Introduction to Ayurveda and Thyroid Health

Hello, everyone. Welcome back to reversing Hashimoto's and Thyroid Disorder Summit. I am your show host, Doctor Anshul Gupta, world's thyroid expert. And I'm really excited about today's discussion because this is a perspective that we have no other speaker talking about it, especially how our Vedic principles can be helpful, for thyroid conditions and Hashimoto's.

So really excited about today's discussion. But let me introduce my speaker first to you so we can delve into the discussion after that. So Doctor Shivani Gupta is an IRA Vedic practitioner, an expert in fuzing eastern and medicine.

So the eastern and Western practices that help our bodies achieve equilibrium. She completed her master's in the sciences and her PhD in turmeric. Inflammation is the root cause for many health issues in our lives, and we have the power to overcome it.

But passion is teaching at home remedies to reduce inflammation naturally. That will help you to enjoy more energy, less brain fog, less pain, and ultimately achieve vibrant health.

Not daughter Shivani Gupta has practiced, I think, medicine for over 20 years, and her approach is to show you the tools in your toolkit so you can reach them every time you need them.

She's also the founder of Energy Formulas and the company that helps people with inflammation and pain. Doctor Shani Gupta, welcome over here. Thank you. Thanks for having me. Absolutely.

And I think just before we started recording, this episode, you know, we were just discussing that, you know, you yourself actually went through, thyroid condition and then, took a different route that completely transformed your health and care.

So if you don't mind sharing your personal story so people will be, very interested in knowing about your journey into that. For sure. So growing up, I always had gut issues.

I always ended up getting sick all the time and taking lots of antibiotics for it, and it took me until college to realize it was a gut issue. And I never had the ultimate toolkit to healing the gut.

And fast forward a couple years after that, I had my kids and after kids. I somehow couldn't get my energy back. I couldn't get my brain back. I never felt like myself.

And so my sister and a friend of mine, who was a functional medicine doctor sat me down and said, this is a thyroid condition and there are medications that can help you get your energy back.

And so they put my my doctor, put me on arm or thyroid. And literally when I took that medication, it felt like someone put glasses on in my brain. I could focus again.

I could think again. My memory came back. I could see more clearly, literally in my life. My energy came back and people around me were like, wow, you got your mojo back.

And so it wasn't until that happened that I could even contemplate working again, living my life at the pace I had had it before. And so that was really eye opening to me, because I'm a big believer in natural remedies for vibrant health, and this was the first time I was like, wow, this medicine really worked.

And then fast forward from there. Now my kids are a bit older and I've had to reconfigure how I'm taking thyroid medication for perimenopause. And now all of a sudden I'm feeling more optimized again and ready to tackle the next phase.

So I'm a big fan now of finding the right tools and supplements to get us there to feel our best.

Shivani Guptau2019s Thyroid Journey

And I think your story is so common that you know, so many females once they go through these stressful moments of hormonal changes, postpartum menopause, you know, or other times in their life is where they get diagnosed or have all of these thyroid symptoms.

And unfortunately, a lot of times the lab work is normal. And if you have gone to a conventional doctor, they would have said, well, maybe, you know, go to a psychiatrist, you need, you know, psych medication to improve it, while on the other hand, you know, taking a natural thyroid hormone replacement kind of was a game changer.

And again, I'm of the opinion that medicines are not your enemy. Is a lot of function. Doctors or other people think that, okay, well, medicines are the enemy and they should not be taking medicine.

I'm of the opinion that medicines are great, but along with that, you have so many of the tools like we're going to talk about today, different eidetic tools that you can utilize to improve your health, improve your well-being, and support the medicine in the right way.

Right? Correct. Exactly. I was a subclinical thyroid patient. There was nothing in the bloodwork that showed that I need help. And honestly, my whole life, nothing in the blood work usually shows something really disastrous.

