

Rip Esselstyn:

It can be more than challenging to live plant-based in a world that isn't. And in fact, it can be super frustrating in a world that just doesn't seem to get it. I want to personally invite you to join us for our third virtual event of 2020. It's called Kitchen Rescue, and the timing couldn't be more perfect right ahead of the upcoming holiday season. We're going to entertain you with all kinds of cooking demos, with new recipes, with inspiring dishes. And of course, we're going to discuss how food plays such a major role, especially during the holidays around all family inter-dynamics. You're going to be able to submit your real life food and family hurdles for our family. And then we'll discuss them in an effort to find harmony and balance around the dinner table. If you're new to the lifestyle, if you're struggling to stay on track, if you're looking for a little bit of spice in your plant-strong life, or if you just want to be inspired by like-minded folks from around the globe, this event is for you.

Rip Esselstyn:

I want to personally invite you to pull up a virtual chair, and join Jane and Brian, my father Essie, and myself, not only in the kitchen, but also around the lazy-susan table. And you most definitely don't want to miss a never before heard talk by my father. We have all kinds of surprises up our sleeve for you that we'll be sure to delight you. And every ticket includes video access after the event if for some reason you're going to miss out on some of the events, just visit primer.plantstrong.com today, or visit plantstrong.com and click on "Events." Thanks.

Rip Esselstyn:

I want to welcome you to a bonus edition of the plant-strong podcast. You couldn't get enough and neither can I. Over the course of the next couple of weeks, I'm going to drop a few special episodes that highlight the unbelievable transformations of people with all types of backgrounds. It is my hope that these bonus clips inspire and motivate you because as you're going to be hearing, cutting out all the meat and the dairy and the process refined foods, and then adopting a whole food plant-strong diet, while it may not be easy at first, it is massively life-changing from the inside out. And believe me when I say that these people are no different than you.

Rip Esselstyn:

Today, we're going to kick off this special transformation Tuesday series with Nick Berman. He's another New York City firefighter. And in case you haven't figured it out, it's no secret that I love sharing success stories of firefighters because the firehouse culture is so notoriously steeped in unhealthy food choices. If you recognize Nick it's because he was featured in the Game Changers documentary, and I've gotten to know him quite well over the last few years. So you're going to be hearing clips from a few different meet-ups that we've had. Let's kick it off with a special Q and A event that followed a private screening of the Game Changers last year, that was hosted by none other than Mr. Jon Stewart.

Speaker 2:

Thank you.

Jon Stewart:

Nick is a firefighter right now. His mustache is plant-based. It's interesting. It's not hair.

Nick Berman:

It's true. It's actually green. I dyed it black for the occasion.

Jon Stewart:

His mustache is entirely Swiss chard. So Nick like, listen, man, you we've spent a lot of time in these firehouses. It's the kind of thing that's going to get your balls busted incredibly hard, when you walk in with that. How did you swim against that current? And how did you decide to stick with it to the point where you're literally running marathons now?

Nick Berman:

Are we talking about the mustache or the plant-based living?

Jon Stewart:

Plant-based.

Nick Berman:

For me, it just came down to the science and I took a chance. I did it for a week. I had dramatic results. Everything I said in the movie was true. And despite the fact that I was working out constantly, I thought I was doing the right thing. I thought was a healthy guy. My cholesterol was approaching 300 and I was too young for that. And the doctor wanted me to take statin drugs, and that was enough for me to stay committed. Once I saw the results, I didn't care what anybody else said because I thought the proof was in the pudding. So I stuck with it. And I got guys in the firehouse, they're following traditions that they don't even know why. They still think that this is good eating, good living, and that's like they're entitled and they owe this to themselves to do it. And I've just seen a bigger picture.

Jon Stewart:

Yes.

Speaker 5:

I'm a pediatric oncologist in hospice and palliative care specialist, and I've been fortunate enough to work with a lot of families who have progressive physicians who recommend plant-based diets. What I get from feedback from their parents is that it's not affordable, and that the foods go to waste, and they can't feed all of their kids, even though it's prescribed for the critically or chronically ill patient that it's intended for... While really what we think is that all children should be moved towards this type of diet. So we're looking at elite athletes with star power and money, how do I get this to every child that needs it?

Jon Stewart:

My understanding is, and I could be very wrong, but that meat is the most expensive element in people's diet. And that like a rice and beans, or a plant-based diet is actually cheaper. But I don't know that.

