



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

Dr. Robyn Benson: Hello everyone welcome to the Healthy Traveler's Global Summit, my name is Robyn Benson I am a doctor of oriental medicine, founder of Santa Fe Soul Center for Optimal Health. I have to say in my last 23 years that I've been treating people and you know kinds of other cool things in my profession, I have just really love this whole process of interviewing these amazing speakers with big messages on how to travel healthy, well and sane in this time of great global change and to add to our great list of amazing speakers we are going to be joined by Ocean Robbins today, so welcome Ocean.

Ocean Robbins: Thank you, it's a pleasure to be with you.

Dr. Robyn Benson: First of all I just want to bring in time in my amazing co-host.

Kevin Snow: Hi this is Kevin Snow, the co-host of the Healthy Traveler's Summit and the Self-care revolution. And this is really exciting to have Ocean Robbins, today and we're definitely going to be learning about his food revolution and really going and stop about how we can eat healthfully at home and on the road...

Dr. Robyn Benson: So we want to welcome all of you we know we're going to have people from all over the globe, listening to this incredible interview. And we just really love that for our last two years of the Self-care Revolution I have to say a big theme of many of our speakers, and certainly our two live event that we've had here at our center has been around this theme of foods we're bringing in gosh one of the world's I'd say leading messengers of how to bring this message of the food revolution into your home, into your life... And into how you take care of yourself on a day-to-day basis. So Ocean Robbins, is co-founder and CEO of the Food Revolution Network, which is mobilizing a 150,000 plus members for healthy, sustainable, humane and delicious food. Ocean serves as adjunct professor in Chapman University's Peace Studies Department, and is co-author with his father and colleague, John Robbins, of 'Voices of the Food Revolution: You Can Heal Your Body and Your World with Food'. He co-founded Youth for Environmental Sanity, yes at age 16, and directed the organization for 20 years. Ocean has spoken in person to more than 200,000 people and facilitated hundreds of gatherings for leaders from 65 plus nations. His many awards include the Freedom's Flame Award, the

National Jefferson Award for Outstanding Public Service, and the Harmon Wilkinson Award for distinguished contribution to the humanities and social sciences. So joining us today Ocean Robbins and his topic 'Healthy At Home and Healthy on the Go', again, welcome we're just really thrilled to have your voice to be part of the Healthy Traveler's Global Summit.

Ocean Robbins: We'll, I'm delighted to be with you Robyn I really am, and you know I just want to start right up by saying that I think it's fabulous that you're bringing food in here in such an important way because it is so important what we eat literally becomes us. You know it's very personal, it's very intimate, it's also very political and its connected to reality that span the globe and when you eat food [Cross Talk 00:03:20.12] that was produced with the goal of maximum profits for the producers then you run the risk that it may have been produced without your help in mind do other help of your planet in mind. When you eat food that is [Cross Talk 00:03:33.00] produce with the help as a central organizing principle, however then you're eating food that can really connect you not just with your visions for the world you're up but also with little help to your body just right.

Dr. Robyn Benson: Exactly, and you mention the political word here, why don't you just talk about you know think about the travel industry and the politics around the food industry and we certainly, I mean where do you see it more than the travel industry, right? In terms of how we don't have access often to the best healthy choices we seemed to get what's convenient and very toxic to our bodies.

Ocean Robbins: Well it's true I mean the reality is that when you're on the go when you're travelling unless you do a lot of planning. You're someone at the mercy of what's readily available in the places that you go to. And the danger then of course is that we live in a society where fast food and convenient food is also basically synonymous with junk [Inaudible 00:04:32.03] so we got a plethora of access to you know fried, processed, chemical saturated, sugar saturated food like products that are all actually toxic. And the tragedy is, that when we consumed the food that is most accessible and in some cases most affordable is going to lead to a direction that leads to more and more sickness and suffering and even death. A third of our kids they are expected to get diabetes in their lifetime, two thirds of our population is overweight or obese we have the highest rates of chronic illness of any population in the history of the world in the United States it seems... and we're not spend over 19% of our Growth Domestic Products on medical treatments or disease care. We euphemistically call it health care but it has nothing to do with caring for help it's everything you see would change the symptoms of disease. So when you look at this fact you realized that you can't afford to risk to just be at the mercy of that

