it's it's amazing. We help each other when you're when you get together. It's it's easier for me to sit and meditate with them for an hour than it is for me to sit myself and meditate for an hour. Usually I meditate myself for about half an hour. Like anything else meditation is about practice that word there comes again. And the more you meditate the better you get. It's the most powerful thing a human being can do. You know you can pick any activity that you can think of meditation is by far the most powerful in Buddhist we have a saying if you're really really busy meditate for an hour. But if you're really, really, really busy meditate for two. And what happens is you become really efficient and when your mind is quiet it carries over to when you're not meditating your mind will be much more still. After practicing meditation for a while you know have you seen the what they're doing across the country these days. They've stopped detention classes across and this started off in a lot of inner city schools but they're having the best luck. And instead of punishing the kids they make them go into a room and meditate and do some yoga. Their grades are soaring their disciplinary problems are dropping at an amazing rate. Meditation is again, I'll reiterate, the most powerful activity a human can do and right next to that right along with meditation is being something powerful to do is service being of service to fellow human beings that also is incredibly powerful thing to do.

Dr. Hernandez: 21:53

But meditation is pretty much number one when I'm looking at a piece for instance and. I have a decision to make. You know what where. Where do we go with this curve where do we go with this form you know what what am I going to do if I'm thinking it's jumbled I don't have the vision. If I just look quietly with a quiet mind the creative process happens on its own. I don't I'm allowing it to happen. I don't I'm not forcing it I'm not doing it myself. I'm just a medium for the creative force to happen. So the more quiet you are in your mind and and then the more beautiful the work ends up being always. You know when I get started on a piece at about 10 to 15 percent of the

piece being done it really comes alive. I feel it within 10 or 15 minutes I've always kind of look forward to that.

- Dr. Hernandez: 22:52 Then the piece will come alive and it starts talking to me a piece. I swear it moves. I mean it's there's a there's an inherent insanity in the process. I am in my studio alone at night sometimes and I often feel like I'm just out of my mind. But the piece it's like they're pulling my shirt and I just follow. And I learn at first I used to force my way I forced what my ego wanted and it just never worked out like when I finally started to let go and just let the piece lead me it's even kind of kind of embarrassing when people say things like oh you're aren't you so talented and I'm like that's not that it doesn't seem accurate. I can hardly claim it. It belongs to the universe it doesn't. I'm not that good. It's good tried to say but when you let the creative process come through you miracles happen. I mean it feels like things are being expressed through you when you let it you know and not trying to have your ego you know force things. And I think also that's very relaxing and calming as is meditation. And when you're in that relaxed and calm state you're also much much healthier. Stress and sugar are the two worst killers.
- Dawn DiMare: 24:11 It's interesting how many years they thought it was that definitely the sugar that sugar is very addictive. So I'm studying it as well. Yeah yeah. Amazing. It's amazing how much sugar is and everything but stress stress and meditation can help you.
- Dr. Hernandez: 24:27 Meditation will knock it right out. It'll do it it'll do it quickly. I have a funny story. I had a girlfriend. Beautiful woman. Oh my god they called her the most beautiful woman in North County San Diego.
- Dr. Hernandez: 24:38 And we were kind of where we were fooling around too much being a little too rowdy. And so at one point I lost my job, my car, my girlfriend and my house all in like a two day period. You're everything crashed. And I'm sitting in a motel room with like 900 bucks in my pocket thinking what when are we going to do and I was like kind of panicked you know. And then it hit me that I hadn't been meditating for a couple of months. I just immediately sat and I meditated and in three days I had everything back. It all just came back like an egg that you know you felt broke bottom. You kind of reversed the picture and all of a sudden everything comes back together. Now you sit on the wall as if it like never happened ever since then. I'm almost afraid to not meditate. And it wasn't too long after that that I started art. And you know I know that came from meditation so like I said in my sermon when he was in college he used to call

me his problem child and then I started to meditate and everything turned around emotional health and the creative process kneeling down if somebody is depressed it's usually going in a thing always that it can shut down the creative process.

- Dawn DiMare: 25:56 If you're already prone to depression how does not being creative make that worse?
- Dr. Hernandez: 26:02 Let's investigate what depressed is. You know what is being depressed the creative their creative nature? That is what is being suppressed or depressed. If you start being creative sing a song do a dance make a break make a meal whatever you know whatever it is you or your spirits will pick up immediately because this is what we're here for to be creative. So if you're not being creative yeah the inside you're inside you're going to boil because all of his creativity is in each and every one of us.
- Dr. Hernandez: 26:40 There's nobody on this planet that is not creative. We are creative entities. That's what we do so the more we nourish that and facilitate that creative energy to come out the more relaxed the more happy the greater the equanimity the more peace you can express love more you can take the punches that are universal through a job much easier if you're not all pent up you know what what is being pent up creative energy. To me it's important to practice getting this creative energy out in whatever way. I mean, you know, if you look at the definition of art in the dictionary it says doing anything on a high level simple succinct description of art doing anything. One of the highest levels yeah.
- Dawn DiMare: 27:32 If somebody maybe taps back into their creative spirit they just decide to make an art practice see where it goes. If somebody is depressed or in a depressed state because they're you know they're not doing that or that isn't a factor that's in effect. How do you think that would help them would that help them if they did.
- Dr. Hernandez: 27:49 Well you know if you go out to Laguna with friends you know and all the seniors some of the money that they spend out there is for art facilities and you've got all the seniors painting sculpting dancing doing music you know artistic endeavors. And yet the reason they do that is because it wraps up the well-being of the people that are doing it and it's instant and it's obvious they're also teaching them to meditate.
- Dawn DiMare: 28:15 Wonderful. I can see how that would tap right into this getting into that creative spirit. You're not suppressing it anymore.

