



## Conscious Life presents

### Cultivating Healthy Behaviors for Hormone Balance

**Guest: Dr Pedram Shojai**

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#### **[00:00:09] Alex Howard**

Welcome everyone to this interview, where I'm super excited to be talking with my good friend Dr Pedram Shojai. We're talking about lifestyle habits, behaviors that are really important in bringing lasting balance to hormones.

These are some of the pieces that can get overlooked, but they're absolutely critical, not just for laying the foundation if you're going to work with things like bioidentical hormones, but if you already are to really ensure that long-term balance and success.

To give you a little bit of Pedram's background. Dr Pedram Shojai is a man with many titles. He is the founder of [theurbanmonk.com](http://theurbanmonk.com), co-founder of Whole.tv, the New York Times bestselling author of *The Urban Monk*, *Rise and Shine*, *the Art of Stopping Time*, and *Inner Alchemy*.

He's the producer and director of the movies *Vitality*, *Origins*, and *Prosperity*. He's also produced several documentary series like *Interconnected*, *Gateway to Health*, and the *Exhausted* series.

In his spare time, he's a Taoist Abbott, a doctor of Oriental Medicine, a Kung Fu world traveler, a fierce global green warrior, an avid backpacker, a devout alchemist, a Qigong Master, and an old-school Jedi biohacker, working to preserve our natural world and wake us up to our full potential.

Firstly, Pedram welcome. Thank you for joining me.

#### **Dr Pedram Shojai**

Always great to be with you.

#### **Alex Howard**

You were just saying before we started recording, a metaphor of a symphony, I thought that was a really interesting way of thinking about hormones. It's like we can get so used to thinking about

particular hormones in isolation, and pathologizing the imbalances of an individual hormone. But actually there's a greater symphony in our systems, I'd love you to start by speaking to that.

### **[00:02:13] Dr Pedram Shojai**

Yeah, thank you. This idea that your progesterone is off, or your testosterone is low, it's a single vector solution that really helps doctors see a lot of patients every day. It really helps create a pathological model around deficits, around lab results, but it's not really reflective of the reality that created the situation.

It's really one of the fundamental differences between allopathy and functional medicine, the real question is why is your testosterone low? Why is your progesterone or estrogen off? When you look at the multi-touch systems approach that's needed to be brought to bear for a solution around hormones.

It's your sleep, it's your diet, it's your stress, it's your chemical exposure, it's your detox pathways. There is a symphony going on, this orchestra is all supposed to be working together in harmony. And when we start to have disharmony, you will start to see one, two, three flags pop up. What we do is we chase the flag saying, okay, well, here's the problem not realizing that it is the orchestra that needs to work together better.

Again, metaphorically, that is an inconvenient truth, because that means we got to dig a little deeper. We have to take a multi-systems approach, which means our traditional healthcare models are not geared up for that, "Here's your cream, bye-bye." If you really want to solve hormonal problems, you solve life problems, because it's how you live your life that leads to it.

### **Alex Howard**

Yeah, it's almost like thinking about hormones as being a symptom or an expression of imbalance in the wider system.

### **Dr Pedram Shojai**

Yeah, you don't blame the canary for falling over and dying in the coal mine. You say, "Hey, there's gas, we have a systemic problem. We have other issues happening." Hormones are master signaling molecules that help coordinate very, very broad range of functions in the human body. They have psychoactive elements, they have physiological elements, they're involved in energy metabolism. It's complicated.

So for us to just look at some paper and say, "Bring this up, pull that down," it's an overly simplistic model that will help in the short run, because people will feel better, but in the long run, it's not solving the actual problem. It's like saying, "Oh, your kid has anxiety, so let's give him an anxiety medication." But he has anxiety because he was bullied at school, and unless you deal with the bullying, unless you deal with the mom and dad fighting at home, or whatever it is, you're just throwing pills at the anxiety. It's the same thing we're doing with hormones.

**[00:05:11] Alex Howard**

I'm going to build on that example, my eldest daughter, who's now twelve, when she was about seven years old, she was in the process of getting diagnosed with dyslexia, and very, very severe dyslexia, to the point that she's now twelve, and still has major struggles with basic reading and writing.

She was having the extreme of this before we moved schools and we resolved it, she was having panic attacks, we put her to bed and she'd come down four or five times in the evening and in the night. It could have been so easy to say, "Oh, well, this child just has anxiety, put her on medication or whatever."