But when I optimize for what I'm feeling, I feel so much better. And I get my energy, my brain, my focus, everything back. And that's where, like, you know, I want to talk about these are your Vedic principles because, you know, like it's so different than conventional medicine, which is so much just focus on the labs and not focus on the patient.

And that's what I hate about conventional medicine. Being a conventional doctor myself, I would like to say that, you know, I like to kind of look or hear the patient out, not just the labs.

So tell about like the, I think, principles of dealing with thyroid. How how does I read, look at iodine, Hashimoto's. Sure. So I have that is this entire system of health healing and medicine from India that's over 5000 years old.

And within the Ivy toolkit, our job is to bring body, mind, and spirit into alignment. And so it's a big focus on, yes, physical health that's important.

But the goal there is so we have our emotional health. And so we have our spiritual health and can attain that peace. And I really that's truly a preventive system of health.

So our job is to show everyone how to reach into the toolkit. Now IRA, the toolkit includes things like your circadian rhythm and living by that. We talk a lot about gut health.

We talk a lot about diet. We talk a lot about your lymph fat system and detoxification. And then we talk a lot about super spices that are so helpful for our health, as well as the self-care rituals that are detoxing.

So from the IRA Vedic perspective, when we talk about thyroid conditions, we talk about it more as a lymphatic condition and a gut issue. And what's cool is nowadays this conversation around gut health being tied to oral health is becoming more common.

So it's not such an outlandish thought. But I read I said, gut health is the center of your brain health. Your energy, your mood, and the function of your lymphatic system.

If we have a traffic jam because we have an inflamed gut and we've got a lymphatic system that's clogged, then that creates this perfect traffic jam type of problem.

And so I repeat this perspective is detox, detox, detox at the intersection of seasons where spring meet, summer where summer meets fall. These are the best times to detox the body.

We teach that inside of our gut there's something called the gut digestive fire or alchemy. So I think of that as a camp fire within you. And our job is to respect and tend to that campfire and really give the campfire what it needs to process, digest and assimilate our food.

And then to get rid of all the toxins that form in our body. That is amazing. You know, like, you know how it is looking at a totally different perspective.

I'm going to like this about lymphatic system, because most of the people are not paying any attention to the lymphatic system. Most people don't even know this kind of system exist, but we know that it plays a significant role.

So I'm glad that looking at detox, looking at the emphatic system, and also the gut health is so much prominent and important now, your work is lot around inflammation too.

And obviously we know that inflammation is the biggest root cause. You know, playing a role in Hashimoto's and thyroid condition. So what is your take on inflammation like playing a role here.

So chronic low grade persistent inflammation is oftentimes the culprit when it comes to why the body is struggling so much. And in modern day times we know that the body is really battling with the outside world.

We've got environmental toxins, we've got a lot of stressors on our system. Our food oftentimes doesn't have the vitamins and minerals that we need for the body to even work properly, and our diet tends to be more inflammatory nowadays.

Just by buying processed foods, we're consuming seed oils.

Ayurvedic View of Thyroid, Gut Health, and Inflammation

We're consuming a lot of chemicals, ingredients, and pesticides that the body just doesn't know what to do with. So our systems are either going to take it and just store it in our fat because it doesn't know how to excrete it and deal with it, or the body just gets inflamed because it says, what is that enemy you just threw in here?

And it has an inflammatory response. So that chronic, low grade, persistent inflammation is really causing a forest fire in the system. And we start to recognize it only when the symptoms get really loud, when the house is already burning down.

So sometimes it starts as brain fog starts as gut issues, starts as joint pain, stiffness, aches, gut disruption. Whenever we eat, sometimes it's skin issues.

People have eczema, psoriasis, acne, skin is reacting and we're like, oh, my skin's reacting. I'll go to dermatology. My gut reacting, I'll go to GI. We take each problem and we go to a separate specialist.

But a lot of times a lot of the subspecialties are just saying you're inflamed. And instead of taking painkillers and cutting down the inflammation, let's take a step back and say, what is causing all this inflammation?

