

Rachel Rofe: Hello, everyone. Today we're here with Talia Fuhrman. Talia is an amazing woman that I just came across who, she actually reached out to me after she saw my podcast on iTunes and we've been getting to know each other and I'm just so impressed with who she is and just everything that she's doing in the world.

So she is a health food foodie, if you recognize her last name, she's actually the daughter of Dr. Joel Fuhrman, who is behind "[Eat to Live](#)" and "[Super Immunity](#)" and she has her B.A. from Cornell and she's a writer. She has a book that will probably be out by the time this podcast airs.

And I recently read it, I actually read it over the weekend just to prepare for this interview and I was just going to read like a chapter or two, but I found myself just going through the entire thing. I was actually reading it on my phone and taking lots of phone screenshots from it because I think that she has a really great way of just taking health and making it something that's fun and something that's really accessible.

So she, just talking about how's she's a health food foodie, meaning she eats really healthy but the food that she makes is actually really good, so it's just very accessible for everybody. So Talia, thanks so much for being here. I think this is going to be really fun.

Talia Fuhrman: Thanks so much for having me on Rachel. It's pure joy.

Rachel Rofe: Awesome, so, as you know, the intention behind A Better Life is to show people that if they have a choice, they can choose a better life. So we always kick this off just asking, can you take a second to just share with us some of the things that you're most proud of in your life right now.

Talia Fuhrman: Yes, Rachel, absolutely. I would say that every day, the ability to work hard on a passion and be an entrepreneur and taking that risk, absolutely, you know the book is something that I'm so excited to share with the world and just the ability and the freedom to have a job that you are so passionate about, and you can go to sleep at night knowing that you have the ability to help make the lives of other people better, it's a priceless gift really.

And when I'm having a bad day, I always remember I am just like everybody else, a human being born on this planet who has the potential to make the world a better place and help other people. So that is something that I will have with me in the present and for the rest of my life.

Rachel Rofe: That's such a great point. And you know we were talking a little bit before this podcast, obviously, and one of the things that I really loved that you

were talking about is because, you know first of all your book is all about just . . . it's not just about health, but it's about loving your body overall, so the full thing. And you talk about all different types of things like, you give some really awesome recipes, taking, like I was saying, I was taking screen shots of them, and also just about the emotions behind having health and that having vibrant health isn't just about the food that you put in your body.

And one of the things from our conversation before we had started the podcast officially, was really impressive to be because, you know a lot of people might see you name and think, you know you're dad's pretty famous and is it because, are you doing this because it's your dad's influence or you know, are you where you are because of your dad, whatever. I'm sure that people have these thoughts.

But you actually have a really amazing story that really illustrates why you're able to be so passionate and why you're such an expert in your field. Can you just tell people a little bit about your back story and the things that you go through and, because I'm so impressed with what you go through on a daily basis and how you're still able to be so vibrant and love life so much.

Talia Fuhrman:

Absolutely, well obviously people know my dad's work and his emphasis on nutrition, so I eat a plant-based nutritious diet my entire life. But I was also an athlete for most of my life and I have vivid memories of playing tennis with my dad early in the morning in elementary school, before school would start, and I actually wanted to be a pro tennis player when I was a teenager.

And so, what people don't realize about me is that I've had injuries and I actually, due to the tennis playing and I actually, when I was about 17, I actually suffered from nerve damage. I hurt a nerve on the court, I fell and it was pretty painful and I was like, what's going on.

I'd always been feeling amazing on the plant-based diet, I'm always full of life, but it was really like a shock to my system to feel a really sharp pain that felt like a dagger and I was like what is going on. And so it does turn out that it's like a physical nerve, I'd crushed it. And that was like a huge wake up call for me because I was like, how am I going to feel good about getting up in the morning when I'm dealing with this sharp pain.

I'd seen my dad help people with diabetes and, you know, you name it, and obesity, he just, his work then became, like I was just able to connect with any health problem, with other people, that much more.

