

[Music]

[Wayne] Hi! My name is Wayne Satsuma.

I'm the Wellness Manager at Down to Earth Kakaako

I've been with Down to Earth for roughly around 21 years.

Wellness to me is

physical wellness, emotional wellness, mental wellness

spiritual wellness. All that including in the holistic approach and

um, and I know for myself; if I'm not feeling

well physically. It affects me

emotionally. It affects me mentally. It even affects me spiritually.

Why I think I would just stick to the basics. I mean,

of course, nutrition is one thing.

I like to tell people try to, strive 80% plant-based if you can.

I mean that's my goal always everyday.

You know, so when you look at my plate

at lunch, you know at least 3/4 of it is vegetables.

That's my model anyway.

Then of course, staying hydrated

uh, exercising, getting enough sleep

having a positive attitude,

having good relationships.

Treating oneself with kindness.

Treating others with kindness.

All of that matters.

I started doing things, as far as eating healthy

when I was 14.

So, it was just part my life.

Did other things like yoga,

you know, swimming and surfing and all of that stuff.

So it was just a natural thing for me to work at Down to Earth

What I love about my work is helping people.

I mean, I feel like this is a community here.

We serve the community. We serve the people who live here and

it's just being able to relate to them, help them

You know, share products,

share experiences

and so far, you know, I just, I just feel

we're here together. So, let's work, let's help each other out.

Well, I've been here for a long time so there's a lot of experiences.

And, um, I think when people come back

saying, "Hey, I feel better. That worked for me."

I think those are really great experiences.

"Oh, my child got better." or you know. I think that's

for most of myself and my team. I think that's where

what we really, really enjoy

is seeing people get better, seeing people getting

positive responses from what we suggest.

When they start changing their lifestyle, that's even more

fun because they say, "Oh, you know you told me about eating this way."

or "I'm getting exercise, staying hydrated, whatever

and I'm doing this now."

"I'm feeling better," and you know

so, that's gets us, that's what we get excited about.

And, that's what we're here for really

truly, that's what we're here for.

What I would love to see and I've actually seen it happen

especially working here. The people

getting back to what's really important
which is, of course,
each other,
you know, our children, our grandchildren
our families, our spouse, our friends, our coworkers
our community.

That's the most important part that I want to see more of that,
that we care about each other
and but also being in this store

You know, I see more people starting to
do things like sprouting,
starting to grow their own food,
making their own kombucha,
making starters for sourdough
things like that. I mean to me that's very exciting.

I mean, we talked about composting just a few days ago.

I'm really excited because those are all the things that I used to be
so excited about when I was a teenager. Now I'm seeing it coming back

So, that's I would love to see
in the near future. That we become more self sufficient
as a state,
as an island.

That we can produce our own food,
take care of our health but also work together as a community and that's what I like to see.
That's what I want to see and that's what I think I'm seeing now
in spite of, but maybe going on because of the challenges we have.

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