And if I don't address this inflammation ten, 20, 30 years down the road down the line, that damage is really disastrous because that damage is heart disease, dementia, all the big problems we're seeing that are in our society right now, all rooted in inflammation.

So I'm passionate about inflammation because my whole family history is diabetes, heart disease, Parkinson's, really serious things. And I thought if inflammation is the root cause, why are we not just talking about inflammation?

And if we're not worried about gut health and inflammation, we're not going to win at all. These issues, especially thyroid. Thyroid again is affected by inflammation.

So we have to look at it from a whole system approach, not just, let me take the one medication. It's so much easier to take the one medication. I like doing it because it makes me feel better.

One thing I don't forget is my thyroid medication in the morning. But any time my body starts feeling all those inflammatory symptoms, I just take a moment and pause and say, okay, what am I going to do today to reduce that systemic inflammation and support my body so it can heal itself?

Absolutely. I think that is so beautifully said about how chronic inflammation can be detrimental and lead to so many chronic diseases, not only thyroid or Hashimoto's, so many more.

So obviously, like, you know, now people like to know how to reduce this inflammation. And that's where gut plays a significant role. So why don't we start with talking about how you improve that gut fire you're talking about, or other things to improve the gut through our Vedic principles?

Sure. So gut health and I review that. Like I said, is this campfire and we have a lot of practices around supporting gut health, some as simple as using a copper tongue scraper in the morning.

A copper tongue scraper is a simple way to scrape the tongue 7 to 14 times in the morning, and you're detoxing the body gently, which is going to support gut health.

And it's a way to ignite the digestive fire first thing in the morning. Then we talk a lot about hydration, not drinking ice cold drinks around your meal times when you pour an ice cold drink in at a restaurant right before you eat that meal, you're turning off the digestive fire.

You're turning off its ability to process and assimilate what you're about to eat. So in our video, we say keep water far away from meal times. Don't drink 30 minutes before.

Don't drink 30 minutes after. If you have to, you can sip a hot water beverage or hot tea. But don't. Don't do the cold water thing at all because we need to focus on how do we strengthen that fire.

We also talk about how if it's a campfire, why are we trying to let that campfire burn all day long? Open the fire, have breakfast, lunch, dinner and be done with it.

Don't snack all day, munch all day. We create a lot of gut dysregulation and issues because of how we eat in the West and how late we eat and how much we're expecting out of the gut.

We also teach that according to the circadian clock, sleeping 10 to 2 is the most important. So stop dinner by 7:00 so you have three hours to process that meal.

Finish the fire, close it down so the body can detox overnight. We're not focusing on digestion and that's the main focus while we're sleeping. And so there's a lot of practices like this from our body that we have different herbs, teas, things we use to stimulate digestion, get the fire going.

And when that ugly, that fire is strong, then when we're eating our food, we're not going to have some accumulation of something called asthma or this toxin residue because we're able to fully process the food and get rid of whatever does not serve from that food.

And so by not creating a toxin residue, then comes seasonal detox time. We're more set up to not have this body

polluted, congested, full of toxins and inflamed, which is usually the problem when it comes to this accumulation of health issues like thyroid conditions.

Absolutely. And I think, you know, like that comes to my next question about, you know, everybody has heard about these doctors, you know, which people know about, like, plays kind of, you know, a significant role in how you can identify what do you have in your body.

And that kind of comes with some set of recommendations. So talk a little bit about what are these doses you need with them and how they can play a role in thyroid conditions.

Absolutely. So I have something called a dosha quiz on my website at Doctor shivani.com. And when you take the quiz you come to know what is your constitution and everyone at birth has a primary and a secondary.

Boucher some people are three those, but the majority of us are primary, secondary and the doses are made up of nature's elements. So of what that person is air and ether a bit.

That person is fire and water and a a person is earth with water. So each dosha has its own physical traits, mental traits, emotional traits. But the person person's more thin and wiry, creative and active.