I think when you are going through your own struggles and then you see other people having struggles, I definitely think that it makes you a more empathetic person and that cliché phrase, “what doesn't kill you makes you stronger,” is absolutely true. If you can use any setback in your life or anything that's a struggle and turn it around and make it a positive, and kind of like rock at it, then that is such a self-esteem booster. It's a form of self-love. It's a form of living your best life and having no regrets and that can be with an emotional problem.

We all have things that we're going through and the reality is that sharp pain for quite a while and I'm working on healing. And you know I'm now in my mid-20s and so I've actually lived in chronic pain because of my tennis injury for years and years, and it's not something I talked about in the book, but it's something that was a motivational force for me to write the book.

I wanted to share with people my philosophy on what truly living our best lives means and as I mentioned before, that often means appreciating the world around us in all that in all the ways that we can. We have such power to, you know, find a passion that can also make the world a better place, so I'm a big believer in overcoming any difficulties that we're going through to really see the beauty in each and every day.

Rachel Rofe:

I think that's great and I think it's so inspirational. Like I said, because I mean to know that you're sitting here and there's just pain so often going on and there are so many people who might be aspiring tennis players, like you were, who wanted to be just like, you know, a total professional tennis player and then have this pain where basically you're not able to do that anymore.

And then just, I know that you went to a bunch of different people to try to get it fixed and so many people would probably just be mad at their bodies. I know when I got P.C.O.S. I was pretty mad at my body. I definitely had a period where I felt like just a victim and like what the heck. I lost 100 lbs. and now I'm gaining this weight and I can't do anything about it and just like feeling really mad.

So for you to be able to, to have this thing that basically shattered the dreams that you had, and still, it's like a decade later you're still working with it, but you still have that relentlessness in loving your life, it's really helpful. It's great, so thank you so much. I know that you don't share that with a lot of people, I'm really grateful that you took the time to do so.

Talia Fuhrman:

Thank you, Rachel. It's not something that is easy to share, but I realize that even though most people don't have nerve pain, we all usually don't get by scot-free in life and we all go through some sort of issue.

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I think when you're able to share with other people and be vulnerable about what you're going through, it makes you, it makes you connect in a really fulfilling way with others. I just think that's it something that, if I can do it anybody can do it. Anybody can love life and find whatever.

I mentioned this in "[Love your Body](#)", the book, that it can be as simple as going on a walk and looking at flowers and seeing the bright colors and the beauty of the green grass and how the warmth on your skin. Even just being human on this earth is such a gift and we don't have to like win the lottery or like find, supposedly, like the man of our dreams or saying like these things to be supremely happy. It's all inside of us and that is my core message.

Rachel Rofe: Totally, yeah, I think that's such a great point that you don't have to be, there's definitely so much to appreciate just in the current moment. And some of the things that you were talking about before, you were mentioning about just connecting with people and stuff. One of the things that I read in your book that I thought was really interesting was how you talked about how people who have close friendships, they end up living 22% longer than those who don't. I thought that was fascinating.

Talia Fuhrman: It's incredible and it turns out that it's our close supportive relationships rather than family members, even though family members are also, you know, they're family and they mean the world to us and we love them, you know, with all our hearts, usually. It's these close friendships that we chose that have this lifespan enhancing effect, they're so good for us.

And it's also a journey to friends that are the right fit for us, not all the people we meet are meant to be our lifelong friends so I think, when we find people that really sparkle with energy and optimism and passion for life and also want you to live your best life and give you encouragement, that it's so beautiful. It's a priceless gift that no amount of money can buy, and so I'm really glad the science supports me on that one.

Rachel Rofe: Totally, so a lot of people who are past school age, or maybe they're entrepreneurs and they don't work with people all the time, it's harder for them, or they feel like it's harder for them to make friends. So would you have any suggestions on things that people can do? And I know you covered some in the book, but could you share anything now for people?