Dr. Hernandez: 28:20 You're allowing it to be and you're facilitating you're helping the creative process you know very important factors in wellbeing and health is to be able to be creative I believe I see it. You know I haven't had a cold in 27 years. Do you attribute this to this you really must have a really healthy lifestyle or I'm also very aware you know I don't let myself get killed I don't let myself get to. I prepare and then I take all the herbs you know about we talked about that before and I'm feeling just outrageous for somebody that's approaching 72. I feel great. I believe that meditation is a big part of that and also the fact that practice and be creative. You know I call it art. I have the time I'm walking around already.

Dawn DiMare: 29:08 Well that's wonderful. Thank you for sharing that. All about meditation and the creative process. Let's take a quick break and we'll be right back with Dr. Nicholas Hernandez on A Teaspoon of Healing. We're here with Dr. Nicholas Hernandez, the award winning sculptor. Back here with us discussing the creative process and I'm really enjoying. I've learned so much from you in this talk about the creative process. And I hope all my listeners are learning too, and inspired and also taking questions that many listeners have questions for Dr. Hernandez. Please submit them you can submit them on my Facebook, my instagram for A Teaspoon of Healing. Please let me know because we can have Nick on again and answer your questions on the show. So for the creative process, you're going to actually be giving lectures on this at Chapman University in Orange California, not too far from where we are?

Dr. Hernandez: 30:31 Well I'll get the schedule next week and they start in the first week in January. They're going to be doing four of them it's going to be fun too because I bring my guitar with me. And usually one or two pieces and I'm going to have Phil Gough. You know he plays a lead guitar with Common Sense and with the English Beat. And he's going to be playing my guitar for the kids it's it's really funny because you know we'll have him set up a little bit towards the back of the class and he'll be sitting there with a little amp and my guitar. And as I talk every so often he will just put in some licks you know like maybe a minute of playing guitar keep talking and you know I'll explain about the guitar and you know and then he'll play another song.

Dr. Hernandez: 31:22 So it's really a lot of fun. The kids just love it and I'll be basically chatting about the same kind of things and answering your questions and seeing how it goes. Are these open to the public. So these are these are for students. These are for students even though I've had I've had quite a few people ask if they could go to hear lectures with me. You know what they may have just

friends of mine and I've never had a professor not let me do it. So I bring in people and they'll just towards the back and watch and listen you know but if you are a student at Chapman you can actually enroll in a course I'm assuming it's the intersession any major so it's creative writing. English majors or is it pretty much anybody can enroll if you're a student. You know I don't I don't really know the parameters. It's a creative writing course. I know they are creative writing course if you are having a student and you you could enroll in that.

- Dawn DiMare: 32:09 So there anything else you want to say to our listeners about creative process or about health?
- Speaker 5: 32:09 If you want to have good health and longevity good luck. Be creative. And in order to be creative. Meditation is really great. I would recommend that I would pretty much end without so many of the greats great artists and great scientists or are meditators and it does work and it allows you to the creative flow that the creative energy of the universe to flow right through you. And it just it's cleansing it's just make you feel good about yourself.
- Dawn DiMare: 32:51 Learned a lot. Now how can people find out more information? Say somebody wants sculptures maybe a piece commissioned or work done privately for them. Is there any way they can contact you?
- Dr. Hernandez: 33:03 E-mail or my Facebook site or my phone number. You know it's all fine. I'm working on a Web site right now. I've been working on it for months or just haven't really gotten to it. Email. It's lagunanick@gmail.com. You know you can put my phone number. I don't care.
- Dawn DiMare: 33:18 OK so people can get it. You want to get in touch with Nick and have him work on a piece, or just discuss maybe one of these events, or even if somebody wants some help with meditation.
- Dawn DiMare: 33:30 OK so do you do any meditation classes?
- Dr. Hernandez: 33:33 Yeah well I could I could you know take him to my sangha and everything just happens from that. What if you if you go to the sangha. You'll see, it's self-explanatory. There's nothing difficult about it.

Dawn DiMare: 33:48 Well thank you so much Nick for joining me today on A Teaspoon of Healing. It's been a great pleasure. You're welcome back any time. And again if you have questions for you or for me just go to the contact form or my website. Just click on contact and you can send any questions and I'll answer them. I'll get the answers from Nick or if I can answer a question.

Dawn DiMare: 34:14 Thank you for listening to this episode of A Teaspoon of Healing with Dr. Nicholas Hernandez, international award winning doctor from Chapman University. If you have any questions for me or Dr. Hernandez. You can contact me on my Web site - www.teaspoonofhealing.com. You can also go to my Instagram page and contact me there and my Facebook page which is Facebook [.com/teaspoonofhealing](https://www.facebook.com/teaspoonofhealing). Instagram is [@teaspoonofhealing](https://www.instagram.com/teaspoonofhealing).

Speaker 3: 34:48 Well, stay tuned for the next episode.

In episode 7, we're going to be talking to a doctor of podiatric medicine and a foot and ankle surgeon Dr. Michael Coyer, all about running, exercising, starting a new exercise program which many of you will probably be doing at the beginning of the new year. Some tips about keeping your feet healthy and avoiding injuries. Stay tuned for that.

Announcer: 35:11 Thank you for listening to A Teaspoon of Healing with Dawn DiMare - your home for a wellness and vibrant living. For more resources on wellness and vibrant living, visit us online at [teaspoon of healing](http://teaspoonofhealing.com).

Speaker 4: 35:26 This podcast for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.