But it was a symptom of the fact that she was completely overwhelmed in the school environment, and until she moved to a school environment that could meet the need, it was actually her way of saying help. Within days of the school environment changing, the whole thing just reset. It's a really good example of what you're saying, that it's not necessarily something that's broken, it's sometimes it's a communication, or it's an expression.

**Dr Pedram Shojai**

If you're trained to look for it, you find it and it's obvious. If you're not trained to look for it, you go to the conventional algorithmic model of going down the chart and saying, "Well, give them this," and that pharma model is a great business, but it doesn't really solve human problems, it just quells them.

If you really want to harmonize your life, you have to harmonize your hormones, which means you have to harmonize your life. It's like this self-begetting deal, which, again, is an inconvenient truth, because now I'm ultimately responsible for how I live. Which is not how the pill-popping marketing culture sells the stuff.

**Alex Howard**

Let's make this connection a bit more substantively between stress and cortisol, and the downstream effects on other hormones.

**Dr Pedram Shojai**

We have this HPA axis, the hypothalamic-pituitary axis, which is a governing axis of endocrine glands that are responsible for, partially responsible for, the secretion of this thing called cortisol. Cortisol is, I like to consider it the overdraft of your checking account, like hey, you didn't have enough cash in there, but you're good for it. We're going to push this check through, but put some money in there tomorrow, will you?

The body usually can get by with these systems of checks and balances in a peacetime economy, because you fill the tank, you fix it again. The problem we're having with stress, and I'm sure people in your programs talk about this all the time, but at the risk of sounding trite, I'm going to say it again, is we are now living in an environment where the walls are always caving in. We've become myopic, our eyes are focused inward.

### **[00:08:18] Dr Pedram Shojai**

Our stress levels are tied to relatively abstract bits of information that do cue our system to say, you should run, you should hide, the world isn't safe, Vladimir Putin did this, so and so did that, the politicians said this. And every time these bits of information come in, we either feel safe or unsafe. And when we feel unsafe, the body says, hey look, we don't have time for museums and schoolbooks right now, we need more guns, we need more tanks, we need to ration.

This really primitive physiological principle that we have evolved around in the savannah, get in or out of a situation, has now crossed into these abstract realities we call our lives. Looking at these boxes that have information that comes from all over the world, that tell us the world isn't safe, and reinforce a narrative that then not just cues the cortisol to increase, and pull more sugar, and send it to the muscles to help you run and get out of a situation.

We're learning now that it also has a very powerful signaling effect on our mitochondria. When we don't feel safe, the energy production systems of our physiology say, hey this animal needs to lay low, we can't really produce more shoes right now, we need to hunker down because the economy ain't good.

We not only pull the blood to the vital areas for a wartime economy. We shut down energy production, now we're feeling tired, wired, stressed, and incapable of really pushing through and making the right decision, because our prefrontal cortex is offline, our energy systems are low, which won't power up the prefrontal cortex, we can't even jumpstart the damn thing.

Then fast forward five, six, seven years, some guy says, "Hey, your testosterone is low, that's your problem, here's your cream." And you start to get other physiological wobbles because you're throwing hormones at a system that is actually impacted way further upstream.

### **Alex Howard**

I think one of the challenges here is that we become normalized to our experience. Someone's system can be really quite dysregulated, there can be a bunch of signs of things being out of balance, but someone's become familiar, and in a way comfortable, even though it's uncomfortable, with that experience.

I'm curious as to what helps people become more aware of what's happening in their experience. To actually not see it as a broken bit of an engine that needs to be fixed, but as a living organism which is out of balance.

### **Dr Pedram Shojai**

Unfortunately... 20 years ago when I first started practicing and seeing patients, I would use the example of, so how do you feel when you're camping, and you're sleeping by some creek, and you're just listening to the sound. They're like, yeah. People had the visceral experience of actually being relaxed and connected with nature, and not in that fight or flight, or freeze physiology. In the last 20 years, I'm meeting less and less people that even have access to memories, growing up remembering when they were relaxed. I think this is actually an epidemic, I think this is a crisis.

### **[00:12:12] Dr Pedram Shojai**

But there are states of being that are your birthright, that very much feel, and prove to you, that this feels normal, and this feels regulated, and this feels good. Once you have established a beachhead, and created a relationship with these states of being, then you can normalize saying, "Oh, I am wobbling, I am out of whack, I am out of sync. Let me return to the natural state of ease, and peace, and happiness, and serenity, and good judgment that is the peacetime economy in which I should be living."