Talia Fuhrman: Yeah and it's funny that you mention that as well because I grew up in New Jersey and I went to college in upstate New York and a year ago I moved to southern California so even I had to branch out and meet some local friends in my new city, so it's not always easy to meet these people. We meet them, sometimes randomly, when we least expect it.

One of my closest friends I met when I was on the salad line at Cornell for lunch and she was talking about being a vegetarian and I just jumped in on the conversation and she knows who she is if she listens to this, she's like my best friend. So you really don't know when and where you can meet a potential friend.

Sometimes things just click, but at the same time we are given social media and networking and I met you just because I started listening to your podcasts. It's easier more than ever to meet people who are likeminded, positive spirits, and you know, so sometimes it takes a little bit of time.

You don't need to have a bagillion friends, it's great to have acquaintances, but how many close friends do you really need? It's like if you have, if you can count four or five really close friends that you can just give a phone call up and they know you're true self, then that's all you really need.

That's something that develops over time and so it's not, I say that, cultivate friendships with people you know have your back, and that you know are truly inspirational people that have passions. I talk about this in the second chapter of "[Love your Body](#)", so it's in depth in the book. So I would say that, don't stress about anything in life and let things sometimes go with the flow, but you will know over time who these people are.

Rachel Rofe:

Totally, and so I know that we talked a little bit in the past about how we're both naturally more introverted and I know that there's a lot of people, like in my Facebook group and stuff that are saying that they're pretty shy and introverted. So I'm curious when you talked to the friend behind you on the salad line and you just got into the conversation, was that natural for you, or do you have any like pointers for people who might be a little bit more introverted?

Talia Fuhrman:

Yes, I would say the aspect of my personality that's the most introverted is that I don't really like big parties, large crowds, they deplete my energy. But when it comes to meeting people one on one, let's say when I was at the salad bar, if I'm around just a few people, then I'm really friendly, so people will not like get that I'm kind of more introverted then extroverted, because if I'm around just a few people, I am the friendliest person you will meet. And I'm just like, I smile, I want to get to know who they are. I feel very comfortable if I'm not around a huge crowd.

So I would say finding what works for you, if you are an introvert and you like to spend a lot of time, maybe at home or whatever, and you know that maybe blogging is your thing, meet other bloggers. There are always solutions to your personality type and ways to meet people. That is the

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strength of our technology driven world is that we can be either extroverted or introverted and we have access to meeting more people than ever.

Sometimes it can be just sending an email to somebody whose work that you admire so much and you want to learn more about what they do, you know, email them and then talk to them on the phone and then you're automatically connected, and then you can kind of springboard from there. I've met so many people from the work that I do, I feel like there's such a community, it's such a blessing, so we have this gift of meeting more people than ever.

So I'd say sometimes you just need to give yourself, if you are nervous, a little push, and once you get over any fear or hesitation and you actually go for it you're going to be so proud of yourself for making the effort, because you really have nothing to lose.

Rachel Rofe:

Yeah, that reminds me, you know someone asked this morning, they were making a goal inside the [Facebook group](#) and their goal had to do with, basically she does direct sales and she said she's very shy and she wanted to know how she could start overcoming her shyness to be able to meet more people, which would in turn make more sales.

And so we were talking and one of the things I was telling her, which kind of just parlays really nicely with what you were just talking about, is just a lot of times it only really takes 10 seconds of courage because you just need to tell yourself, I'm just going to say hello and then that's it. So you have the initial 10 seconds, actually even less, but let's just say 10 seconds and then the worst case scenario it's just, it gets super awkward, which is fine.

And then the next time you do it, you just need 10 seconds again, and you know that it's going to be easier than the first time because that's just the way that life works, the more you do things over and over the easier it gets. And so if you can just take 10 seconds of courage the first time and then do it again the next time, knowing it will be better, your worst case scenario is better than the last one. It's just so much easier, so I like how you said just get over that initial nervousness and then, boom, we can move on.