which is ready made and ready accessible if you don't think about it. [Inaudible 00:05:37.28] You actually have to take responsibilities for making it form choices on behalf of your health and your values and your life if you want a different outcome than the norms. And when you look at the norm and you see how many people are sick and tired and miserable and overweight then you realize that, that's not the direction most of us probably actually want to go. And so the beauty of the food revolution is that you can live it and wish them good thought and care you can learn to even when you travel and all over the place you can learn to plan ahead and to find what are you sweet spots and your routine for nourishing your body in healthy ways and frankly when you are on airplane for a long periods of time, your moving from different time zone and ecosystem they can take its toll on the body and actually eating healthy is probably more important than average of times.

Kevin Snow: It definitely is. I really think that you know using this word revolution expand a little bit more what cause you to name it the food revolution, what you really mean by this as far as you've already shared with us some aspects of that a little more in depth of how that came to be?

Ocean Robbins: Absolutely, so first half I'll say that I define food 1.0 as being about survival and in Food 1.0 if you can't get enough calories to carry on for another day then frankly that's success and for almost of human history Food 1.0 is pretty much predominant paradigm. Food 2.0 is where food becomes about commerce the central organizing principles in much of the develop world today around food is that, it's about selling it's a means of exchange and food companies and the food industries want to manufacture whatever we will buy the most stuff with the lowest possible price. And in Food 2.0 we have an incredible way of taste and texture and cuisine and flavors and opportunities and we can access food from all over the planet, the trouble is that without the values embedded in it Food 2.0 is morally bankrupt. And what it lead us to is a disease culture in which more and more people are sick and tragically feel like it's their fault and that's what really breaks my heart I see kids you know second graders saw in the school and they're over weight and they have low self-esteem and they don't have the energy to think clearly in class and they don't have the energy to run around on the playground and even burn off those excess pounds and they think it's their fault and they don't realize they are biologically addicted to the most lethal drug pushers in the world today and those are the processed food industry companies that are killing millions of people with products that are full of sugar and chemicals and junks when every study in medical research history pretty much aligned with the reality that we need this less of that stuff. But they're pushing it on our kids, they're advertising it to our kids, they're even

pushing and giving food money to build they have vending machines on schools and campuses for Coca Cola and Pepsi, and our kids are paying the price we are all paying the price and it's a devastating one. So that why Food 2.0 isn't going to cut it anymore and we're calling for a food revolution because I think we need to go to Food 3.0 and in Food 3.0 we make help the central organizing principle of our food system we make help for our bodies and help for our planets the central goal and there's a lots of money to be made in Food 3.0 it says that I want healthy profit to come from the healthy planets and healthy food instead of you know from toxic food and I think we're moving there, I think it's very exciting to see what is happening realizing that what we need now isn't just a little bit less toxic food. We need healthy food for real and the processed food industry is going to have to clean up exact in a pretty big way or the food giants of the 20th century are going to become food dinosaurs of the 21st century.

Dr. Robyn Benson: So, Ocean can you talk about GMO food I know that something you educate the population about, because you share about how can we do that, how can we avoid GMO food on the road?

Ocean Robbins: Okay well first of all let me just explain what a GMO is some people think it about...

Dr. Robyn Benson: Okay that would be great...

Ocean Robbins: God and uncover. We will think it needs God move over but actually know it means Genetically Modified Organism and these are basically craft that have been engineered by in laboratories by and certain DNA from various viruses or bacteria or other life form into the DNA of certain plants or in certain cases animals. They create new characteristics in those plants or animals that are perhaps what they're trying to accomplish and there been a lot of promises made that GMOs would help to alleviate world hunger. That they've lead to more trap distant crop better nutritional profiles of more tasty crops so far up to this point we have been about 25 years down to GMO past since the first GMO came into our food supply and up to this point we haven't seen any of those benefits manifest we have instead crops that have not product greater yield they have not led to greater drop way system they haven't done one bit for nutritional profile or they also haven't reduced pesticide yeast in fact they've added to overall pesticide use. What they have done is they have created crops that have one and two trait, the 99% of the GMO' on the market have one of these two traits one is that they're resistant to herbicide most commonly round up the essential ingredient round up being the chemical called gliclazide made by Monsanto at the time they're also resistant 2, 4-D which is one of the ingredients in Agent Orange. These herbicides are toxic. There have been spread on the fields in records quantities because