We're so normalized to stress and war that we don't recognize what peace even feels like anymore. That's where I've come full circle, I've done all the functional medicine stuff, and now I'm back talking monk stuff.

### **Alex Howard**

One of the things that struck me as you're talking, is that disconnection feeds more disconnection. What I mean by that is, the more out of sync we become with ourselves, the more dysregulated our system becomes, the more likely we are to make poor choices around food, and poor choices around exercise, and around prioritizing sleep.

It's like there's this vicious circle where we become dysregulated, we make poor choices that make us more dysregulated. I think maybe it's a good place to speak to some of these other facets of this jigsaw, pieces of this puzzle, that then can perpetuate this cycle of hormone imbalance.

### **Dr Pedram Shojai**

It's funny, I have two poker sayings that come up. I have a number of my friends growing up became pro poker players, don't ask why. I've been around a lot of poker lexicon. One of them is an old West Texas saying, I'm so broke, I can't even pay attention. And that's the state of being that a lot of people live in.

There's another saying amongst the poker folks, and they all have been trained to spot it. When somebody bets on a hand and loses, and then suddenly is in a psychological state where they are now trying to rebound, and make all their money back, on the next hand to the next hand. All the guys at the table go, "He's on tilt." And when a player is on tilt, they are very close to being felted, which means they're going to get down to the felt.

### **Alex Howard**

You learn something new every day in this job, and this is my learning for today. I like this, keep going.

### **Dr Pedram Shojai**

That's it, who knew the Urban Monk would give you poker lexicon. I think about it and chuckle often, because it is exactly how most of us are living our lives. I said this stupid thing at work, so now I'm going to go do something stupid over here to make up for it. And just these over-corrections that come from living in the limbic system, and being driven by the amygdala,

instead of powering up the prefrontal cortex, which is the part of the brain that is responsible for higher moral reasoning, negation of impulses, thought control, negation, negation, negation.

### **[00:15:39] Dr Pedram Shojai**

It's the part of our brain that says, monkey, no, stop with the impulses, no cheesecake, you're not getting drinks with these guys, you said you're going to work out. Unfortunately, and this is another inconvenient truth by the Urban Monk here, is that part of the brain is like doing pull-ups, you don't get good at pull-ups unless you do pull-ups.

You have to work on your focus and your attention, and the more you do so, the more your energy will then run through the aperture of that focus so that your life works out. That is the opposite of everything the marketers promise. That is the opposite of the pill for an ill model. And to bring it back to hormones, it's very easy to go to some person and say, "Hey, I don't feel well, I don't have energy, I lost my sex drive." So "Here's some lubricant, and some Viagra, and some estrogen, see ya."

That is a downstream consequence of being stressed, not sleeping well, having inflammatory... We get into all the minutiae that lead to this. But fixing the flower and not the root, is a very poor gardening practice. You fix the root.

### **Alex Howard**

I want to track back a moment to your point around getting down to the felt, or that tilt point. I was thinking a live example of that might be, we get over-activated one day at work, and we're worrying about something. Then that night, we don't go to bed on time because we're distracting ourself from the fact that we're worried, we're watching a load of TV, and then we don't get enough sleep. Then the next day, we're overtired, so we drink too much caffeine to try to activate the system, and then we don't eat lunch because we're adrenalized and we forget.

It's that cascade of effects, the more we go down that path, the more we perpetuate this cycle. Maybe we can dive into some of these pieces, you mentioned food, we mentioned sleep, we've mentioned movement and exercise. Maybe we can talk about each of those a little bit on its own, and then bring it back to how this all connects together.

### **Dr Pedram Shojai**

I love the example that you used, if you would allow me the impulse to digress for another second along that same trajectory, let's just follow that.

You didn't eat, but then your sugar crashed, you had skipped lunch, there's only a candy bar, which then becomes your next good food choice. You eat the candy bar, and then you crash, but because you are now jittery and your blood sugar is unstable, you snap at somebody, and then that pulls you into a meeting that then distresses you.

**[00:18:34] Dr Pedram Shojai**

Then you're so distressed after work that you need a cocktail, which also impacts your sleep. The next day, you have an extra cup of coffee, and you snap at your kid. Now your kid's having trouble, so you got to take time away from work to go talk to the principal, and now you're down money. Literally just fast forward 35 years, and you see the lives all around us.

It is this cascade of stumbling forward, one bad decision after another. And bad decisions beget bad decisions. It's why I can't drink, because that cheesecake looks really good with two drinks in me, and I can't afford the cheesecake, so I can't afford the drink.