And so that person will need support in a different way for grounding, for oily ation of the gut. They have a tendency towards anxiety and going too fast, so they'll have certain support they need from a food and dietary perspective a bit.

That person's more fiery, so it's more medium body. Someone who's ambitious, who's passionate but does tend to be more inflamed. They tend to get hangry.

So management of that is really through food that's cooling, eating meals on time and not eating things that inflame a bit, which is all the things they crave fried foods, spicy food and all these things.

And then kapha is a more slower metabolism. A a person is a bigger boned, stronger person, but their sluggish metabolism can be a problem. So our our job is actually to support them, give them more, more really light, easy to digest foods and all the things that make it easy for them to process and assimilate what they do.

And so the doses are really enlightening because once you understand your Constitution, you understand what's your home base inside of your own body. And once you get that, you can understand how to constantly calibrate to yourself and balance yourself and build an entire rhythm to your life, that's more balancing.

And so it's also very illuminating when it comes to thyroid conditions, because you're going to have certain templates and certain tendencies, and so then you can then support that person with the right type of medication, supplement support all these things.

You already know the nutrient deficiencies they're going to run, because certain dose doses will have certain nutrient deficiencies automatically. And thus we can give them more custom personalized support.

So, these doses, like, you know, people are born with certain doses or they change over the course of their lifetime, or they're like, you know, if you are born with certain traits, then your doses stays the same for lifelong.

So you're born with your dose. It's a combination of your parents, those years and how you came into the world. For example, I'm a bit adult by birth, but after kids I had gained a lot of weight.

I was very focused on mother, you know, caretaking, being a mother. And I shifted into being more kapha. And so it took time. It took effort for me to move back into my original dosha.

So a lot of times when you don't feel like yourself in your body, and your body seems to be going one direction, and you know that you normally go in one direction, then it's time to look at it.

Might just having a dose imbalance. And my job is to get myself back to home base using food, using these lifestyle techniques, using an adjustment to circadian rhythm, using a great detox.

And these different tools. Absolutely. That's great. And I think you know you talk a lot about like daily rhythms, you know, for healing, you know, our body's constitution.

So talk about what are these daily rhythms. You talk about. Sure. So I envy that created circadian rhythm nature's clock. This is an IRA Vedic concept.

And I always said that when we live according to nature's clock in rhythm with it, we get to flow downstream with life. But if we battle against that clock, we are fighting uphill, which creates natural stress on the system.

Improving Gut Fire and Daily Rhythms

And then we're always going to have this dysregulation or stress on the system that's going to cause damage and going to cause problems, and it'll make life harder.

So my job is always to show people that living on that clock, 10 to 2 at night is the most important time of sleep, 10 to 2 during the day. But that time of day is when we have the most fire to do our work, to eat our biggest meal, to absorb the best nutrients from our food.

We talk about rising with the sun, getting your most productive movement and morning work done right in the morning. Pre-Lunch we talk about after lunch being a time to really get your busy work done, but you might not have that same level of focus.

And then we talk about 6 to 10 on that clock being your coffee hour time of day, really your time to settle in, relax, wind down the day. And a lot of times in modern day times or in the west, we just wind up.

We have more functions, more events, more things to do. But if we can wind down, then we have the perfect set up for a great night's sleep. And the self-care rituals from our Veda are a daily rhythm of rituals that we do, that are detoxing, that are supporting that gift you vibrant health because of that natural detoxing ability.

So we use things like tongue scraping, oil pulling, massage, self massage, curled up hung massage, dry brushing, yoga, pranayama, meditation and so building that rhythm into your day.

Maybe not perfectly, maybe every weekend or 3 or 4 days a week, you're able to slowly build this rhythm into your life where you're in such beautiful alignment with nature.

You feel better, your mind is more at peace, your digestion is better, your energy is better, and thus everything can work better. Because a lot of times when we're talking about a thyroid condition, if lymph is congested, gut is congested, body is under stress.