the plants can withstand down and then the herbicide will only kill the weeds. The other trait that has been put up into these crops is crops that produce their own insecticide. The BT toxin is something that kills certain bugs and now we are creating crops that don't need to be sprayed with it they're literally are themselves leaving pesticide factories. These crops are registered with the EPA as pesticides and you can't wash this step-off it's in every cell of the plants. So that's basically what we've gotten is crops that have one of this two characteristics and there are a lot of different studies is it have been done I'm not nearly enough in my opinion on the health safety of GMOs and I think they shows them while they're different results those that are done by industry or that are done by scientist who are paid by industry universally show that they are completely safe those are the done by independent scientist often tell a different story. I think we need to do more research and look at this more deeply. In the mean while I think a lot of consumers are saying you know what I don't want to be part of this system that's leading to more pesticide than our environment that consolidating power of our food supply into the hands of a few major corporations and that has a questionable safety credentials. I want food that safe and reliable but that Mother Nature would recognize. And so for those who want to make that choice of course a lot of us are fighting for labeling of GMOs and we want to get that path like we have labeling in Europe like we have labeling in 64 countries around the world. We don't have any in the United States yet, but there's a big movement for it. And I think we may see that in the coming decades regardless in the mean while if you want to avoid GMOs here's what you got to look out for. There are five crops that are commercialized on a large scale that are genetically modified, these are corn, soy, canola, sugar beet, which are about half the sugar supply in our country and cotton, cotton is use for cotton seed oil. So those five crops may sound easy enough to avoid but when you actually get down to it they're in I a lot of different products. So number one top screen is go with things that are certified organic, if it's certified organic you're safe if it's a 100% organic. Number two is it if certified non-GMO, certified non-GMO products have gone to nothing into over seven billion dollars in sales in just the last three and a half years and the non-GMO project handle that certification. And then number three if it's not organic and it's not certified non-GMO then you got to read the label and if you read the label you come up for any corn or soy or canola oil and look to see if it says you know that it's non-GMO then you know that it is but if it doesn't say that then you may want to avoid it if you're avoiding GMOs. And there are a lot of chemicals on the market that are made out of corn and soy so if you really want to be non-GMO you want to avoid chemicals that you don't recognize and that's probably not a bad idea anyway...

Kevin Snow: Contacts are known it really is... it's not a good description and why knowledge is power so I mean really that's the work that you're doing in many other people are just bringing to the awareness that this stuff is... it isn't... has this...it's not in me it's an experiment basically and if you want to be part of the experiment then contribute but I really think that like you're saying it is doable, it is very doable to eliminate this out of your diet, can we imagine just briefly it may be some of the thing that are possible to happen to us if you're reading this GMO food...

Ocean Robbins: Yes absolutely we'll again the reality is that we don't know, but there are some disturbing realities that we can certainly recognize pretty quickly here, in the last 25 years since GMO is not coming to us which supply obviously there has been no actual testing on humans in any long-term since ever conducted. We are the test. But unfortunately everyone is coming in the test, because unless you've been living you know on a mountain top somewhere you and even then you basically are eating some GMO food whether you like it or not whether you know it or not, because they are so wide spread. So in a sense unless they made people drop over dead on the spot which they evidently don't, there would be hard pressed for sure what the difference is, it's not like you have two equal side population group of a million people lead then you can control on what, what happens to one and what happens to the other. But what we have seen in the population as a whole in the last 25 years includes a rapid increase in digestive problem and food allergy waste. The hospitalization for food allergy weighs them on kids in the last 15 years have triple. So you know when we look at the fact that the BT toxin which is in quick every cell of certain genetically modified plants causes a host to open up and they got bugs which causes the stomach to split open in the bug side you can notice that was seen this rapid increase in so called leaky gut syndrome and food allergies which are tied to that. And one just starts to wonder is it possible that the BT toxin could be having an effect on the dejection of human? Could it impact the bacteria in our gut? Could it impact our gut lining? We have found a roundup of gliclazide specifically in the umbilical cord blood of almost every woman tested. Therefore it's getting in to babies before they're even born. We know that gliclazide is in water, soil, human tissue it's probably in the bodies of every human being on earth. What is the impact of the gliclazide humans never ate herbicide before they weren't sprayed on our crops so they would have kill the crops now we are eating herbicide where eating toxins in unprecedented quantities. What might this be doing to us again we don't know. But as a human being who want to be healthy and want a healthy world when I look at how toxic our food system has become I'd say you know what personally I want to avoid consuming this products because I am not convinced that they're safe.