Talia Fuhrman:

Yup and sometimes it takes embracing the nervousness too, say like hey, I feel really nervous right now, but I'm going to actually start typing this email anyway and then once you do it, you click send, and then you get a positive response, it's like, oh wow, like I did this. And that's right it becomes easier the more you do it and you won't be nervous anymore, after a while, so it's getting over that initial hump.

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Rachel Rofe: Totally, totally, and you know I'm glad that we're talking about this because I know most people might think about you and they might think, nutrition and all this stuff but as you so awesomely explain in your book, it's about full body health. And so the friendship is definitely a really important piece, especially like 22% extended on your life span, it's just wild.

Talia Fuhrman: Yup and I would say making everything in your life as enjoyable as possible is part of living your best life, so I will not eat a nutritious meal if I don't think it tastes great. Young people often do not think about getting cancer when they're like in their 60s, that's not on our minds, we're so busy.

But if we can make eating nutritious food delicious and also easy and affordable, then I think that that's pretty much in a nutshell what we all want. We want deliciousness and affordability too, so the recipes that worked on in the book, you know, you can make them on a Sunday, you can store them in your fridge for the week, or the freezer.

I love them, I look forward to eating them and I hope that readers do as well and it's also, when you make the transition to eating more fruits and vegetables and plant foods, people who are used to eating a conventional American diet might not think it tastes as yummy as, let's say I would because I've been raised on it. So our taste buds are actually very adaptable.

It's like most things in our lives, you know we're a product of our environments and we like the foods that we're used to eating. If we're used to having a yummy banana strawberry smoothie with like chia seeds in it every morning, we're going to want that more.

And I remember you telling me in our conversation for our interview, that you just love, you crave your morning smoothie and you have it all the time and so it's also being open-minded, it's giving plants a chance and then being really wowed, that they can taste so good.

Rachel Rofe: Yeah, you mentioned a couple of things that I would love to touch on. You were talking about how we all want affordable and easy and I was tracking my expenses last month, and a side note, I so recommend tracking your expenses. I was tracking what was coming in and what was going out and I was just blown away, because I would have sworn to you that I would have only spent a couple thousand dollars, but it turns out my expenses were \$13,722 and change. And like, luckily I made more than I spent, so like, that's fine.

But, all that to say, I tracked my groceries and I spent over \$1,000 on groceries so I was just like wow, and I eat very healthy organic, I chose the best ingredients and everything, but I'm thinking like for people that don't have this variable income to spend so much, like this is a lot of money.

So can you touch on some things that are really healthy that are affordable and just like that people can make pretty easily, and even if you have quick recipes that maybe even people that like the typical conventional diet would be able to enjoy?

Talia Fuhrman:

Absolutely and I just wanted to start that question with the fact that medical care is so expensive in America right now, so like there's nothing that's more valuable than your health. That's literally true because if you get sick you can be spending thousands and thousands at the hospital and in pain, so that's just something to think about.

But, yes, there are absolutely options for us when we go food shopping and this was really great research for me when I was writing the book because I was digging like how much does frozen organic strawberries cost versus fresh, organic strawberries versus conventional strawberries and often frozen fruits and vegetables are so much cheaper.

And often a question I get is what is the nutritional value of frozen versus fresh and because those frozen fruit and veggies are frozen right after they're picked, they're so fresh and they retain all of the nutrients. Often fresh fruits and vegetables, when they're sitting on the shelves, and between transportation and everything, they actually go bad at a faster rate and their actual micronutrients, micronutrients are the like vitamins and minerals. All those things, they go down over time so buying frozen can often be, a) more affordable and b) more nutritious.

It's really cool like when I'll defrost a box of frozen broccoli and I'll see the rich vibrancy of the color of the broccoli, it's like, you can tell that it's like, it is jam packed with nutrients, and so, hey, let's say most people would probably not want to eat or enjoy the taste of just defrosted frozen broccoli, so then like how do we cook that in a way that's going to taste wonderful.

