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## JEWISH LATIN PRINCESS

SARA CHANA SILVERSTEIN, HERBALIST & AUTHOR  
OF MOODTOPIA

EPISODE 89

***You're listening to Jewish Latin Princess Podcast by Yael. Every week get your dose of inspiration from the world's most uniquely talented Jewish women and from Yael herself. Seeking profound and practical ways to live a joyful, richer Jewish life? Welcome to Jewish Latin Princess Podcast.***

***And now, Jewish lifestyle expert and bilingual blogger at [www.jewishlatinprincess.com](http://www.jewishlatinprincess.com), your host, Yael.***

***[Theme Music]***

**Yael Trusch:** Alright ladies, do you struggle with mood swings? Oh, don't we all? No, in all seriousness – are there certain emotions that often just take over your life? You feel like they control you? My guest says she has a solution – a natural solution.

You're listening to Jewish Latin Princess, I'm Yael Trusch your host, welcome back to the show!

Today we're moving to Moodtopia. What's Moodtopia you ask? Sara Chana Silverstein is here to tell us. She is the author of the newly released book, Moodtopia: Tame your moods, de-stress and find balance using herbal remedies, aromatherapy and more.

Her book received accolades from renowned names in the wellness space such as Deepak Chopra, Dr. Aviva Romm and Mayim Bialik.

Sara Chana is a master herbalist, classical homeopath, board-certified lactation consultant. She's a mother of seven and she's the creator of the app: Sara Chana's Breastfeeding Guide. She is regularly featured on CBS, ABC, NBC and FOX News as well as other media outlets discussing how people can integrate alternative with conventional medicine.

We talk about that today. We talk about herbs, lifestyle and more. But before I bring Sara Chana on, I want to share wonderful news on my end. If you follow me on social media or you're subscribed to my newsletter you might have heard that my oldest daughter has qualified to go to New York as her school's representative in the International Chidon Competition for the second year in a row, actually. She will be the only girl from her school to go on stage and represent her school.

The International Chidon Sefer Hamitzvos is the name of this wonderful yearly program and it's an incredible project of Jewish pride and of love of Torah and this year, my daughter is looking for sponsors to help her join hundreds – well, actually it's thousands of other hardworking Jewish girls in a weekend of unity, belonging, sharing their Torah learning with the world.

So if you want to be part of something huge and trust me, it's huge, and support Jewish women's empowerment, I mean what could be bigger than that, right? And Torah learning for women, you can go to [www.chidondrive.com/140145](http://www.chidondrive.com/140145) . Chidon is spelled C-h-i-d-o-n, so it's [www.chidondrive.com/140145](http://www.chidondrive.com/140145) and there you enter the password: chidondrive5779 to access her fundraising page.

I have to say I was a little hesitant about this fundraising initiative but, the truth is, people ask for help, sans sponsoring runners or cyclist, right? We've done it, our friends have done it or cousins or nephews, whatever and so on, and my daughter is running a different kind of marathon – she's running the 613 Mitzvah learning marathon and she's running it with thousands of hardworking girls to complete a five year mission of learning

each one of the 613 Mitzvot in depth with the International Chidon Sefer Hamitzvos.

So if you want to show your support, go to [chidondrive.com/140145](http://chidondrive.com/140145) and enter the password `chidondrive5779` to access her fundraising page; I'm sure she will eternally grateful.

I actually had a donor on Instagram on Sunday who said it so beautifully after she sent in her donation. By the way, she doesn't even know me or my daughter personally, she said I love that she's showing the world what Jewish girls can do. My sentiments exactly!

So that's a plug for my daughter's amazing achievement and for Jewish women's empowerment and Torah learning for women, etcetera. But now, let's move to our lives, let's go to that Moodtopia, alright! Here's Sara Chana Silverstein.

***[Theme Music]***

**Yael Trusch:** Sara Chana Silverstein, welcome to Jewish Latin Princess.

**Sara Chana Silverstein:** Yael, it's so great to be here.

**Yael Trusch:** I'm so excited to talk to you about your new book, congratulations on the new book, by the way.

**Sara Chana Silverstein:** Thank you, thank you. A lot of hard work and I'm glad it finally went to press.

**Yael Trusch:** I'm sure the book is Moodtopia: Tame your moods, de-stress and find balance using herbal remedies, aromatherapy and more. You've been practicing as a herbalist, a homeopath and a lactation consultant also for many years, so tell us what prompted you to write this book especially about taming our moods and so on, was it something different things that you were seeing in your practice that was the impetus or was there also a personal maybe situation that drove you to it? Give us the back story.

**Sara Chana Silverstein:** So what happened was I first started working as a lactation consultant and helping women with breastfeeding problems and I had studied herbal medicine when I was in the university but not professionally, more as a layman, and I saw that a lot of the challenges that my clients were having, I knew they could be treated

naturally. Now, I want to preface by saying I'm not against western medicine.

**Yael Trusch:** Yeah.

**Sara Chana Silverstein:** I love x-rays, I love cast if you got probably break your leg; I love MRI machines – but I felt for simple things like breast infections and ear infections of babies I could treat it naturally. So I went back to school and I did a five year program in Class school homeopathy, loved it madly and felt that with homeopathy you really need a practitioner because homeopathy is quite complicated; so I went back to school and made a three year program in herbal medicine because I felt that herbs were something that every woman, man, teenager could learn to use on their own.