Rip Esselstyn:

Yeah, we love to say that this is really peasant food. And when it comes to beans, when it comes to whole grains, you don't have to buy organic yellow bell pepper at Whole Foods for \$4.99 a pound to eat this way. And literally this can be the most economical, cheapest way to eat in the planet. If you can't do

fresh, you can do frozen. Frozen is incredibly nutritious and wonderful and never goes bad. You should see our freezer at home between the spinach, the kale, the black-eyed peas, the raspberries, the strawberries, the peaches, the cauliflower, the broccoli, really it's phenomenal.

Jon Stewart:

But why are they saying it? Because if that's not the case, then where's [crosstalk 00:07:24]

Speaker 5:

I think they do want to go to Whole Foods and get the higher end things. I think it's a spoilage thing that the food goes bad more quickly. And I also think it's a convenience thing. Like we were saying availability in stores-

Jon Stewart:

Yeah, that's a really good point.

Speaker 5:

... and getting it to the people who live in this community and want to do what's being medically recommended for their children. So I mean, it comes up. It's such a resonating theme with my families that I have to believe it to be impactful.

Jon Stewart:

Yeah.

Nick Berman:

I don't know if you've figured this out yet, but I'm the most socioeconomically average person on this panel.

Jon Stewart:

Nick cannot even afford sleeves. That's how [crosstalk 00:08:16] bad off this man is.

Nick Berman:

And I'm about almost three years deep. It's not a challenge. I'm aware, although it was all those apprehensions, it's a piece of cake. It is peasant food, rice and beans is way cheaper than meat and chicken, fish, and availability is the key. If you could do your shopping in bulk. So it's always there, it's convenient for you at home. It won't be a problem.

Jon Stewart:

Including Nick, she brought up an interesting point though, which is, I think when you make change, people don't switch something out that's less convenient for them then. And I think we've gotten to the point where people don't really cook in the manner that they used to, and fast food is food now. And I think if inroads aren't made into that market, I do think it's always going to be lagging behind because people are busy. And especially, I can imagine in communities at hospitals, the families are under tremendous stressors as far as economics, time, and emotional stress. And I think we have to figure out a way to insinuate it into the economy of ease.

Rip Esselstyn:

As a 38 year old, New York firefighter who thought he was living healthy, Nick ate only organic grass fed meats. He exercised like a beast. But as total cholesterol, as he shared on screen in the film, had his doctors freaking out. But in just seven days of following the Engine 2 Seven-Day Rescue Program, he dropped over a hundred points on his total cholesterol, and he's been going plant-strong ever since. Let's pick it up with Nick the morning after this private screening, where we talk a little about the firehouse culture, especially around group meals or what we in the fire service call the wagon. In his house they would say, "When you go off the wagon, you're off for life." And that seems really harsh.

Nick Berman:

Yeah. I've always heard that. It's one of the most important things we do with that was drilled into my head from day one, the meal, aside from knowing your job. Knowing your job as number one, and then contributing to the meal is almost right up there because it's what we all do together. It brings everyone together. We sit down, we cook together. We shop together. We eat together. It's a big part of the deal. And I was always told, "If you're out, you're out." And it's not a temporary thing, it's permanent.

Rip Esselstyn:

So since you've been doing this, are you out, are you in, are you kind of riding the line? What-

Nick Berman:

I've been in every time, meaning I'm still there. I don't shy away from like cooking, prepping. I still do meals. Unfortunately. I'm not doing the meals I do at home. I'm doing the meals that I learned to do in the firehouse. So that's because there's 13 of us, so I got to look out for everybody besides myself. And I can't really convince 13 guys or 12 other guys to have a cauliflower centric meal. They're waiting for the pot roast or something like that. But I'm in on every meal, meaning I pay, even though I don't eat sometimes, a lot of times. This month alone, I basically, I stare at an empty plate for like, or it's not empty plate. That's a figure of speech.

Rip Esselstyn:

Right. Right.

Nick Berman:

I didn't have anything to eat for about four times that I worked this month. It's no big deal because I think I told you last time, every time I go to work, I feel like I'm going camping. So even, I'm working tomorrow. So in my car right now, I got a cooler and I have three meals with me just in case.

Rip Esselstyn:

So what are those three meals?

Nick Berman:

I got my overnight oats that I made last night. And then I got like a chickpea pasta, hearts of Palm, asparagus and arugula scampi that I made earlier in the week. It's the last of it. And then yesterday I made a lentil soup, and it's got kale. So I got my greens covered.