You have to really look at overall health. To me, it's really simple, it's assets and liabilities. Are we stacking positive habits? Are we stacking negative habits? The more positive habits you can stack, the more your life starts to turn in a positive direction.

Going back and contextualizing this under the umbrella of hormones. Hormones are a very good example of what goes awry when we don't have a good functional system that is in harmony. Start with food, which is probably not where you think hormones would be bleeding from. When you have intestinal permeability, the endothelial cells, there's gapping that happens at the gut barrier.

70% of your immune system is there. What happens is the body starts to have food particles start to leak into the bloodstream. The immune system says, oh wait a minute, we're under attack. Mobilizes cytokines and inflammatory cascades in a self-defense mechanism, which then shunts the energy and the resources of the body away from harmonizing hormones to saying, hey, we don't have time for that right now, we're at war. That happens with every cheese burrito you've had in the last 30 years.

Sleep is where our hormones regulate, it's where our leptin and ghrelin self-regulate. Our appetite, our mood, our trimming of the lymphatic system, and clearing out the brain so that we can have fresh thoughts and trim out ideas, and emotions, and things that have been processed and we don't need for tomorrow.

That's also where our growth hormone is secreted, and it's where many of our hormones find their regulatory processes. Now you're watching Breaking Bad, you had coffee at three o'clock, you then had to have sugar a little later, which then pushed your dinner till 9 o'clock, you're sitting around having a really bad night's sleep after watching blue light. You're not getting the sleep that you need, and then you think estrogen cream is going to be the answer.

You follow this into exercise. If you don't move your body, and you don't get the endorphins flowing, and the cortisol clearing, and the muscles starting to tear, and pump, and produce energy, and tell the body that this is a robust system that needs to grow. What happens? Your hormones start to dysregulate, you have less need for testosterone, your body starts to say, this animal doesn't need any more energy here, let's shut it down. Then you're like, oh I feel tired. That's 100% downstream from not moving your body enough.

I could literally go into lifestyle case after case, and I'll publish all the data, I'll send you all the studies. I've looked at all of this for the last ten years. Every single place we look, you can hang it up on the nail of lifestyle, and explain exactly why downstream things start breaking. Listen, if

you're missing a pituitary gland, yeah sure, you replace stuff. But lifestyle cannot be replaced with drugs in the long run.

### **[00:22:38] Alex Howard**

I want to take the exercise example, and obviously we're not talking about people here that have complex chronic illnesses, that there may be other factors that are going on. I'm making a basic assumption around basic levels of health here. I was having this conversation with one of the kids the other day, was really trying to get them exercising more at the weekends, get them come out running with the dogs, or to go on bike rides and swimming, whatever.

One of the kids was like, "Oh, I'm just so tired, I don't have the energy." I was like, "Let me explain to you how energy works, you tell your body that you need more and it makes more. You've been sat around for the last 4 hours not moving your body, and you're feeling tired. If we go for a swim, or we go for a bike ride, what's going to happen is your body's going to make more energy."

I think this is a thing that I think people often forget, that your energy is not like a bank account, that you start with the same amount each day, and it's the same amount you use through the day. That you can make more or less depending upon what you do in that day.

### **Dr Pedram Shojai**

There's this concept I started talking about maybe twelve years ago, called energy economics. Really looking at energy, almost as like the profit, the net profit that comes off. A business has to invest a ton of money to get things going, move product, has cogs, has all the things, and what's left over is the profit.

What's happened is we've been duped into thinking there's a can of crack that gives you energy, versus the investment in moving and optimizing your energy system so that your net result becomes more bioavailable.

Energy that not just fuels your muscles, but fuels your brain, fuels the most elaborate structures in your brain, like the prefrontal cortex, which then helps you not make stupid decisions, and make better decisions, and craft your life, and plan your life, in a direction that actually gives you an outcome that you choose.

The cherry on top of this energy production is you being able to guide and drive your life in a meaningful direction, that makes you happier and makes you more fulfilled. That is, again, the net result of good food, good exercise, good sleep, good stress management, good mental hygiene, all of these things that we have to set the table with, before I even talk to anyone about hormone replacement.

### **Alex Howard**

Pedram, someone that's watching this conversation that finds themselves, and a clue to this, to what I'm about to say, is that they probably feel quite uncomfortable right now, maybe they're pissed at you and me. Maybe there's a defensiveness, maybe there's a shame or judgment that's going on, but has struggled historically to get these healthy lifestyle pieces in place.