So after... over 25 years of working with – thank God! – thousands and thousands of moms and kids and husbands, I said, I got to write a book because herbs are considered people's medicine and that means that you could go to Home Depot buy for \$2.99 an herb called lemon balm grow it on your windowsill, grow it on your backyard and I can teach you how to make about eight different medicines from that lemon balm.

So I'm thinking like, what should I write a book on? Colds, flu, allergies, like high blood pressure and then it hit me that most of my clients whether they are super successful or not yet as successful as they want to be, they all seem to be struggling with their emotions and their moods; and as I interviewed more and more people they felt that their moodiness whether it's frustration or sadness or depression was getting in the way of being successful in whatever area of life they want to be successful and I went, boing! That's the book I need to write – how to use herbs to help us be in control of our moods so our moods don't control us.

**Yael Trusch:** Oh, that sounds very, very cool.

**Sara Chana Silverstein:** Yeah, that's my little catch phrase.

**Yael Trusch:** I love it!

**Sara Chana Silverstein:** And Yael, as a I did my research, this is what the stats today say and they're ever changing and do we even know if this statistics are completely correct but it says like this, in the US, one out of five Americans are on psychotropic drugs. These psychotropic drugs are usually prescribed by their GP, their general practitioner. People are not

warned about the side effects and ones they are on these medications there's not a plan on how to wean off of them.

Now, I want to say that psychotropic drugs for people that have borderline personality disorder or schizophrenia or bipolar can change and save their lives, but my book –

**Yael Trusch:** Right!

**Sara Chana Silverstein:** Is not anti-psychotropic meds, it's – are we using it in the best way possible? Are there other options before we take that leap to psychotropic drugs and this is what I've noticed Yael, there's like a portion of our society that's like totally positive, totally fine and coping; then there's on the other end of the spectrum people that are really emotional disasters for whatever reason... maybe they were abused as a child for reasons of course and then there is all the rest of us in the middle and we sometimes feel like a disaster.

**Yael Trusch:** Yes.

**Sara Chana Silverstein:** Sometimes we feel like we got it together – But most of the time we're kind of hanging in this kind of area where like we need more support and that's where herb shine. Herb shine for people that are like, well, you know I've got to do some public speaking at my job, do I either quit my job do I have a panic attack before I do it and that's where an herb like skullcap can really help with that nervousness.

Let's say you're really terrified to fly in an airplane but you find that the sleeping pill just makes you feel too sick, that's the time an herb called Blue Vervain may really help. So there's so many instances in our lives where the tool of using herbs can really help us and I don't feel our culture is familiar at all with it, Yael.

**Yael Trusch:** No, we definitely are not. I mean I was reading the book and I was like, oh, my god! I didn't know any of these.

**Sara Chana Silverstein:** Right, right! And that's why I wrote the book and that's why I'm doing podcasts, like your wonderful podcast, because I really want us to share with people and educate people that herbs are there for us. They're not addictive there's no side effects if you have decide not to use them, there's no withdrawal symptoms. People can use them for a month not use them for two weeks, use them for three weeks – herbs are something that's there, we can keep them in our

backpacks and our purses and when we need them they are remarkable and they do make a difference.

**Yael Trusch:** So I want to talk about how to do it, but I first I want to mention actually because when I said I that I didn't know a lot of the things that you said on the book, it just reminded me that actually I have gone the herbs route but it has been through Chinese doctors. I used to live in China so I am familiar with herbs but it kind of always, kind of I always associate it with I didn't know what they were giving me and I just had to drink these herbs and they actually did work but when I was reading the book it was like more like, oh, I could – like you mentioned before, I could actually do it on myself.

**Sara Chana Silverstein:** So there is a difference between Chinese herbs and Western herbs and Chinese herbalist and Western herbalist although we do crossover and use a lot of similar herbs. So with Chinese medicine they have an amazing history where there are pre-made blends and the practitioner needs to have you fit in with the pre-existing blend or formula.

With Western herbalist we tend to create our own formulations for the client that's sitting with us in the room for instance, if we talk about someone with nervousness, like I'm going to say, I'm nervous, I'm nervous – and one client could have nervousness where they have insomnia and they hate eating. The next client with the same description of nervousness can say that they sleep all the time and they over eat.

So we have that same feeling of nervousness that presents itself in two different ways. So for me, I'm going to make two different blends for that same condition of nervousness. So with Chinese herbalist they use their traditional formulas and they are limited, I'm not saying they are not effective, I think they're fabulously effective, but we custom make our blends and even more so Western herbalist want to teach our clients about the herbs so if they can't get in touch with us or they are traveling, Yael, they can go create the blends themselves and then therefore empowered and not dependent on me as a practitioner.

**Yael Trusch:** So to what extent can we DIY this because you mentioned the practitioner, you mentioned the client but there's also an aspect were you are empowered to do this but I mean should I first consult? Have a few sessions with a person like you before I even decided to try this... like to what extent can I really DIY it?

**SARA CHANA SILVERSTEIN:** So for those people that have access to a Master Herbalist and I'm considered a Master Herbalist, and can afford it, Yael, it's worth it because herbalist will teach their clients how to use the herbs on their own but if you aren't able to do that, it's not available in your area that's why I wrote the book Moodtopia because in book I talked about all the different herbs, how they are used and I give examples from different clients just to give you that extra personal feeling.