We're always in fight or flight, and thus the body is never in rest and digest. It's never in that space of true healing. And so our job in our videos, just to put you on the right rhythm so your body can always be in that state.

So that's great. So again like in functional medicine too, we are kind of working on rebalancing kind of several systems we know which play an underlying role in causing chronic diseases.

Sounds like you know our radar has very similar principles of again, rebalancing the whole body, not just one particular condition. Right? Correct. Yeah.

So it's a whole body approach, right? Yeah. That's our our whole goal is body mind and spirit and alignment. And you really can achieve that through really simple free tools and techniques.

It's just about understanding what they are. And what's beautiful is our wisdom is 5000 years old. It's been tried and

tested for 5000 years on billions of people.

And it uses mothers nature tool, Mother Nature's Toolkit, which we're here on planet Earth made of Mother nature. So why not use it? Yeah, and that's what I think the best part about it is that, you know, it is using a lot of the things which have already be given from us, like, you know, to the nature, you know, like these, like, you know, rituals you talking about, which you do on a daily basis, you know, following the nature's rhythm, also seasonal changes.

These are the things, you know, I think we are losing out, you know, in, conventional medicine or even in modern medicine that we are not harness the power of nature.

So that is so great that I really is able to do that. Yeah, absolutely. So let's talk about diet a little bit okay. So like especially focusing on diet patience or maybe inflammation and things what kind of diet you propagate.

Because obviously there are so many different diets you know which are there in the market. Anti-inflammatory diet, keto diet, carnivore diet, you know, a mediterranean diet.

So is that the same principle is followed in with the regarding the diet or there different principles. So Ivy the teaches about something called the soft Vic diet.

It's more of a yogic diet and it encompasses all the other diets. You can truly choose any diet, but Ayurveda has certain principles about how you eat and when you eat more even than what you eat, because it's all about those first steps.

So we talk a lot about how do you source that food local, organic, fresh? How do you prepare the food cooked with love, with the right energy cooked at home by yourself?

Not not been restaurants or ordering out or food that's dead and old. We want you to eat food that's only one day old. Maximum fresh is always preferred, not the whole idea that we have in the West right now.

3 or 4 day old food or cook once a week. We teach that that food has no prana. It's dead, so it's giving you nothing. And our job is to use food as total nutrition.

And so I really look at each meal like, okay, I'm going to eat that. But did I get any nutrient density? Did I get nutrient variety? Did I eat seasonally?

I already eat an anti-inflammatory lifestyle, but I survey that teaches us use fresh ingredients fresh yogurt, fresh ghee, fresh butter, use fresh milk.

All these ingredients should be as fresh as you can get them homemade if possible. Source really fresh. Maybe have your own garden now all those things sound like a lot of work.

I'm not able to do all of them either, but I do source from local farms. I'll order from small batch producers who know what they're doing when they make these things.

Instead of the mass produced option. And I read that says, always sit when you eat, when you sit down to eat, take a moment and bless the food, or just take three deep breaths.

So you drop into your parasympathetic nervous system and you're actually going to receive the benefits. You're actually going to digest that food and receive what's part of it to nourish and heal the body.

So I review this perspective is not keto is wrong, carnivore is wrong, or all these ideas. It's more eat for nutrient density, eat for nutrient variety, eat for seasonality.

Eat within your circadian rhythms. So small breakfast, big lunch, small dinner and then really honor that food is there to serve you. And so a lot of times when we talk about a thyroid condition, we're dealing with inflammation.

We're dealing with gut issues or we're dealing with lymphatics. The more we can clean our diet up, make it more alkaline and less acidic, which supports the lymphatic system and cleaning and clearing things out.

The more we can make it less anti, less inflammatory and more gut healing. So we can heal up that leaky gut that about half the country has right now.

Then all of a sudden we as women and men as actually can have a thyroid that's healthier, stronger, more resilient. We can give our body at least the building blocks it needs to deal with all these issues.