Rip Esselstyn:

You got your greens covered. So with that lentil soup, are you going to have like some whole wheat bread with it or something to give it a little bit more?

Nick Berman:

You know what? I couldn't fit that much in my cooler, but it depends what the guys got. Hopefully they can deliver something. But it wouldn't be a bad deal because I overload it. There's potatoes in there. There's other like root vegetables I throw in there. Everything came from the farmer's market. Nothing came out of a can. So, in a way I'm almost, I'm almost happy to eat that. Because I know exactly where everything came from. I know who made it. I know how I'm going to feel when I'm done. And it's [crosstalk 00:13:06].

Rip Esselstyn:

So the guys, I can't remember, but are the guys still busting your balls at all, about the way you're eating? Are they just like, "You know what? This is Nick's deal. And we're like good with it."

Nick Berman:

No. Now they're busting my balls over the movie. They moved on. But yeah, a little bit here and there, but it's funny because they don't realize I'm not looking for a debate. It's not like I get a cut out of everybody that I help transition. I'm in it because I believe in it. So I always look at it. I'm like, who am I supposed to take advice from? Do you want me to take fitness, and health, and diet advice from a guy with bitch tits?

Rip Esselstyn:

Oh my.

Nick Berman:

Am I allowed to say that?

Rip Esselstyn:

Yeah, absolutely.

Nick Berman:

And I'm like, I look at it like we're all our own business card.

Rip Esselstyn:

Yeah. Yeah.

Nick Berman:

And I'm not buying what you're selling. So, and at the same time I'm not looking to persuade anybody. So I've been around long enough. I could do my job and yeah. So it's not an issue. They can say what they want and it doesn't, my skin's thick enough to take it. And my endothelium is slick enough that it's going to slide right off.

Rip Esselstyn:

The endothelial cell. You know that's hilarious because, and I'm not exaggerating, within the first three minutes of having John and Tracy Stewart on the podcast, we were talking endothelial cells and nitric oxide, baby.

Nick Berman:

No one else was talking about it. That's all we got to talk about.

Rip Esselstyn:

I mean, if you're not talking it, endothelial cells, you're not up to the latest, like...

Nick Berman:

Well, that's what blew my mind in Arizona. Because I hadn't considered that. I remember at the Friends of Firefighters, for the rescue diet challenge, when you talked about stay away from oil, it takes 23, 24 olives to make a tablespoon olive oil, and like how it's so rich in calories. And I'm like, "Well," at the time I just thought, "I'm active enough. I could burn it off." Because I've always been exercising. I always thought I was a healthy guy, but my version of health was organic, grass-fed. That sort of thing, free range. I thought that was it. But I always felt like I could negate any negatives by working it off in the gym or on the road or whatever. I didn't know that you can't. That you can't negate the effects of the saturated fat on the endothelium. And ultimately it's effect on nitric oxide. And I learned that in Arizona. So I've been applying that since. I never did. So I've been plant-based for almost three years, but now I guess I'm whole food, plant-based, no oil for the last month or so.

Rip Esselstyn:

Right. And so after you did the seven day rescue back in Friends of Firefighters, in January, 2017... When you did those seven days, I think you were probably oil-free maybe without even knowing it, and your blood work was reflective of that. Then you've continued to eat plant based. Was that hard? Easy? And did you notice any difference?

Nick Berman:

It was harder than I thought, because I find myself having conversations in restaurants that aren't very easy. And you're talking to a server, doesn't really get it. And I'm like, "Shit." I'm like, "How do I get out of this?" It gets to the point where like, I'd just rather not even have that conversation because everything you say, "Oh, I don't want meat. I don't want dairy. I don't want eggs and I don't want oil." They're like, "Well, what are you doing here?"

Rip Esselstyn:

You got to go to Sweet Greens, and then it's easy.

Nick Berman:

I was there. I was there last week.

Rip Esselstyn:

Yeah. Easy. Or Dig In or some of those other ones there. It's interesting in looking at your numbers here. So before you came to Sedona, you had your annual physical-

Nick Berman:

At work, yeah.

Rip Esselstyn:

... and your... You got a phone coming in.

Nick Berman:

Oh boy.

Rip Esselstyn:

That's all right. And yeah, an annual physical at work and your total cholesterol was back up to 203. Your LDL was almost at a hundred. It was 99. And then I look at like right after Sedona, your total was 162. So you dropped almost 40 points. And the only difference in time there like is, gosh, I mean, that's like...