So I will talk about the herb skullcap which I mentioned before which is used for nervousness, nervous tension, that tension you have in your feeling when you just feel agitated skull cap is a herb you can take that will calm you down and in my book Moodtopia, I gave an example so you can see that it sounds somewhat familiar for you, to you. So I did try to write my book in a way that people could DIY it themselves because that's my ultimate goal.

**Yael TRUSCH:** What about you also talked about essential oils, you talked about aromatherapy – are those things that we could also try to tackle on our own?

**SARA CHANA SILVERSTEIN:** Sure, so aromatherapy is very, very faddy right now and it sells in airports – I've travelled a lot, I think all over the country and I'm always like, wow, look at all those essential oils.

For me, as a practitioner who is passionate about essential oils, I don't feel they're as curative as taking herbs internally. Now, aromatherapy is across the US are like, Sarah Chana is wrong but I have to tell you that I use aroma therapy in a very different way. What – I'll give a perfect example.

Let's say you have a child that has some sleep issues and they have trouble unwinding and falling asleep... well, clinical study show that lavender oil can help induce sleep. Now, lavender oil is not going to work like a magic pill. You're not going to take a couple of drops of lavender oil, have your child inhale it then your child's going to be a perfect princess, right? Oh, my, gosh! Mom, as a matter of fact they want to go to sleep but how you can use aromatherapy for this example, this case is? What I tell my clients is put like two or three drops of the lavender oil in their back every night, then when they come out of the bath put a couple of drops on their night gown so they start to smell and associate lavender with sleep.

Then take a couple of drops of the lavender oil and put it on their pillow so what will happen is subconsciously they will make an association between that smell and bedtime, so even if they fight it their body will have an

association so our olfactory system, our nasal, smelling system is very much associated with smells, for instance, if your grandmother always bake an apple pie every time you went and visited her, every time you smell an apple pie, even if she's not around, you're going to make that association with your grandmother and apple pie.

I tell the story that I love to hike when I'm in Los Angeles. I live between Los Angeles and New York and I hike a canyon called Fryman Canyon and there's one little part of it that smells like pine. Every time I go pass that spot, I remember being in horse camp when I was 8 years old. Now it's been quite a while guys since I was 8 years old and no matter what I do, I remember that because that smell of pine reminds me of that incident. So I use essentials oils to help create memories that we need like sleeping or let's say every time you have an appointment with your boss, you flip out and have a panic attack so you can take an essential like sandalwood which I love and you can just put it on a tissue and inhale and say, I'm not going to have a panic attack when I'm with my boss. I'm not going to have a panic attack when I'm with my boss. Are you brainwashing yourself? Of course you're brainwashing yourself but then you'll get to a point where every time you smell sandal wood you'll calm down and not have that panic attack.

So another example is, because I fly around the country a lot these days, I was on a flight from New York to Detroit and the guy next to me forgot to bathe.

**Yael Trusch:** My, gosh!

**Sara Chana Silverstein:** So, I'm not going to say to him, excuse me, sir! Like didn't your mom teach you this, but you can't do that in public. So I took out my little essential oil that is easy to travel with it's on three ounce I put a couple of drops on my tissue and I got to tell you, Yael, that essential oil saved my flight because I just breath in essential oil the whole flight. So there was essential oil saving a person's life, so I know that we can use them in an amazing way but I don't feel they're going to cure our anxiety, stress, frustration like taking herbs internally.

Can I tell you one more story about essential oils?

**Yael Trusch:** Please!

**Sara Chana Silverstein:** Okay, great! Because I really... I don't want to make people not be in love with essential oils, I just don't want people to

get frustrated by saying I've been breathing in this smell for a month and I'm still depressed – you need to do more. So my daughter which I do speak about in the book was in the hospital; we were in the hospital. She had been hit by a car, we thought she was okay and she ended up becoming paralyzed from her shoulders down. She's now, thank God, Baruch Hashem, much better. She's 95% healed but we were in the hospital for seven months and hospitals don't smell nice.

**Yael Trusch:** No.

**Sara Chana Silverstein:** They don't smell nice at all, they smell like death, they smell like bleeding, they smell like bleach – it's not a pretty place to be in. So after a couple of weeks in the hospital, I got different essential oils that I started spraying in the hospital room and it definitely made us feel better but what was amazing was the nurses started commenting, oh, I love that smell, Sarah Chana, what's that smell? And they started coming to our room to see what essential oils we had and what happened was my daughter ended up getting better care, Yael, because it became a place where people wanted to be.

**Yael Trusch:** Yeah, they were walking in with a smile, I bet yah!

**Sara Chana Silverstein:** With a smile and what was amazing was it just changed the dynamic energy of the hospital room. Now my daughter was still struggling to survive, it was not pleasant for her but at least the environment lightened up and even the nurses, Yael, came in and said, do you mind if I eat lunch in here in your room because it smells better than other places, so we became the center of nice smells and healing as opposed to just pain and suffering. So that's a miracle story, so do I believe that those aromatherapy has cured my daughter? They did not, but they gave her the comfort of the beautiful smells and it became a place for the nurses and doctors looked forward to entering the room as opposed to being intimidated by coming in.

**Yael Trusch:** You basically created Moodtopia inside the hospital, for everybody.

**Sara Chana Silverstein:** Yes, you got it! You got it, yeah, Yael! We created Moodtopia and that's how I share and teach my clients how to use essential oils.

**Yael Trusch:** So let's describe this concept Moodtopia. It's the title of your book, it's what you want us all to achieve – take us there.