So that's great. I mean, so there are a set of principles, you know, like in functional medicine or in the like, you know, other modalities of treatment use certain foods, you know, like, you know, gluten, dairy, you know, soy and sugars and things.

We want people to stay away from. A lot of modern diets are based on that desire to have certain foods that, you know, it encourages people to stay away from, or it is more about just, you know, increase the nutrient density is what it mainly focuses on.

You know, and I agree that things were very balanced. And I think it's because it's more of an ancient wisdom. They weren't dealing with environmental toxins, stressors, modern day foods, microwaves and all these things the way we're dealing with them.

And so I think the more we can take each of these modern day supports out of our lives, the better. So I never use the microwave. I only use the stove or the oven.

I only saw my food and glass, never in plastic. And so I read this philosophy was actually everything is fine in moderation. And I do believe that.

Doshas, Diet, and Personalized Healing

I think if we go 80 over 20 with our diet, in my case, in modern day times, I do live gluten free sugar free. A lot of the things you just mentioned, I know are really inflammatory to my system, and so I have taken them out.

But I read this belief as if we truly had a really healthy, robust gut gut health, gut lining, and our lymphatic system was clear then the system is supported to eat anything.

That's great. So now let's switch over to some erotic remedies. You know like you know especially some certain what we call as supplements you know. Or you can call them spices or hydrating medicines.

What are those. You know, that you use typically that will help you know, somebody who has Hashimoto's or inflammation in the body. Sure. So my number one favorite spice is turmeric.

My entire PhD dissertation was on turmeric. And I'm very passionate about it as an anti-inflammatory. What most people don't know is it's such a powerful anti-inflammatory that a lot of people are now using it for their chronic joint pain.

It's a very powerful antioxidant and it goes after the things that are causing oxidation in the first place. So oxidative stress in our system causes inflammation and causes aging.

And so if we can just reverse that, we're in a much better position. So all the foods that reduce oxidative stress in the system are actually beneficial.

Turmeric is very effective for that. It's also antiviral antibacterial antifungal. It's anti-obesity. It has a lot of anti-aging capacities. So as we age our body tends to have different issues happen where either there's not enough cell apoptosis, not enough cell death of the cells that need to be leaving us, or there's zombie cells that go around and just damage everything and run into everything.

And so what's cool is turmeric is the ultimate janitor. It just goes in there and cleans house. It gets rid of everything that doesn't belong there. And it goes after every system that's inflamed big, medium and small and reduces that inflammation.

And so that's been so intriguing to watch over these ten years. People who are back pain, hip pain, knee pain, all these issues. We reduce inflammation. The pain goes.

But then all sorts of subtle things like more energy, less stiffness and aches, all of that is affected as well. And so what most people don't know is out of the entire tumeric plant, only 3% of it is the humanoids.

And of those three humanoids, curcumin is the most effective at reducing inflammation. And so when people buy turmeric, they say, oh, I buy fresh tumeric and I juice it.

That's great. You'll get a little bit of benefits from it. Then when you dry it and use the spice, that's what we've used for billions of years, thousands of years by billions of people.

And we use turmeric as Indians every day in our food. But I think nowadays, when we are so stressed and so inflamed, that regular turmeric powder is not enough to drive a significant result when it comes to inflammation.

And so when I realize that curcumin can do all that, I thought well, with my family history and my history with gut issues and health issues and always needing an antiviral on board and immune supports on board, I want to test this theory.

So I went out and built my own turmeric supplement just to prove can we put this into Western medicine? And doctors will lean on it and trust it because it's that potent.

And so that's what I did about ten years ago. And so my whole world is tumeric formulations, the Ayurvedic formulations around turmeric. And I've seen turmeric, ginger, even ashwagandha is a very powerful adaptogen out of our Veda.

We have an ultimate super spices toolkit that you can reach into, whether you use it as teas, because we have different herbs like thosai and things like that that have benefits.