Nick Berman:

That's two weeks.

Rip Esselstyn:

Two weeks. Right. And then your HDL... I'm sorry, your LDL was 74. So you dropped almost 26 points on the LDL in two weeks. And those to me are two of the most important numbers. Wow.

Nick Berman:

Well, it's funny. It's like aside from the no oil, because that wasn't made clear to me before. I don't, anyway, so by eliminating oil, I indirectly, or directly eliminate all this other processed stuff that I was eating that I didn't know had oil in it. Like all these like veggie chips and stuff that I thought I was doing the right thing. Well, it's not the conventional potato chip or like a tortilla chip. So that's out. I haven't touched them since, in like veggie [inaudible 00:18:01], whatever, and other things like that, that oil is in that I was eating and not realizing all that extra saturated fat.

Rip Esselstyn:

Yeah. One of the things that you've become a runner. You're doing marathons. You've been kicking some major butt in your training runs. Like, give me some examples of some runs you've done that I didn't-

Nick Berman:

That was amazing. That was amazing. All right. So about a week before Sedona, I did a 24 mile run in four hours and five minutes. That was my marathon time in 2018. So I was content with that. I'm like, "All right, I'm already ahead of schedule." Because I can definitely step it up and squeeze two more miles and at a faster pace than this. So then I go to Sedona, didn't do too much running. I got like two runs in. We did the morning workouts, but I only probably ran 10 miles total since I did the 24 mile run. A week and a half goes by. I go out there, first thing in the morning, boom, 22 miles, two hours, 58 minutes. I couldn't believe it. I knew it.

Rip Esselstyn:

What pace is that?

Nick Berman:

It's like an eight it's like, it's like eight, 8:03 per mile. Something like that. It was something like that. I could dig it up on my app, but yeah. I felt it. I felt it by mile two, that I was all revved up. And I had so much energy, I was like jittery. And I remember having like an internal conversation going, "You got to slow down. It's a marathon, not a sprint." And I'm going, "No, screw it. This is training. If we can do it, we're going to, so we got to go slow." Because I'm going faster than I normally would. And I'm like, "Screw it. All right. If I can sustain this... I'll go to my regular pace, when I can no longer do it." I plan on going out for a few more hours anyways. So that was my mentality. And I just never slowed down. In some cases I got faster, and I'm like, "This is crazy." And that was amazing. I couldn't believe it. There's so many variables that contributed. All I can think of is all the changes that you and the Engine 2 team implemented in Sedona.

Rip Esselstyn:

Well, I mean, if you extrapolate that eight minute pace from 22 miles to a marathon, I mean, we're talking like a 3:40-ish, 3:45.

Nick Berman:

Yeah, yeah.

Rip Esselstyn:

I mean, that's nothing to sneeze at, right?

Nick Berman:

No.

Rip Esselstyn:

That would be a PR, right?

Nick Berman:

Oh yeah, yeah, yeah. Yeah. Like I said, last year was my fastest, 4:05.

Rip Esselstyn:

Yeah. Yeah.

Nick Berman:

And I think I could have done better. I was just relying on my app that was misleading me. It told me I was going to finish in 3:55, but it's my fault because I didn't realize... It has a feature that says like, you can turn it off. Like there's a feature that stops when you stop moving and stops the clock. So I lost 10 minutes goofing off, taking pictures, like taking bathroom breaks and whatever. I don't know.

Rip Esselstyn:

Give it a 3:55 then. And your dad, is your dad on board?

Nick Berman:

Oh yeah, big time. So that's the other thing, aside from me just sort of be inspired. I'm like, all right. The science made sense. A ton of doctors seem to be on board with this. I'm going to give it a shot. I conduct my own experiments. They call it bio hacking now. I do it myself. I'm very satisfied with the results I got, especially in that short term in Brooklyn, when my basically cholesterol like was fixed now. A guy wanted to put me on statin drugs and now I don't have to do that. So the results from Brooklyn hooked me. I was like, "Wow, this is real. It's not just a documentary. This is like stuff that anybody could do if you just stick with it." And then when my father found out I was doing it, I guess he just wanted to join in. And he was like 210 pounds, now he's 155. He was on like three or four medications. Now he's on one, but half the dose.