**SARA CHANA SILVERSTEIN:** And it's my hashtag in everyday listening and follows me on Instagram, my Instagram @sarachanas which is s-a-r-a-c-h-a-n-a-s, but when people read the book and have questions they hashtag Moodtopia, I really love that. So as I said before, I feel that reaching your Moodtopia is being in control of your mood so they don't control you, for instance... if you're very upset with the principal and what's going on with your child at school to walk in and lose it on the principal is not going to get you what you need.

**Yael Trusch:** Right.

**SARA CHANA SILVERSTEIN:** But being upset and determined to make a difference will. Let me give you a marvelous example of my mother. So I lived and I was raised in the Hollywood Hills in California where we had twisty, twisty, twisty streets and with all these canyons and there was this one corner where there was always a near accident and my mother would say every day, "Thank God we didn't get killed today," and after a while she started getting really angry, like this is ridiculous. Doesn't the city know what a danger this is, so she called the city being angry and said, "Hey, we need a stop sign there," So this was before Facebook and Instagram and the city said, no problem. If you want a stop sign there you need a thousand signatures. So since my mother was so angry about these near accidents, she went and knocked on every single door in the neighborhood got her thousand signatures and to this day there's a stop sign there.

So her anger did something to better the world. Now if she was just angry and mopping around and stomping her feet she wouldn't get anything done, so anger which can be negative can also be positive. So my mother reached her Moodtopia by taking this anger and making a change in the world, so that showed that her anger at first she wasn't in control of it, she was frustrated, she didn't know what to do, she really felt that it was dangerous – she took that impetus of anger and problem solved and changed the world. So when we have these emotions of anger, frustration, sadness... they may seem very intimidating and overwhelming but they have a positive side to them.

You know when people get depressed, sometimes, they just need to change their job, they just need to like work on their relationship, maybe get marriage counseling so that feeling of depression and feeling stuck means you need to make a change.

And that's where herbs can come in. The herbs are not going to change the situation but it can calm your central nervous system down, bring a little joy to your heart and make it that you can see clearer the action that you need for instance there's an herb called Bacopa. Bacopa is an herb, it's an aromatic herb it's been used in India for generations and this herb can help with brain fog. So if you're so frustrated that you're foggy and you can't even see through the clouds, taking Bacopa for a couple weeks will make your vision not just your eye vision but your mind vision clearer so you can problem solve. So in Moodtopia, in the back of the book, I have a 90 day plan to be more in control of your moods and I give you little ideas to do every day to learn how to use these moods to better your life and yourself.

**Yael Trusch:** Amazing, and really what you're saying is just such a Jewish concept, this idea of controlling your moods, your emotions so they don't control you, right?

**Sara Chana Silverstein:** Yes.

**Yael Trusch:** And being able to use your mind over your emotions –

**Sara Chana Silverstein:** Right.

**Yael Trusch:** As well as the idea of sadness now being, could be something bad, depression, what we call in Hebrew atzvus, or could be something that could propel you to action, what we called mermirus, right?

**Sara Chana Silverstein:** Yeah. Yes.

**Yael Trusch:** That which it's this bitterness that you can have but you really can't turn your... you can use and turn it around for something good, to lift you up to make a change. This is really unbelievable.

**Sara Chana Silverstein:** Right!

**Yael Trusch:** Before you started training in all these, were you an observant Jewish woman then? This is something that ties into your Jewish background or that came later?

**Sara Chana Silverstein:** I went to Hillel Hebrew Academy as I grow in Los Angeles, which is a more modern Orthodox environment. We moved and I ended up going to public school, but my mother still lit Shabbos candles every Friday night and try to make a Shabbos meal. And I was actually a childhood actress, Yael, in Los Angeles.

**Yael Trusch:** Really?

**SARA CHANA SILVERSTEIN:** I do movies and television from the age of 5 'til 18 and when I was in university I really started to explore the world and I re-fell in love with Judaism from an adult perspective and then I became more observant. I had seen a lot in the world and I felt that in order to survive and thrive you need structure.

I was gymnast and I competed internationally. I was actually the AAU Junior Olympic Champion and I did a movie of the week called Nadia about Nadia Comaneci, the Romanian gymnast, I played her friend Teodora Ungureano, and I saw growing up as a gymnast that there's a certain foundation – you need to keep your muscle strong and there's rules around the equipment in order to not injure yourself. So I knew that there had to be rules in life.

To be able to say married, raise your children in a healthy way, and rules for environment and society and when I found out these rules it really inspired me to live a more observant life. For instance, when we talk about recycling in Judaism if you have a paper that comes out of a safer or a book, you need to bury it and what that does is that's recycling the tree because paper is made out of tree or the papyrus is made out of a different plant and when you take that paper and you dig it in the ground you're replenishing and refurbishing the ground.

So look at that! I mean all these new people think that they're you know so it's funky, but Torah has been doing it for generations, isn't that amazing?

**Yael Trusch:** It is, it's really amazing. And like you said it gives structure to every aspect of our life, it's like there is nothing that's being over looked and that's what I loved about it.