Whether you use the adaptogens or you use the tumeric and ginger as anti-inflammatory supports, bringing these herbs into your life is a really beautiful way to take Mother Nature's ultimate toolkit.

Her superfoods that she created and bring them into our lives. Because when we talk about superfoods nowadays, we think of blueberries, salmon, spinach.

But I really that had its own unique superfood kit and it's my job to bring it here into our lives in a way that we can use. And that is, again, great.

You know, like, you know, I think everybody has heard of turmeric and they're including them, you know, in their lifestyle if they can. Obviously, supplements are a great, great way to introduce higher doses of curcumin because as you said, a lot of turmeric might not have enough of curcumin that is needed for therapeutic levels.

Now you spoke about ashwagandha, so a lot of people don't know that ashwagandha is an actually, I think of medicine, and that's where we all have borrowed it from.

So tell us a little bit about ashwagandha. Like it is an adaptogenic or what is it adaptogen do to our body? How it can be useful for the road patient?

Sure. So I sure can. That is adaptogenic in the sense that if we're stressed and anxious, it calms us down a few notches. If we're depressed, feeling the blues are low, it lifts us up so it has an adaptogenic.

It helps the body adapt to the stressors of life and it functions like a natural thermostat. So I love that that a plant can come into our body, figure out what's wrong with us, and adjust us accordingly to what we need.

I think that's such an indication of nature's brilliance and intelligence within us that I can work that way with our bodies, and then ashwagandha is also something that gives you energy.

It gives you strength. It's also is neurocognitive support. So it helps with brain health as well, which I love. And so ashwagandha can be a very powerful support when it comes to any health condition where the body's under stress.

And we're trying to support it and lift it up a little bit. So a lot of people are taking ashwagandha. I take it for stress, resilience. I know that life is going to throw a lot of stressors at me as a mother, as an entrepreneur, the days are pretty intense and they're not always peaceful.

And then I don't get to do yoga all day and meditate. And so there's that way of just kind of guaranteeing that I gave my body something to deal with the stressors, because we know stress is going to have an impact on thyroid and gut on everything, and it's all interconnected.

So ashwagandha is one, Rhodiola is Sandra shut. The ovary is another powerful adaptogen for female organs and reproductive organs out of our Veda.

Turmeric, Ashwagandha, and Supplement Quality

And so really playing with them and figuring out which one's best for you, which one makes you feel better is a really great way to give yourself this natural support, where all of a sudden you feel more like yourself, more like you've got your energy back the way you always wanted it.

Now, are there any cautions or any any side effects or any concerns regarding ashwagandha that you would like people to know about it or, you know, it's pretty safe?

If anybody you know should be able to use it. Sure. So when it comes to tumeric, for example, we have over 17,000 scientific studies proving the benefits.

We have double blind, placebo controlled trials, with turmeric. The one thing I would say the contraindication is blood thinners. If someone's on a blood thinner, do not give them a potent curcumin supplement.

Because curcumin is a vasodilator, it can't in the blood. In the case of the rest of us who aren't on blood thinners, that's fine. Blood thinning and moving more blood through the system is actually good.

It's good for your hair, skin, and nails. We know it's good for our sexual organs. We know we want more nitric oxide and everything flowing in the system.

But when it comes to ashwagandha, there's mixed reviews. So ashwagandha has been shown to be as effective as a bunch of psychoactive drugs. That study they've shown where for mental health issues and all those issues.

Take a gander. But I've read both good and bad on thyroid conditions. Fresh Uganda, so I'm not certain because I think there's so much new science coming out about it and we're yet to see.

Is it perfect for every thyroid condition or is it not great for all? So I don't know if you have more data on that. Yeah. I mean, so again what we have seen is mixed results, you know, especially for Hashimoto's clients.

You know, sometimes that can actually backfire and can lead to actually triggering of their antibodies and increase it. Some people like instead of getting come down with ashwagandha, they actually get a little bit more anxious on it, you know, so their their sleep get disrupted.