Nick Berman:

He used to have allergies, they're gone. He's been getting colonoscopies the last 20 years. For the first time ever, he was negative. And he used to have to go every five years. Now the doctor's like, "Come back in 10."

Rip Esselstyn:

Wow.

Nick Berman:

So it's no longer a concern. So he's doing good. He loves hearing about the stuff I'm doing. Like, he's proud that I'm in the movie. He's telling everybody he's trying to like, I'm some kind of like plant-based celebrity or something with the regular Joes out there. But so yeah, he's on board and his results are more dramatic than mine. And that pumps me up because you didn't just rescue me.

Rip Esselstyn:

Right, right.

Nick Berman:

He's going to stick around for a little while longer than he probably would have. And I'm happy. That makes me happy.

Rip Esselstyn:

Yeah. Yeah. Well bring him along for the ride. That's awesome.

Nick Berman:

Yeah. And like I said, the business card, he's a good guy. He's still on the soapbox trying to like recruit people to the cause and no one really wants to hear that unless they come to you privately. Most people are just looking for a little bit like a debate, little combat.

Rip Esselstyn:

So listen, I was in the firefighter culture for 12 years. You've been in it now for how long?

Nick Berman:

Yeah, almost 13.

Rip Esselstyn:

Almost 13 years. Why do you think it is so hard for firefighters to embrace this?

Nick Berman:

I think it's hard for firefighters to embrace a plant-based lifestyle. And this is consistent, it was addressed in the Game Changers. It's that post World War II mentality of, "Oh, you earned this. You earned the right to have steak whenever you want." And I guess a lot of guys felt that way and because we're so rooted, deeply rooted in tradition, guys that didn't fight World War II are still eating like this. Right? So every day that plate's got to be half meat, 25 percent starch that they may not eat, 25 percent vegetables that they definitely won't eat. And they're all going to be smothered in stuff that'll make it taste like dessert. The real issue to me is they're just so content in their habits. They don't want... It's really hard to break the habit to actually get out of there and try something new for longer than one meal. And that's the challenge, is to sort of get them to... You're not really turning your back on tradition. You're sort of keeping an open mind to like, maybe a better possibility for long-term health for everybody.

Rip Esselstyn:

Right. I think we talked about today at lunch was just that. And then maybe John brought it up, but then making a plant-based substitution that maybe looks similar to what they're used to, if I'm not mistaken.

Nick Berman:

That yeah, that did come up. I don't know. There's a guy who works in a restaurant, he got his hands on that impossible meat about a year or two ago. And yeah, it does look a lot like it, but you're still going to get that... There's still some resistance to it. People try it. Nobody wants to like make that like the main event of their dish. Guys are very personal when they're cooking, "This is my thing," kind of thing. I don't know if that's the key to victory. I think the key to victory is just having the courage to try something new, to sort of absorb and digest the science, and just stick with it for a few months.

Nick Berman:

That's what I tell people. I'm like, "How long do you expect to live for? You think you've got another like 40 years?" And they have this nervous look. I go, "All right. How about 50 years? You've got 50?" Like, "Yeah, yeah, yeah. I'll take 50," and they get desperate. And I go, "Can you take three months off and just try something different?"

Rip Esselstyn:

That's a good way of looking at it.

Nick Berman:

And what's three months in 50 years? You ain't going in the military. Anybody can do it. And for me, because I tried to go plant-based before Brooklyn, and I kept failing because, looking back for me, it was habits. I was like, Pavlov's dogs at every meal. And I felt like I was just ravenous all the time. And I just, I need to know what we were having, when it was coming out. And then by you giving us the week's

worth of groceries, took all the thinking out and basically reprogrammed all my habits. And once I was up and running for a week, it was never an issue again, because I knew I could do it.

Nick Berman:

It wasn't that hard at all. I wouldn't even use that word. It wasn't hard at all. It was easy. It was effortless. And then you were gone and the Whole Foods groceries were gone, but I was good to go. And I stayed the course and I kind of enjoy it. And it opened up a whole new world because now like, I forgot his name. The heavyweight boxer from game-changers, he's like, "I think it-"

Rip Esselstyn:

Brian Jennings.

Nick Berman:

Brian Jennings. Yeah. "Asparagus to me, just came out five years ago." And also like this year alone, I'm still discovering new stuff. Hearts of Palm, I've never touched. There's the purple cauliflower out there. I had no idea about all this. There's about 20 different kinds of potatoes and stuff that most people probably aren't aware of anything besides the Yukon Gold or the Idaho.