**SARA CHANA SILVERSTEIN:** And you know what? I also studied classical ballet, I was a ballet dancer also and you know there's the five basic positions and when you master those five positions you can do any kind of dance that you want. Modern, hip hop, really that's the foundation to how our body moves so I feel the same thing with Torah and Jewish law, is that it's now oppressive like the world thinks –

**Yael Trusch:** Right.

**SARA CHANA SILVERSTEIN:** It's a foundation for freedom.

**Yael Trusch:** Correct.

**SARA CHANA SILVERSTEIN:** And if we have those laws and those rules, it really empowers you to be as creative as humanly possible but still stay in a healthy relationship in a healthy place.

***[Theme Music]***

*Hey, ladies, if you are enjoying this podcast you might also enjoy the Franciska show. You might remember Franciska from this podcast, Jewish Latin Princess where she was my guest on Episode 39. On her show, Franciska, an observant Jewish recording artist, composer, and producer interviews Jewish women in the world of art and entertainment. They talk about opportunities, issues, and their journey as artists in the Jewish community, as well as other hot topics in Jewish life. You can find the Franciska show wherever you're listening to this podcast right now.*

***[Theme Music]***

**YAEL TRUSCH:** And talking about healthy places you described in your book these what you've coined Cycle of Sanity and I thought that was so I guess brilliant because it was simple and but it was very clear and to the point. Can you describe it for listeners because I think it just resonates with most of us?

**SARA CHANA SILVERSTEIN:** Right, so the Cycle of Sanity means that we tend to go through a series of emotions quite regularly that we're unaware of like I remember, I'm a mother of seven kids, I have a girl, five boys and another girl, Blane Hara so happy to say, and you know it was hard living in Brooklyn, New York in a small apartment with seven children and I would like to -

**YAEL TRUSCH:** And especially you're coming from beautiful California, come on!

**SARA CHANA SILVERSTEIN:** Yes, it was so hard and I would like to stomp my foot and throw my head back and say, I've never been this angry before! – and my kids were like, yeah, you were... an hour ago; like oh my god, I forgot!

So in Cycle of Sanity, what I say is that we begin in happiness and something frustrates us and then we get to either sadness, anger, or depression. And then we have this insight and then we have a solution and that leads us back to happiness and I believe that that insight is what more fulfilling than plain happiness. I'll give an example, so as you said I'm an LA

girl transplanted to New York, so when you're in New York, anybody that lives on the East Coast knows that each person needs five jackets. You need a jacket when it's raining but it's not cold, for when it's raining and it is cold, you need a jacket for when it's snowing and you need a jacket in the fall, you need a jacket in the spring and of course you need your Shabbos jacket.

**Yael Trusch:** I'm getting just... I'm getting nervous just hearing this, the clutter!

**Sara Chana Silverstein:** So already I have six jackets and if we had nine people living in the house –

**Yael Trusch:** Oy vey!

**Sara Chana Silverstein:** Nine times six... I mean we have like 50-60 jackets so in the summer I would take all those jackets and fold them up, put them in a box and put it up high on a shelf I had in the ceiling so when fall would come, I know I should be like praying for Moshiach or praying for world peace but I would pray, please God, don't make New York cold. I can't take those jackets down. I have no place for 60 jackets in my tiny apartment, so and behold, the wind would come, it would rain and I would still be begging, please God don't make it cold! But lo and behold, it would be cold. So I would take down this jacket, all this box of jackets and I would be frustrated – remember I was happy and all of a sudden I'd be frustrated and I'd say, I have no place, I don't have a closet to fit all these jacket so then I would get sad and then I will get angry and I'd say to my husband, I never wanted to move to New York, I thought we're going to live in LA and now I live in New York. And then I would –

**Yael Trusch:** Now it's all his fault.

**Sara Chana Silverstein:** Of course, it's always his fault and then I would get depressed and go, I never wanted to live in New York, who can live with weather like this? And what happened once when I was taking the kids to the dentist, and this was way before the internet and I'm looking at a Bed, Bath and Beyond catalogue and I see they have this wall unit with 60 hooks and I had this realization, that if I order this wall unit with hooks I will have a place for those 60 jackets and I truly can survive another winter in New York. And all of a sudden, once I put up that unit, I became happy.

So what happens is we get frustrated, we get sad and depressed and the second we understand the solution like, oh! That's why my husband is like

that or – oh! Now I get why my kids like that! That realization brings joy to our heart.

So there's a wonderful story with Shlomo HaMelech which I talk about in my book, Moodtopia. Shlomo HaMelech was the king basically of the world at that time. And he wanted to be given the most beautiful ring in the world, so he put out an edict whoever makes me the most beautiful ring will get all kinds of prizes and money. So everybody came with diamonds and rubies and rubles and gorgeous, gorgeous rings and he was like, no, this isn't what I'm looking for, this isn't what I'm looking for. And a simple Jewish man got a little gold band and he wrote on the band, this too shall pass, and handed that to Shlomo HaMelech and that was the ring that won.

So my Cycle of Sanity is associated with that, even when we get to that point of sadness and depression and you know, unfortunately, bad things do happen to good people. They do! They do all the time and whenever someone's depressed or sad or frustrated, it's with real reason.

**Yael Trusch:** Right.

**Sara Chana Silverstein:** But the way Hashem God has created the world is it's going to pass and you're going to have an insight and that was the ring that Shlomo HaMelech wore on his finger – this too shall pass – So it's very hard in a time of crisis to get that in your brain but you can practice that all of the time and if you look at the faces and the cycling in your life, you know that to be true.