Kevin Snow: You mentioned earlier that these products are possibly cheaper, is there... are...is eating healthy really more expensive or is there a way to do it that really can be important to law and health. ...

Ocean Robbins: Well, you know one of the really big barrier a lot of people face to healthy eating is the fact that it perceived to be expensive that eating health food is going to take your whole pay check so you've got to break the bank if you want to be healthy and frankly there's a whole lot more work. And the reality is that changing habit is always more work anytime you make a change it takes energy, it takes the will power, we only get a little bit of will power in any given day so most of what we do is an auto pilot frankly you know it's using existed already created neuro pathways and we follow due from there. From that reality then you do have choice and when you do start to create life giving, lifelong healthy habit that you can help to stick the benefits will stay with you for the rest of your life. And the reality is that it is entirely possible to customize a healthy eating plans that you will learn to love it may take a little bit of a journey because your taste bud will change in response to a new environment a new ecosystem of sort they will adapt. But as you learn to love healthy food you can absolutely enjoy healthy food that's affordable and even that's convenient, the key is healthy habit and good planning. And when you do that planning you know you think ahead for example if your home for a while you may every weekend take a day and make that the day that you know shop for food only go shopping once a week instead of every day or two that save you ton of time waiting in line and a check out them. Eating at a restaurant isn't it facet that's crack up to be because again you're waiting in line you're... you're waiting to pay you're waiting for the food to be made, you're driving, you're parking, etcetera, etcetera so if you plan ahead shop a big shopping infrequently and then you make a big quantities of things and you have staples and base things ready to go, you freeze soup in little containers and the freezer and whatever quantity you like you can have ready to go lunches in the freezer and pop them out the night before. When you plan ahead you can really do well. And similarly even when you're travelling, you know when I travel to a new city I Google in advance where are the national food stores that are closest to my point of destination and were there any restaurants that I can work with for example, Chipotle is going non-GMO and they have a lot of organic food and they have a lot of healthy options and so I often will work with Chipotle in a community I am going to when I'm travelling because it's one kind of out post that I can source it. And so when you plan ahead and find those destinations you know then it works out but you know you do have to plan. You can't just be at the mercy of what's readily available because unfortunately you know the toxic... the status quo is pretty toxic.

Dr. Robyn Benson: So can you just show a little bit more maybe mention a couple of other restaurant that are good too especially when the travel industry that wake it that you recommend and also when you're at a restaurant what other questions that you recommend that everyone is listening to can learn from you to ensure that they are not going to get you know end up with something that's going to wreak havoc in their system..

Ocean Robbins: Well yes my top goes in healthy eating I'm pushed, I'm challenging all of us to move towards more real food and less processed junk, towards more organic food that isn't saturated in pesticide towards more non-GMO food, towards less chemical less added sugars more vegetables I think that medical science is quite clear that we need to eat more vegetables but we also do well with more whole grains and I want to emphasize the word 'whole' because when you refine the grains that have had...that had been stripped of their fiber and their vital nutrients, you end up with...whether it's white rice or white flower you end up with something that is devoid of some of the most critical nutrients that it could have brought to you and also the most critical fiber and fiber is one of the thing that were most sufficient in. Today there's only about 5% of the population gets the recommended intake of fiber. And not getting enough fiber is well known for beating the constipation but it actually triggers a whole host of other problems and from including it it's link to cancer, it's link to your ability to digest your food effectively because when your colon is kicked up with constipated junk and quite frankly it's not going to be able to absorb all the nutrients that it should. So again I think more vegetables, more fruits, more whole grains more legumes. Legumes are real nutritional power house. And if you're going to eat animal products I think it's critical to get them from humanely raised animals that were you know fed natural healthy diet and it the solid sunlight and that ran around outside and unfortunately just because it has a pretty picture on the package doesn't mean crop. There's a lot of green washing in the animal products industry even so called free range egg what it means technically is that a chicken has the ability to go outdoors that means there may have been a door open to a little tinny-tiny space outside and they may never walk out there and then the chickens could still be five thousand birds in one giant warehouse without one square foot per bird, you know so if you want something a little better, I think that pasture-raised amongst eggs is planning to go standards so it's very tough to have I think 222 square feet per chicken that means they actually had some room to roam and they may have actually packed in the dirt and even some...and even bugs had seen the sunlight and personally I don't want to participate in that system that treats animals like hogs in a machine. When we do that we are breeding... making them as a breeding ground for disease we're participating in a system of suffering and misery and that's going to come