Rip Esselstyn:

What about, and a lot of people don't know how to pronounce it right, but Quinoa? They say Quinoa.

Nick Berman:

Oh, yeah. Quinoa. Yeah. Yeah. Yeah, yeah. Quinoa, I did hear about. Yeah. But that I was on board with. But, and it broadens your horizons in a much bigger way than eating... These guys that they still want to have chicken Parmesan. It's chicken parm, at least... Every month, we're going to have chicken parm between five and 10 times a month. Yeah. At least. So the guys I work with, I'm talking about. And I would say that goes for any firehouse in New York City. Whereas now I'm constantly varying my diet and that's the fun part. Okay. I go to the farmer's market. What do they got? And then I look around, I get inspired, and I freestyle something.

Rip Esselstyn:

No, you're right. I mean, most American families rotate around six to seven dinners, their whole entire lives. So there's not much variety whatsoever. And I found the same thing in the firehouse. Most guys, when it was their turn to cook, because we kind of rotated, it would be the same thing. This one guy Mark would always make a big old meatloaf. Mike would always make a big old cheeseburgers with bacon on top. I mean, no variety.

Nick Berman:

Yeah. Yeah. I know exactly what you're talking about. We had a guy he excelled at making pork products and at one point he was, it was almost like if you ever seen that on YouTube, it was called like Epic Mealtime, but he would just get like a pork cutlet, put bacon on it, like crumble sausage all on top of that, cheese, it was extremely like... It was so rich. It was crazy. It was nuts. I don't know. I think it goes back to what I think the point is, is like they think that you're at work. It's nighttime. Most people are home with their family. This is our time, let's make the most of it, especially on holidays. Christmas comes around. It's even more decadent than normal, and it's totally over the top.

Rip Esselstyn:

What are you doing for Thanksgiving this year? You got any plans?

Nick Berman:

I'm still a single guy. So if I'm off, I want to try to work. I try to be in the firehouse, so the family guys can be home. But, and after that... I haven't figured out my schedule yet. I don't know if I'm working. I think my group was in Thanksgiving night.

Rip Esselstyn:

True company man, giving the family men the time off. That's great.

Nick Berman:

That's it. Yeah.

Rip Esselstyn:

Nice.

Rip Esselstyn:

As you heard Nick mentioned, he was a guest at one of our five day Engine 2 Medical Immersion programs in Sedona, Arizona back in the fall of 2019. And this is where he learned to tighten the screws on how he was eating, especially when it came to all of the added ubiquitous oils. It was a learning experience for Nick, not just because of the education that he got, but also being in a community with others at the same time can be very powerful. And we can't wait to return to our in-person immersions, but that doesn't mean the education and the training has to stop just because we can't meet in person. That's why I hope that you'll join us online for our next virtual Plant-Strong Primer Kitchen Rescue Event from October 23rd to the 24th. You can visit plantstrong.com and click on, "Events" to learn more.

Rip Esselstyn:

But I want to thank you for just the passion that you've shown towards this lifestyle and for representing and one firefighter to another, super proud of you.

Nick Berman:

Come on Rip. I mean, you're thanking me. I wouldn't be here, if it wasn't for you. Because as I've told other people this, I've tried. I saw a few documentaries. They scared the shit out of me. I go, "Man, this animal agriculture thing is killing the planet. It's killing ourselves. I want to do it. I'm going to stop. I'm going to put a stop to this. I'm going to start with me." And I just kept failing. And I tried for a few months. And then the Engine 2 Seven-Day Rescue Diet challenge, that when you came to Brooklyn, that's what got me up and running, and it was enough. That one week was enough to break the habit. And that's why I was able to stay plant-strong all this time. And I got to say, every time between that, the premier, invited me here. I'm extremely grateful. I don't know how I can repay you, but if there's anything you need Rip, I'm at your service.

Rip Esselstyn:

This transcript was exported on Sep 28, 2020 - view latest version [here](#).

From one firefighter to another, thank you, Nick. And know that we are at your service. Our events may be virtual for now, but the communities and the bonds that we create are as strong as ever. Visit plantstrong.com to view details on the Plant-Strong Kitchen Primer event and all of our resources, including the meal planner, our books, and our Rescue 10X online coaching program. Next week, we're back with another bonus transformation Tuesday episode. Until then, peace Engine 2. Keep it Plant-Strong.

Rip Esselstyn:

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