Maybe they've even gone down the path, which by the way we're not negating the value of this, gone down the path of taking bioidentical hormones, or whatever, but it hasn't delivered what they hoped it was going to deliver. They're now starting to realize the importance of these fundamentals, but they really struggle with change. It's like they've got so normalized to things being the way they are, and those habits have got momentum, they've got normalized to them.

When you're working with someone who feels they don't have what it takes to make the change, or they feel stuck in the rut of years of habits and conditioning, what helps them start to break free from that?

**[00:22:38] Dr Pedram Shojai**

Great question. Unfortunately, a lot of people feel that way, as you know, this is an epidemic. It's a silent epidemic. I think it goes back to what we were talking about a few minutes ago, about playing on tilt.

"I'm 48 years old, I have not been able to lose these 20 pounds. I have X, Y, and Z problems. Nothing seems to work. So I need to go buy this six-pack abs Hail Mary solution, and try thing after thing, on empty promise after empty promise, and then convince myself that nothing works. Because I keep trying these really aggressive interventions, versus saying, you know what, man? I'm going to walk 10,000 steps today, and I'm going to do that every day for 100 days. And then 100 days from now, I'm going to see where I'm at, and then incrementally stack a couple more habits, with my newfound energy to slowly start walking my way out of this dark alley."

That is not popular, I'm not here to make friends. To be clear, the marketers will tell you what you want to hear. The people that are in this to help you will tell you what you need to hear. Rome wasn't built in a day. If you can't bring yourself to go in to the gym, just get a pedometer and go 5,000 steps a day. Go 10,000 steps a day. Find what is incrementally doable for you, and then create a habit of doing it every day. Then invest forward with your newfound energy, and newfound enthusiasm, and keep going.

My whole thing is people are so used to failing New Year's resolutions. They're so used to failing themselves, that they cannot hold a deal with themselves. They know, I'm going to take a diet, I know I'm going to fail. That's a breakdown in one's integrity, what I go back to is the fundamentals of saying, we need to rebuild your integrity.

You're going to make a deal with yourself and you're going to follow through on it. And if you fail, you start over, and you keep going until you get it. I do these in 100 day sprints, because I find that every day is a percentage, and it takes 90 days to build a new habit. I've been doing this for 20 some odd years. As that starts to happen, we start to create a data point.

Proof. "Hey, wait a minute, Alex, you can do something right." "Wait a minute Pedram, you're not a loser. You did this. What else can you do?" We start to stack the neuronal energy towards putting another feather in your cap, putting another feather in your cap, and getting you to start feeling good and positive about the new habits you've stacked.

Then eventually that starts to build up momentum and all of a sudden you're crushing it. Everyone says, "Oh, my God, what an overnight sensation." You're like, "Look this took me eight years to turn around, but now my life is where I want it to be, because I stepped back in under my own agency, and found the nexus of control."

### **[00:29:45] Alex Howard**

What was in my mind as you were talking is we can get so normalized to feeling crap, psychologically crap because we're beating up on ourselves, and we're giving ourselves a hard time, but also physically crap because of the impacts on our body. What was in my mind as you were talking is, it's both that shift in one's belief, but also if there's a shift in behavior, and someone goes, "Holy shit, that lower back pain that's been there for the last two years, that's better today."

Or, I just walked 5,000 steps, my heart rate got up a little bit, and I sweated a little bit, my endorphins released, I actually feel more positive. I think what's really important in what you're saying is people need to give themselves some of those experiences to then build the momentum from that place.

### **Dr Pedram Shojai**

Amen, biofeedback is nothing new. That feedback loop of, how do I feel? My grandpa lived to 105, 104. There are certain foods that he would never eat because he knew better, he's like, "That doesn't sit well with me." He would take naps when he was tired. That biofeedback of checking in with yourself is almost a lost art.

As a guy who teaches meditation and mindfulness, it's what we do. But just checking in and being like, how do I feel right now? Wow. I feel agitated. When did I start feeling agitated? Where did that come from? Oh, Betty said this, and I've been in a foul mood ever since. That is also a feedback loop.

The more we can turn our awareness inward, to become aware of how we feel based on the stimuli around us, or the food we ate, or the humidity in the air, that self-awareness starts to bring mastery. I do planks, my back doesn't hurt. Wow, I should probably do more planks, because when my back doesn't hurt, then I feel like going to the park with the kids and the dogs.