Like even if you're a woman and you have menstrual cramps, I mean you're like, oh, my, gosh! I'm dying, this is the worst... but you know what? Forty eight hours later you're like, oh, I live through that one, I'm okay. So we see that the world cycles, the season cycle, the tide cycle, women cycles and our mood cycle and it's very important to know that when you're in the depth of your sadness, you need to be there, you need to resonate with it, understand it, see if there's a lesson you could learn with it, but then, take an herb like lemon balm or passion flower or skullcap or valerian root help you get out of that sadness and in retrospect you're going to learn something from that sadness and that's what the book Moodtopia is about – honoring these moods knowing they are there for a reason, there something we can learn from them and having that confidence that they're going to pass.

**Yael Trusch:** Yes and you said, you know, we could take an herb but you even go so far, which I found fascinating, to give us a whole arsenal in

our toolkit not just the herbs but acts of kindness and working with the colors in our surroundings. So talk to use about all these other things that we could be doing to help us keep that mindset of, this too shall pass.

**SARA CHANA SILVERSTEIN:** So random acts of kindness is like a big thing that we need to include in our life. The Lubavitcher Rebbe spoke about the importance of random acts of kindness. When I was young and I was like, yeah, right, that's going to bring world peace; and then as I got older I looked at the clinical studies on it, so when a person does a random act of kindness beside benefiting the person they're helping, what happens to the woman, to the person doing the random act is your cortisol levels go lower and you're blood decreases.

So all of a sudden, I said, you know, the Lubavitcher Rebbe is more brilliant than I thought – that is a brilliant thing to include in our lives. So even if you're having a terrible day or terrible week or terrible month and Sundays we even have awful gears including random acts of kindness will lower our cortisol levels and it can really change the person's life in front of us.

I talked about in Moodtopia about a story where I had a double stroller and I had two kids hanging off the stroller and it was right before Shabbos and I've forgotten to buy gefilte fish and I had to go into one last store and it started raining and I was figuring out how I could do it, how do I get in the store – and in New York at that time they were not... to get in the stores they were not little you know where you can step on the ground and the door is open.

So this one guy opened the door for me and held it open and I got to tell you, Yael, it changed my whole day. That little simple act of kindness made it that I didn't yell at my kids much; so including random acts of kindness is very important in your life. Color? Color is an amazing thing. Color actually vibrates and the way we see color is the wave lengths at what energy that they vibrate at.

I had my palate down many, many years go and getting your palate done means that a woman looked at my eye color and my hair color and my skin color and she gave me a palate of colors that helped me radiate, helped bring out the best in me.

So if you're having a bad day, week, month, or year which we all have as I said before. If you put on a vibrant turquoise or a yellow or a deep purple – when you look in the mirror you will feel less sad because the energy of that color will change the vibrational energy around you.

There's an amazing story of this big football team and the coach, what he did was he painted the opposing team's room pink, the locker room pink! So here will be these big huge football guys and the toilet seats were pink, and the walls were pink and the locker was pink and what happened is pink is such a soothing, calming color that it would temper their personalities so the opposing teams were complaining, we don't want to be in a pink room, but he knew subconsciously they would feel a little bit more passive if they're around pink so that was a way to show all of us and teach us that color really has an impact in our lives, so it's important to if you're working in a little small little alcove and it's really depressing and lonely, put some vibrant color around you.

And it's important, even on your Shabbos table, if you're sad or not having a great week, it is worth spending that 10 or 12 bucks on some flowers to brighten up that table.

**Yael Trusch:** Right.

**Sara Chana Silverstein:** And if you don't want to use real plates put some vibrant color plates on your table. Color affects us and I feel, especially when in New York right now, a lot of us out here wore blacks and greys because the colors are black and grey. This is the time to bring in an orange or a vibrant color and my clients that include color in their life they do feel that they can reach their Moodtopia and be more in control of their lives... their emotions, not our lives. We can't control what happens to us only how we respond.

**Yael Trusch:** Only how we react.

**Sara Chana Silverstein:** Only how we react and that's what Moodtopia talks about.

**Yael Trusch:** Very, very true. You also dedicate a chapter to intuition! My goodness, big one for women! We are so intuitive but unfortunately we kind of, over the years, sometimes I feel, at least personally that we stopped listening to our intuition and it's so important. Talk to us about intuition, Sara Chana.

**Sara Chana Silverstein:** Right, so intuition is like it is a womanly attribute. Men do have it but women do have it more and you know we always wonder like how do we lose our intuition? So I kind of want to blame our moms because like you can like walk outside and your mom's like where is your sweater, put it on its freezing; and you looked up at your

mom and go, oh, even if you're three or five years old, I don't feel cold and your mother starts to put it on and not only is it freezing you got to zip it up.

So what happens a lot and also when we had guests at our Shabbos table, you know I have a perfect example where I had a guest and two of my kids said, we don't like him he's creepy and my response was, well it's obviously to love a fellow Jew, it's really important to be nice and the truth is he did turn out to be a creepy guy.

So here I was putting down my kids' intuition, telling them that they need to rise above it and very often we need to not rise above it.

**Yael Trusch:** Yes.

**Sara Chana Silverstein:** And that's the most important thing, if you feel in your gut something is wrong, you need to walk away from it because what happens all the time is parents will come in here bringing their kids and go, you know, I knew that this was going to be the wrong teacher for my child and now my child is getting kicked at the school. Last year my child had a great year and if that mother or father went with their gut instinct, this child may not be suffering for it. So in order to get in touch with your intuition you need to work on it, you need to practice it.