So I'll maybe throw some like vegetables like that in a stew or chili. I love making my own plant-based creams and sauces in my blender or Vitamix or food processor. I'll throw lots of spices and all these things into a huge pot and make them taste delicious and then I'll store it and I'll have like food for the whole week.

These recipes don't have to be expensive. Beans in cans are very affordable, a lot of grains are very affordable, going to Farmer's Markets is more affordable than shopping at Whole Foods, you know, there's ways, really great ways. Once you make the decision to get healthier, you find those ways and Trader Joe's is one of my favorite places to shop, they have great deals all the time.

Rachel Rofe:

That's awesome to know about frozen foods because I know, when I was living in New York, I was traveling all the time and I would always buy all this stuff and then I'd have like perishable, like stuff that would go bad really quickly. And so I was just knocking on my neighbor's doors trying to get rid of stuff, feeling so guilty about wasting food, so it's awesome to hear with the frozen food that it can just, because it can stay in your freezer for longer. So that's really nice, you don't have to worry about using things up.

So you mentioned you'll just throw things in the stew, you'll make it taste delicious, so can you expand a little bit on what you do to make it taste delicious?

Talia Fuhrman:

Yup, it's really a form of art. It's creativity. Let's say I have my big Vitamix, it's a high powered blender. I'll take tahini, I'll take some almond milk or hemp milk or something, I'll throw that in with, I hope other people will not find this unappetizing, but stay with me here, tomato sauce. I'll make a really creamy like Italian like sauce and I'll put in lots of Italian spices. I'll put in sundried tomatoes.

It depends on the recipe, but I think spices are really key and not salt, I don't use salt because obviously that's not good for us, but really being creative and getting to know what you enjoy, and also not being afraid of spices. I know that most people are a little bit scared of the prospect of playing around in their kitchen.

So I have these recipes, that stew that I mentioned is in the book. I have a few that I love on my website and I'm going to continue to be making quite a few, you know, lots of recipes for the rest of my life, but I also have some favorite food blogs that I recommend in the book. One of them is ohsheglows.com. That website, I remember finding it in college, it was one of the best days I had, like I was studying for finals and I was like my whole culinary world changed. I love that website.

But I wanted to mention that there are recipes out there for free in so many places these days, and so I provide my favorite like food blogs in the book and I also have my own recipes in the book. So I want to make it really easy but sometimes it's just making the recipes and figuring out what you like.

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And let's say you love mushrooms, add mushrooms to that stir fry, or let's say you hate, I don't know, we'll say bok choy, even though bok choy is one of my favorite vegetables, just don't include that. You know it's like knowing what you like.

Rachel Rofe: Totally, totally and like the stew sounds like, you know a lot of it is you can throw in a lot of different ingredients, which is great, and I find that too a lot of times just throwing a bunch of stuff in. I like to add garlic to lots of things and garlic tends to just make everything taste better, or parsley or something.

Talia Fuhrman: I'm so with you, garlic and onions all the way.

Rachel Rofe: Oh yes, I love onions too. So and there's a lot of simple recipes out there I think if you go, one of my favorite Pinterest boards is [pinterest.com/ginnymjohnson](https://www.pinterest.com/ginnymjohnson), we'll have it in the show notes to make sure it's right, but she has a whole bunch of different healthy recipes on there that are like five minutes or less to cook.

So when you have people come over, I imagine that you're friends with people that have different diets than you, what are some things that you make that everybody can agree on, that taste really good?

Talia Fuhrman: My desserts, hands down. My chocolaty muffins, brownies, cupcakes. I've had people who are total meat eaters taste my desserts and there's just like, wow, there's no sugar in this, there's no dairy, this is crazy. I sweeten my dessert recipes with dates and bananas and most of the time just fruit. I even sometimes hide beans in those recipes.

So it's great when people, I don't tell people what I add, I just have them taste it and they really enjoy it. And that stew that I mentioned, I haven't had one person say they didn't like it, they're actually really surprised.

Rachel Rofe: You know I noticed that you put beans in a lot of your recipes, why is that?