Those are exactly the pivots that I find critically essential to becoming self-aware, coming back to life, and then harmonizing the orchestra, which then becomes the harmonious symphony that leads to actual hormonal balance, actual vitality.

### **Alex Howard**

I want to speak to one of the other stories that often comes in and gets in the way here, which is the story of, I don't have time, I'm too busy, I don't have time, I got young kids, I can't fit this in. There's lots of versions of that, but I'm interested in your way of responding.

### **[00:32:40] Dr Pedram Shojai**

Whenever someone says, "I don't have time." I say, "Okay, what are your priorities?" And we start to map out the priorities. "Oh, my family is super important to me." Great, let me see your calendar. I don't see any time with your family on this. "Oh my health, but I don't have time." You look at the calendar, and you're like, well, this is all work stuff. Where's your health? Have we not booked this in?

Then you start looking at saying, okay, well, some people are actually that busy, I'm sitting there in traffic, I'm taking my kids here and there. Then the question becomes, how can I stack the positive habits that I need for myself in the same slots of time where then I double or triple down?

I got two dogs that need walks, I need to move my ass because sitting in front of computer screens all day is not great for you. I got to stay active, I need to spend time with my family, I need fresh air, let's take the dogs and the kids and go for a hike. I just checked off five boxes in my life garden with one activity.

There are areas, if someone tells me they don't have time and they tell me they watch any TV whatsoever, I'm like, well, there you go, you found it, what a waste of time. First, stop, when anyone tells me. When someone tells you they're in debt problems, first thing you do is you cut up their credit cards.

If you tell me you don't have time, I want you to take Instagram, Facebook, TikTok, and TV out of your life. There's your time. If you still don't have time after that, let's take a deeper dive and figure out where the hell your time is going. There's 24 hours in the day. What can you possibly be wrapped up in that disallows you from moving your body, or saying I love you to your wife?

These are narratives that come from people that live in a wartime economy, that are playing on tilt. I've seen this my entire career, is when you tell me you don't have time, what I'm hearing is, you're making bad choices, and you actually don't have energy. We could fix those things.

### **Alex Howard**

Because that's the vicious circle, isn't it? That the more we make these poor choices, the more knackered and drained we become, the more we feel like we got to numb out with social media, or TV for hours in the evening to survive the evening, to get through to the next day.

### **Dr Pedram Shojai**

Amen. I'm partial to this thesis, I have a book called *The Art of Stopping Time*. It's all about saying, if you're telling me you don't have time, it's telling me you don't actually know how to drink from infinity and step into the present moment. Because it is a timeless space when you learn to stop time, and then from there everything feels spacious, everything starts to feel good again.

### **Alex Howard**

It's something around how we hold our values and our priorities. To go back something you said a few minutes ago, how do we make the decisions of what we do? Very often people are making decisions on the automatic, of work always is the thing that has to come first. You shifted this

interview last night because you were like, I needed to do something with my family that's more important. I was like, hallelujah that's more important.

That wasn't hesitation, I don't think for you, and it wasn't a hesitation for me to go, yeah, of course you should move the interview. But it's having that really clear in our mind, these are the things that are most important, and where is health in that series of priorities?

**[00:36:16] Dr Pedram Shojai**

I would put it to you, again I'm partial to this given I live in that industry, but if health isn't at the very top of that, you don't have energy for your family, you don't have energy for your career, you don't have energy for your relationships, you can't make love.

Health is the pivot that creates the economy that then overflows into abundant energy that feeds all the plants in that garden. I think that health has been deprioritized, and really needs to take a central role back in that space in one's life.

**Alex Howard**

Beautiful. Pedram, for people that want to find out more about you and your work, where's the best place to go, and what are some of the things they can find.

**Dr Pedram Shojai**

Thank you, [theurbanmonk.com](http://theurbanmonk.com). I've been teaching the Urban Monk academy for twelve years, I teach people how to life garden, I teach people how to find focus, all the meditation monk stuff. Also I have master classes and series, like ten-part series on trauma, on healing your microbiome.

I've been a busy guy, I've done a lot of media, I've written eight books and so a lot of information. The important distinction in everything that I do is that I'm here to lead you to water. You are your own healer. You are the person you've been waiting for to fix yourself.

If you're a get rich quick health type of person who's just looking for a quick hack, I'm not your guy. I'm here to have meaningful, serious conversations about empowering you to be the person your family needs you to be again.

**Alex Howard**

Beautiful Pedram. Thank you so much. I appreciate you, appreciate your work, appreciate your time.

**Dr Pedram Shojai**

Thank you.