I do have step by step ideas in Moodtopia on how to re-ignite it in your body but it's something that most of us has crushed and the question is how do you know whether it's yetzer hara?

**Yael Trusch:** Yes!

**Sara Chana Silverstein:** or whether it's intuition?

**Yael Trusch:** Right, how do we know if it's coming from the ego side of us, that's self –

**Sara Chana Silverstein:** Yes!

**Yael Trusch:** Or how do we know that it's coming from our more elevated self?

**Sara Chana Silverstein:** Right, so it's really hard to determine but with a kid, if they say, they want three lollipops, you know that's not their intuition that they need three lollipops; one is fine and that's the yetzer hara, the ego or the evil inclination.

So let's say you want to make a charity event to help people. That's coming from a good place but if halfway through you realized how much money

you're making for this charity and you decide to take 50% for yourself, then that's your ego. So your intuition is does not want to do anything but keep you safe and make the world a better place; that's really what the truth of the matter is; our ego wants us to be famous have expensive cars and have you know 25 dresses our intuition is like, you know, I like these three dresses, I don't really need more than that. Unless of course you're a business woman, you know, an attorney –

**Yael Trusch:** Right.

**Sara Chana Silverstein:** In court all the time. Of course, you have to really judge it, but your intuition is really to keep you and your loved one's safe, so if you feel like this teacher is not good for your child even if everybody says this is the best teacher in the school, if you intuitively feel it's not going to work for your child then you need to fight to make sure that child gets another teacher. So you have to ask yourself, this gut feeling, is this for safety of my children and myself and my loved ones? Safety for our physical, our emotional and our soul; and it's something that everybody can tune back into.

**Yael Trusch:** And we would do such a good service to our children because the truth is as we get – as they get older and they have to make putting safety aside, but even with life's choices like career and things like that, very often, I think of myself and a lot of my friends we often talk about looking back, right?

**Sara Chana Silverstein:** Yeah.

**Yael Trusch:** And as a child you intuitively know –

**Sara Chana Silverstein:** Yes –

**Yael Trusch:** Where your talents are, what you love, what you're good at; but somehow for many of us along the way, we get derailed because our parents suggest something and our parent's peers and friends and the college councilor and I don't know who, right? And there's a certain way that we must follow and meanwhile, it really maybe wasn't what really we needed to be doing –

**Sara Chana Silverstein:** Right!

**Yael Trusch:** And people only realize that maybe 10 - 15 years later.

**Sara Chana Silverstein:** Absolutely, so sometimes making list of the good and bad of certain decisions especially as children age and let them

really analyze the good side of the column and the not good side of the column, and then have them say look, after we made the pros and cons of this decision – what you intuitively feel is right; and sometime you need to see some facts and your intuition is going to pop in because it's there, it's that gut feeling. It's in our stomach before it's even in our brain and now we know we have serotonin and other emotional hormones that are in our stomach, and that's why it's called our gut response – but you have to work on it. You have to stop, do some breathing and say, what do I intuitively feel right here? And you have to work with that.

**Yael Trusch:** Yeah, we all have to work at it. Sara Chana, I'm going to ask you something that I just recently decided that I'm going to start asking my guests, so you're going to be the first, so indulge me here.

**Sara Chana Silverstein:** Happy! happy to be first.

**Yael Trusch:** But you've been such a great guest so I think you're going to do great at this. What does a joyful richer Jewish life mean to you?

**Sara Chana Silverstein:** That is actually a hard question. I mean, I would first say a supportive community and that's really hard in our bigger communities. I think people get that more in smaller communities. I think keeping ourselves updated and educated on Jewish Law and the Parsha, would make a richer life. I know that the weekly Parsha influences our lives every week and someone like myself, who is so busy with so many clients, I forget to tune in and see what is that lesson of the Parsha for the week?

I'll tell you a great story when I was in the final edits of Moodtopia, I had a friend of my mine up in Monsey and because it was away, I had to get away from my office and my children in order to do the final edits. And every Wednesday night she had a Torah class on the Parsha, and every Thursday morning she had a yoga class and I used to go up there and listen to the Parsha and it was so powerful that I think influenced the rest of my week and it's funny because I just texted her the other day and I said next year I'm coming up for Wednesday classes so I think that helps make a richer Jewish life.

**Yael Trusch:** I so appreciate that and it's such a good reminder, I can relate to it too sometimes I get to my Shabbos table and I'm like, oh, my, goodness! Like I didn't take time to explore what the Parsha had to say this week and how it applies to my life and I'm sitting there and my children were teaching me and that's great and wonderful but there is something to be said for us ourselves having that conversation with God which she is

trying to have with us and you know knowing what is happening cause it's for us every week

**SARA CHANA SILVERSTEIN:** Yeah, I could get something I'd like to take on more. It's funny because I was just thinking about that, that's why I texted my friend and I think when you tuned in to the Parsha and you let it radiate throughout the week, I think that that would make a little more sense to all of us.

**YAEL TRUSCH:** Hmm, yes. Yes! That is definitely a good one to take on. I might join you on that. Alright, let's wrap it up with what I call JLP fill in the blanks and here's where I give you a sentence and you're just going to finish it with the first thing that comes to mind, okay?