back to haunt us as chickens are going to come home to roost, so I'm really passionate advocate for leading less eating less animal products in general because I think that's most sustainable for our planet but also if you can eat animal products do it in way that they were raised humanely and that you're not taking a bunch of antibiotics and hormones and suffering and misery into your own body [Cross Talk 00:24:36.27]

Dr. Robyn Benson: Go ahead Kevin...

Kevin Snow: We'll on that topic you know I recognize the last name as well. Could you just talk a little bit about your family and how you came to really work diligently in this area of food and health...?

Ocean Robbins: Absolutely well my grandfather founded an ice cream company called Baskin-Robbins with 31 flavors. My dad John Robbins grew up with an ice cream cone- shaped swimming pool in the back yard and he was groomed to one day join in running the family company. He ate a whole lot of ice cream growing up he had you know what some people would say with a path that was practically paved with golden ice cream lay before him. But he ended up choosing to walk away. The reason was fairly personal. His uncle Bert Baskin my grandpa's brother-in-law and business partner came... had a series of heart attacks and wound up dying of heart disease in his early 50's and my dad's uncle Bert, was a big man he enjoys the family product mightily he ate large amounts of it and my dad looked at that, that he had lots of money he had lots of worldly success but now his wife was a widow and his kids doesn't have a dad. And my dad said I don't want to spend my life selling a product that's going to contribute to more heart attack and he knew perfectly well that one ice cream cone isn't going to kill anybody and ice cream isn't evil, but he also knew that the more ice cream people eat the more likely we already have some of the kinds of diseases that come with consumption of large amounts of dairy products and large amounts of sugar some large amount of chemicals and flavorings and that's not what he want to do with his life so he walked away from the family company and any access of the family wealth to as we jokingly say in our family probably he's on rocky road he moved with my mom to a little island off the coast of Canada but it's also one room log cabin he cooked most of their own food and name their kid Ocean, that's me. And you know remarkably enough from years later my dad went on to become a bestselling author writing a book called 'Diet for a New America' about how our food choices affect our health and our world and the media had a lot of fun with the story and called them 'The Rebel Without a Cone'. Then my grandpa in his early 70s round up coming down with the kinds of health outcome that are to be expected in our society for so many ways the standard

American diet plus the double scoop of ice cream that he always had. And he ended up having severe diabetes and heart disease and major problems and his doctors told him you know Mr. Robbins you only have a few years to live and they're going to be miserable one and you can ask to take about seven medications per day, unless you really want to get well in which case there's this spooky [Inaudible 00:27:28.00] and they handed them a copy of 'Diet for a New America' by his own renegade, rebel son. But grandpa read the book. And amazingly enough he put it in to practice he got some amazing results he wound up getting off all of his high blood pressure and diabetes medications, he lost 30 pounds that he needed to lose, he ended up improving his golf game by about seven strokes, walking about an hour a day and he had another 15 plus healthy years. And I can remember vividly in my childhood my dad and I we're marathon runners, we would go on this long run together and I remember visiting my grandpa and him going on his morning walk early in the morning he's walking up for an hour and we ran by him and he wave and cheer us on. And you know that three generation picture have you known grandpa Irv wave in his son and grandson along it as we're going off on this run has always stayed with me because this is possible and you know what else change is possible. In our family we have seen personally the tragedy and the transformation that can take place in relationship to food and we know how hard it can be to make a change. My dad had to walk away from something massive my grandpa had to give up ice cream and radically change his diet and his life style and his values in all kinds of ways. And yet he had the courage to do so my dad has the courage to do so. I have the great privilege of building on that legacy and helping share that story and that's part of what fires me up to help other people have the kind of changes that we've seen in our own family...