Talia Fuhrman: Beans are a super food, you know, they have just a horrible, horrible reputation. One of the chapters in the book is the three most misunderstood food and beans is one of those foods. They contain a type of fiber called resistant starch and this fiber helps the healthy bacteria in our bodies thrive.

And the healthy bacteria, it prevents diseases later in life and it's so good for our bodies but what most people don't realize is that we don't absorb all the calories on the can, when we see on the label however many

calories are in the beans, it's this resistant starch isn't absorbed by our bodies, so it's a super, super weight loss food.

So it fills us up because it has so much fiber but yet it's a great food to eat if you're looking to watch your weight. So that's just a little bit about them but there's also weight rewards for eating beans too. It's all in the book.

Rachel Rofe: Have you seen those chips, the [Beanitos chips](#)?

Talia Fuhrman: No.

Rachel Rofe: Oh, I'm so curious what you think about them. They're chips, I've seen them at a lot of health food stores and they're just like beans and sea salt or something. It's super clean ingredients.

Talia Fuhrman: Huh, I have to try that, I'm going to look them up after we get off.

Rachel Rofe: Yeah, they're always in the chip aisle. I mean they definitely have some flavors that have dairy in them, I mean there's a cheddar one and nacho cheese one, but they also just have like a one that's just white beans and they have a regular one that's just beans and sea salts and.

Talia Fuhrman: That's so happening.

Rachel Rofe: I'd be so curious, let me know what you think about them when you see them and we can add that into the show notes, what your official diagnosis of them is.

Talia Fuhrman: That's happening, it's just a fact. So people who are scared of beans, I know, some people say, you know they don't sit well in my body, you know I don't feel well. And I would say just putting like let's say, a few tablespoons of beans in a recipe or not eating that many beans at first and then giving your body the opportunity to get used to eating more of them is a great way to start incorporating them into your diet. Our bodies get used to what we eat and it's scientifically proven, so it can be gradual.

Rachel Rofe: So I've heard that sprouting the beans makes it easier to digest, so sprouting, and I know you know, but for everyone listening, just like putting them in water for a few hours is supposed to help. How do you feel about that?

Talia Fuhrman: Yeah that's another, that's a great way to eat them, we don't have to sprout them but that's another option. I think you know, try things out, seeing what works for you and your body is always the best way to go.

Rachel Rofe: Totally, now I liked, you were talking about and I think this is really helpful for everyone listening, in the book you talked about some of the best foods for your brain and for memory. Can you talk about some of them here?

Talia Fuhrman: Yes, absolutely, it's fascinating. There's a class of antioxidants in plant foods that gives them their bright colors. They're actually the same chemicals that color flowers, they're called flavonoids and there's thousands of flavonoids in each vegetable or fruit or even beans, contains a different combination of flavonoids. And research shows that people who eat a wider variety of flavonoids actually have a reduced risk of dementia and Alzheimer's disease and they help us stay mentally sharp as we get older.

So it's just another reason to eat those fruits and veggies because there is a direct correlation between the nutrient density of our diets and our risks of mental decline as we get older. It's really, really interesting and I hopefully wrote about it, hopefully people will find it interesting. And I did because I think the words really jump out on the page because I was just like, floored, when I was doing my research on this.

Rachel Rofe: Yeah, yeah, I was really surprised too, I was taking, just like I keep saying, so many screenshots because here I was, actually getting a pedicure and so I was just reading the book on my small cell phone and I just, every couple seconds, click, click, click, had to go back and read this again, because it's just fascinating.

And you mentioned like a couple of specific foods, was it blueberries, it's on my screenshots, but that are really good specifically for your brain. And I know like all foods have, all fruits and veggies have flavonoids, but are there ones that are specifically good for your brain? I feel like you mentioned that.

Talia Fuhrman: You remembered that correctly. Blueberries are extraordinary, all berries are really good brain foods, berries are the most, I guess you could say, flavonoid packed fruit. During the summer is one of my favorite times to go food shopping and seeing all of these brain healthy fruits and vegetables in the store. Cherries actually contain a really cool combination of flavonoids.