**SARA CHANA SILVERSTEIN:** Sure!

**YAEL TRUSCH:** I'm Sara Chana Silverstein and I feel most spiritual when?

**SARA CHANA SILVERSTEIN:** When I'm involved in nature.

**YAEL TRUSCH:** You can't take the California girl out of you, can you?

**SARA CHANA SILVERSTEIN:** Yeah, no way!

**YAEL TRUSCH:** How do you – what do you do – now that you've lived so many years in Brooklyn like how do you get that part of you nourished let's say, do you get to escape a little bit from time to time or what do you do?

**SARA CHANA SILVERSTEIN:** I have a lot of plans in my office and in my house. I have a lot of like plans. My husband and I take about a four and a half mile walk every Shabbos, that's something we've taken on so we can over to the park and see what it looks like.

**YAEL TRUSCH:** Nice!

**SARA CHANA SILVERSTEIN:** It is a struggle for me because that's really... it's very hard when you live in Brooklyn and you see people that are rough and tough and mean, it's hard to see Hashem in the world sometimes, so nature really does that for me.

**YAEL TRUSCH:** Yeah, my favorite Mitzvah or one that I connect with the most is?

**SARA CHANA SILVERSTEIN:** I like making Challah every week, that's something I've don't for a very long time and that kind of brings me back into the world.

**YAEL TRUSCH:** Yeah, I like it too. I enjoy it. My fondest sweetest Jewish memory is?

**SARA CHANA SILVERSTEIN:** I kind of like the Purim Seudah. Getting ready for Purim's always rough but I do find the great Simcha around the table, once everybody is sitting around to eat.

**YAEL TRUSCH:** Yes, I can totally relate. There's a lot to it. It can get a little crazy beforehand but it's –

**SARA CHANA SILVERSTEIN:** Yeah! It's really crazy beforehand, yes.

**YAEL TRUSCH:** Yes! Something I wish I had learned about Judaism growing up is?

**SARA CHANA SILVERSTEIN:** It's so funny because the only thing I could think about and it was not me it's this young generation of everybody that's tattooing themselves, so it was not about me but you know, if it were be – if I were to be a non firm child, I would want to know the importance of not getting tattooed, so not personal but that's what jumped into my head at first. I feel bad.

**YAEL TRUSCH:** Interesting. When I give Tzedakah, I like to give to?

**SARA CHANA SILVERSTEIN:** I like to give to people and know how they are going to use it. I really, I've been really trying to take on friends that I felt and people on my community that I know where they need that help. That's very special.

**YAEL TRUSCH:** Yes, and finally, I'm Sara Chana Silverstein and today I'm most grateful for?

**SARA CHANA SILVERSTEIN:** The health of my children and my husband. I think health is really important and I think we take it for granted a lot.

**YAEL TRUSCH:** Yes! Sara Chana, thank you so much. You've been such a delight. The book again –

**SARA CHANA SILVERSTEIN:** Great!

**YAEL TRUSCH:** Is Moodtopia and you can find it anywhere books are being sold, right?

**SARA CHANA SILVERSTEIN:** Absolutely, and if everyone, I mean we all love and hate social media but I'm on Facebook, I'm on Instagram and Yael, I started putting up one minute videos on Facebook and Instagram that talked about these herbs –

**Yael Trusch:** Nice!

**Sara Chana Silverstein:** So in our very, very busy life they can just take one minute and learn a little bit about an herb or an essential oil so, [sarachanasilverstein.org](http://sarachanasilverstein.org), Sara Chana S on Instagram and Facebook and I'm on Twitter but I don't know how many people in our listening audience are around Twitter.

**Yael Trusch:** Yeah, I think it's kind of like phasing out; I stopped using it to be honest with you.

**Sara Chana Silverstein:** Right, right.

**Yael Trusch:** So anybody could reach if they're interested in a consultation and maybe, I know that you go out to communities to speak, if anybody –

**Sara Chana Silverstein:** Yeah!

**Yael Trusch:** Out there is interested, you know where to find her. Thank you, Sara Chana.

**Sara Chana Silverstein:** My website, [www.sarachana.com](http://www.sarachana.com) right on the internet.

**Yael Trusch:** Awesome and I'll be in New York next month so we'll try to make time to get together.

**Sara Chana Silverstein:** I would love to meet you in person, give me a heads up and let's plan on that.

**Yael Trusch:** I will, I will. Thank you so much.

**Sara Chana Silverstein:** All the best! Thank you, great interview! I appreciate it.

**[Theme Music]**

**Yael Trusch:** Thanks to Sara Chana Silverstein for stopping by. Again, the book is Moodtopia: Tame Your Moods, De-Stress and Find Balance Using Herbal Remedies, Aromatherapy and more. And you can find it on Amazon or wherever books are sold.

You can also follow Sara Chana on Instagram @SaraChanaS.

All of this and more back at [jewishlatinprincess.com](http://jewishlatinprincess.com). A few new blog post, if you're not up to date with those and of course over there you can subscribe to my newsletter which is the best way to stay in the loop, I think, either of

that or Instagram lately, I've been a little more there, Instagram always Facebook.

I'll be sure to put the links to my daughter's fundraising page also on the show notes for today but once again that link is: [chidondrive.com/140145](https://chidondrive.com/140145) and the password to enter the fundraising page [chidondrive5779](https://chidondrive.com/140145).

Thanks for tuning in everyone. Next week we kick it off with one of my public speaking coaches, the fabulous Adrienne Gold, International Jewish Educator. If you don't know her you want to know her, so stay tuned for that.

Have a lovely week, everyone!

***[Theme Music]***

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