You know, especially Hashimoto's clients. So that's what I've seen, you know, like, you know, from some of my

experience with this with and over like, you know, thousands of patients that we have seen.

But I will say around 80 to 90% of our clients, you know, definitely love it. You know, it's part, you know, of a protocol. We don't use single herbs, you know, as you know, you know, in Ivy League, in functional medicine, it's a combination of things which work better than single agents.

But yes, otherwise 70, 80% of people, you know, do tolerate us. And then it's actually good as a regimen. Nice. So yeah, that's what I my feeling was, is it's, it's good for most.

And there's that small percentage who has to pay attention and see. Is it supportive to them or is it not the right solution. And I think with herbs, you know, especially these are really the one concern is about the purity as well as concerns about, you know, certain toxins, you know, which can be over there.

So obviously we are using certain companies, you know, which are have good quality standards. And that's where I think your company is one of the great ones, you know, as you're talking before that, you make sure that they do not have any kind of, you know, heavy metals or anything attached to it.

So talk about, you know, a little bit about, the supplements that you have and, how you take care of that. You know, people get the right things in the right dosage.

Sure. So ten years ago, I built my supplement company, Fusion Formulas, and my dream was can I build it so potent and so clean that orthopedic surgeons, functional medicine, every type of doctor would utilize it for their patients?

Because I'm one of those people. When I go to the doctor and I have pain and I say knee pain, plantar fasciitis, I can't take NSAIDs, they hurt my stomach.

So I wanted a potent alternative. And so when we source for turmeric and I have the these different herbs, you can source very well. Now there are incredible suppliers in India.

I go to India and meet with my suppliers. I know them, their families. I shake their hands, I see the farms, I see the production. So there's ways now to source really quality, reliable ingredients that have tons of third party testing there internationally.

And then when you bring it to the US, you do your own ID testing heavy metal testing, microbe testing, pre-production, make sure you've got what you paid for and that it's safe to use.

And then you can also, when you're doing US production, do middleweight testing, post testing to ensure exactly what we said is going in. That capsule is going in and it's safe to take and it's really optimal.

No heavy metal issues and so that's been my focus the whole time because building a product for orthopedic surgery and all systems of medicine, I wanted them to be able to trust it.

So I do not take supplements off Amazon. I don't trust all those random companies that we don't know anything about. I like to know the founder, meet the founder, understand from my own functional medicine doctor.

Hey, you've seen this work in patient. Okay, now I'm going to take it. Otherwise I don't want to take a supplement. That's just a guess or a wish. Absolutely. Great, great.

So I'm glad that, you know, you kind of brought these supplements to the market, you know, so people can, you know, easily know that they are coming from a trustworthy source.

So, tell us more, you know, like you've shared so much. Great information about, you know, how are we? The principles can be helpful for Hashimoto's patients, where people can find you and find more information about what you do.

Perfect. So my website is Shivani Group that.com on there I have inflammation guides and so much information. I'm at Doctor Shivani Gupta on Instagram and that's where you can find me.

Awesome. Great. You know we'll have all this information in the description. So please check out all the great work she's doing and all the information she's providing.

Thank you so much for coming over here. Any parting words you have for our Hashimoto's and Thyroid people? My parting words are IRA. Veda is the most incredible system that works as the perfect adjunct to functional medicine.

If you're doing the work to address all your issues and get in there and deal with them, that's perfect.

Where to Find Shivani Gupta and Closing Remarks

I love functional medicine. I RV that's a beautiful lifestyle practice to pick up alongside it that helps you hold your results. We have to shift our lifestyle if we want to hold the results and hold our energy, our brain health, our gut health to its optimal standards and build the vibrant health that we deserve.

So look into Ayurveda, pick up its tools, and change your life today. That is great. Thank you so much for those parting words. And thank you again for coming over here.

Thank you. Thanks for having me. Absolutely. All right guys, this is it for now. Thank you so much for joining us. Take care. Bye bye.