One of the chapters in my book is just on berries and I talk about the nutrient composition of each one and what they, the unique health properties. Cherries have been shown to tackle physical pain just like taking Tylenol, so cherries are actually, they contain chemicals that can help heal our bodies, so it's really interesting.

Rachel Rofe: Yeah, I just read that cherries were actually the number one fruit, and I know that there's research like that really can talk about anything and anything sound like anything, but cherries were touted as the fruit that would be best for weight loss. Number one because they're pitted, so you have built in portion control because you go slower to accommodate for those and then also it's super low on the glycemic index.

Talia Fuhrman: Yeah, all fruits and vegetables are fantastic because they contain high water content and very few calories so you're filling up and eating a large quantity, and they have so much fiber too, so you can eat a lot and you're not absorbing that many calories. So it's just they're all fantastic weight loss foods as well as health foods. You can't go wrong with fruits and veggies.

Rachel Rofe: Well, what about something like bananas, because I've heard that bananas are bad for weight loss, and I know again there's back and forth on this, but what's your take on it?

Talia Fuhrman: There is so much back and forth it's incredible. I don't know if you've heard of the banana diet because there's also diets out there that are primarily based on bananas and you eat lots of bananas all day and you can eat any type of food all day and nix out other types of foods, you can eat Twinkies all day and still lose weight because you're just eliminating so many other food groups.

But the question about bananas, are they good for us? I'd say, it's kind of like asking if let's say quinoa is good for us, or a grain. They're not the most nutrient dense plant food, but there's nothing bad about them. They can be included in our smoothies, in our diets, and you know the key is to eat a wide variety of plant foods, so that's just another plant food. They're not a superfood but there's no reason to avoid them. As long as you're not eating fruit or bananas all day there's no reason to be scared of bananas, even when you're trying to lose weight.

Rachel Rofe: That's a good point, on that note actually, I want to share an amazing recipe that I've been eating a lot. You've probably had it before, I think actually, I know that some of your recipes have this, but I've been taking ripe bananas and just freezing them and then whenever I want ice cream, I know that dairy is not really my friend, so I'll take the frozen bananas and I'll put them in my blender. I have a Blendtec so it's kind of just like the Vitamix and I'll put in like a scoop of peanut butter and maybe a couple of strawberries and just blend it up and make ice cream, it's delicious, nothing else, so good.

Talia Fuhrman: Oh, I love that stuff. Banana ice cream, oh that's where it's at. You freeze the bananas, chop them up, put them in your freezer, the bananas last

forever too. You can just, after tennis practices that's what I would make, my banana ice cream and then to make it even healthier I'd put some, sprinkle some ground flax or chia seeds on top. I was like the healthiest little girl.

Rachel Rofe: Well, that's a really good idea. You can't really taste the chia seeds, chia [pudding too]. Oh my gosh you guys there's so many recipes out there, so we'll have a link in the show notes to some of Talia's recipes, and some Pinterest boards and the [Oh She Glows](#), is that what it was?

Talia Fuhrman: Yes, ohsheglows.com

Rachel Rofe: Awesome. Great, well this has been awesome and I think that we just highlighted some really great points. I'm really glad how we started off and talked about just the fact that you're in chronic pain so much that you can still hear your radiance and your vibrancy just screaming through your voice on the phone and to still be so in love with life and to realize that health is a total game. It's not just what you eat, although you gave some great tips around that too, but also just your emotional.

I think that this is something that people can get a lot of good takeaways and if they're listening, different people might get different things, but still like walk away super, super impacted. Thank you so much for you time.

Talia Fuhrman: Thank you so much for having me on the show, Rachel. It was really a gift. I'm so grateful to meet you and to have this opportunity.

Rachel Rofe: Same here. All righty.

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I really appreciate you.

With love,
Rachel Rofé