Dr. Robyn Benson: What a great story thanks for sharing it with us and for everyone who's listening, so Ocean what do you recommend I mean there's a lot of people who really care about their own personal health and our communities, and the board at large. So what do you think how can we help make a better impact in the travel industry? What can each and every one do to see better options for ourselves in the airports and for people who travel by car and bus and train since like it always sees convenience is the most part what can we do?

Ocean Robbins: Well the first thing is don't let yourself be a victim of what's easy and what's already been set up. You know taking the time now to set out a course for some new habit some new ways of doing it that you can fall back on when you are tired that are just part of your routine will pay off for the rest of your life and by the way it will be a longer life and it will be a healthier life. So this you have to decide how much is it your health worth

to you and what is it worth to do the work that it takes to create some new habit and what that going to give you long-term and I personally thinks that the benefit are how much bigger the inconvenience to take to make a change so that ultimately that's the personal choice everyone's going to make. My passion is illuminating that choice and illuminating the stakes so that you can make it wisely. If you can plan ahead you can take some meal with you when you're travelling have some food in the freezer ready to just thaw when you get home if you can scout out whether the little pit stop on your journey where you can get the food that you need, learn if you're going to airport you know what are the spot in that particular airport that have food you can eat, you know you just got to like take the time to learn about those options. Get in the habit of you know putting yourself in places where there is edible food, where there is real food serve. I almost feel like restaurants and health food choice or any stores should have to have a sign of it there's real food serve here. You know and if they can't have that sign up for real then just stay away for goodness sake you know. I don't go in to a McDonald's ever because frankly there is nothing serve there that I considered to be real food that going to fit with my values, right? I just don't go to, I don't go to any fast food restaurant as much you can't you probably just that as a fast food restaurant. But you know what if you make those choices it gets easier and easier. Now if you want to change system that's another thing you can start to look at, you could start to team up with people and create many systems you know food share. I, sometimes people you know will partner up with some other folks and once a week each person is responsible for making a big meal, right? And then a bunch of families will share that some and then an apartment building families will group up like that or you within a big family of course you can just rotate whose responsible for cooking on a given day. When you start to share you realize that food is not just a commodity it's also a community. It's a wave of relationships that has the capacity to bring us together to build a sense of connection and common ground and even love. And when that happens we discover that food can be a source, not just of health, not just that energy, not just of a tool coming your association, but also a source of love, a source of connection and joy, a source of vitality and beauty. Now when you take food into your body another huge thing is taking them that moment to give thank knowing that you are nourishing yourself. So what you take in to your body should carry with it an energy of self-care, of love. And that's even more important in today's hectic world when you are on the go and travelling all over that you care for yourself and you send your body the signal: I love you, I care about you, I care enough about you that you eat healthy food, and I care enough about you to enjoy it. And here is the thing that doesn't just make things feel better it actually makes things to

get better. When you salivate then you actually are predigesting the food in your body you'll get more out of it. When you put your brain into a state of receptivity, of gratitude you are actually secreting the hormones that going to help your body to get the most out that meal. When you're in fighter flight mode, when you're in a reaction and distress mode, when you're in shuffle-it-down-the-hat as best as possible mode then you are putting your body in a physiological state of distress. And guess what? That's not going to help you digest your food and a lot of what happens to our food isn't just what we've taken but what we make of it how we use it. Our bodies are incredibly complex, an incredibly intelligent organism that know how to grab what they need out of the food and get rid of a whole lot of the junk. So as important as it is to focus on what you eat out so you want to focus on how you eat and it doesn't have to take a whole lot of time but just a recognition that food is sacred. It is a connection and a communion with your own dreams for your life your own nourishment of your body and your relationships to the world around you when you really bring that reality and that awareness in, it can change everything.

Kevin Snow: Well, I was going to ask but if you had any final words for our interview today but those are pretty good final words...

Dr. Robyn Benson: Those are great word and just love your passion and you know the... obviously the love for the work that you do and we appreciate you so much Ocean for being here and being part of the Healthy Traveler's Global Summit. It was such a powerful message for all of us to really take deep into ourselves and certainly into our heart so anyway. Many blessings to you and to all of you listening gosh I hope you can share this recording with all your loved ones because it's just full of really important information for you to literally take on the road so take care everyone and we will see you with our next speaker, okay lots of love. Bye.