Introduction to Ayurveda and Libido

Hey, everybody, welcome back to another summit interview. I'm so, so, so excited. Again, I'm your host, Dr. Diane. Your libido doc and I have with me a very special guest today, a friend and colleague, Amish Shah, who is going to tell us all about Ayurveda?

He's going to tell us about how this different approach to medicine and health and wellness and longevity is a very useful approach for for libido, for sexual dysfunction, of all different types.

So welcome to the summit, Amish I'm so happy to have you. Welcome, welcome, welcome. Yeah, thanks. Thanks for having me there. Very excited to talk about libido It's a really fun topic full of puns over and over.

Yeah. And I'm sure you're probably hearing them over and over again. I know that. So it's fine. Yeah, it's just, you know, you know, I think for for from my perspective and understanding where I came from, I have a different perspective and it's probably similar to what everyone else says.

But I have a perspective from an ancient medical science called Ayurveda, and I think that's what's unique about this conversation. Yeah, I think we should start there.

I think let's start with a lot of people haven't even heard of this word before. Right? So there's going to be some people have heard of this and people probably know what it is.

And then we have people that have probably never heard this word pronounced ever before. So let's make sure you're including everybody. Can you give us just like a little bit of a sense of overview of what is Ayurveda, kind of the history behind this typeof medicine and wellness practice?

Sure, yeah. So Ayurveda is an ancient medical system. It's actually the most intact, most documented ancient medical system. It actually goes back over 5000 years ago from India.

Comes from India. And it's time tested. And I always say the truth is timeless. So it's lasted over 5000 years. And before 5000 years before it was written down in Scribe, it was passed down orally from tradition to tradition, from household to household.

And so it was really fascinating, you know, that that thousands of years ago they had eight branches of this medical system and included psychiatric pediatrics and had stuff about sex and had stuff about libido and diseases down to cancers and diabetes.

And they cataloged 10,000 plants and shrubs and what have you across the planet. And they had 25,000 different recipes that you could use for all of these various ailments.

So it's like they had surgery books, you know, in 3000 B. C.

Personal Health Crisis and Ayurveda Recovery

and you're like, What? Well, you know, and so it's really fascinating. And the modern science is like just starting to catch up about it. So, you know, people have heard of turmeric, people have heard of holy basil ashwagandha.

These are herbs that come from innovator. They they they started in Iran and now they're kind of making their way into popularity into the Western European countries.

But they've been using these things in India for thousands of years, quite literally thousands of years. And it's a

really powerful medical system. It's, it's it's it's so powerful.

You know, I have a personal story with it. And before I explain how it works, I probably want to explain, you know, my personal story and how it how it affected me and what it did to my life in particular.

So I growing up, I was kind of sick and I wouldn't really know what's going on. I have stomach aches and migraines and stuff like that. As I got older in my teens, I would I got vitiligo and I ended up getting sick again.

My migraines were just started getting worse. And, you know, I'd go to the doctors and they be like, Nothing's wrong. Just go home, take some Pepto-Bismol, rub this on your skin and everything's fine.

And I was like, Okay, I just normalize the pain to some extent. I was like, Okay, I guess so that's what I do. pop a Tylenol. And I guess I'll just deal with it, right?

And so that was the beginning. And in my mid-twenties, I found success at a very young age. I mean, multi-millions of dollars in the early 2000s and the dot com boom.

I built software companies and I thought I had everything. I was a high flying entrepreneur, moved from New York to California in La Hoya and bought a huge house and fancy cars and my watches and all this fancy stuff.

And before I knew it, I was partying. I was not that I wasn't partying in New York, but I was doing it way more when I came to California because I was living the life right.

And so that just got out of control quickly to the point where my migraines got worse, my bowel movements were completely off, my stomach pains were on, and like I just couldn't deal with the pain.

I had to see a doctor. I started to see doctors, they took lab reports and everything on my lab report. My blood report was just astronomical. You know, my cholesterol when I was 29 years old was 370.

I had fatty liver pre-diabetes near renal failure. And I'm like, what the hell is going on with my life? Like, I'm, I'm, I'm, I know I'm partying, but is it like that crazy?

Like, all my friends do party like this, too, you know? So I then started to get CAT scans and MRI's and I started getting ultrasounds and, you know, I just didn't know what was going on.

I was like, Oh, my head hurts. Can you take a scan here? Oh, my stomach hurts. Take a scan here. My back hurts. Take a scan there. My nose is all messed up.

So I just kept taking scans like nothing's there, nothing's there, nothing's there. And I'm like, something is wrong with me. I'm in pain. Like, this is not normal.

And so it was around that time that I shifted my attention to what I loved more most, and I sold all the companies off and wanted to push the reset button because I thought it was the companies, to be honest with you.

So I did that and that's when I discovered I later I, you know, went kind of introspective and I knew the Western medical system wasn't going to work.

So I went to Ayurveda and I started filming a documentary around it, hoping that one of these doctors would have an answer for me, like, what is wrong with me?

I'm in pain every day. I'm like, So while we're shooting the documentary, I'd be like, Okay, at the end of the interview, I'm like, If you had a migraine and like the stuff, you know now our movements were all kind of funky and you didn't know what was going on.

Like, what would you do? And a lot of them suggested going to a detox retreat. So I went to a detox retreat and I

felt amazing. I evaded detox. Retreats, by the way, are amazing.

And I'll get into this in just a second. Now, when I was really sick, I couldn't think properly. My business was giving me stress. I was not sexually like I didn't want to be sexually active.

I was just in so much pain and I just didn't have a libido. Like I felt like I wanted to, but I just couldn't. I don't know if that makes sense. I had I had sometimes trouble.

I just didn't want to get it up. And and in that, that's just how that's how it was. And I was newly married. And so it was it was tough for me at that time.

I'm supposed to be enjoying those times of your life. And, you know, the pain continues to get worse. We ended up having two children. And, you know, I'm filming these doctors again along the way.

And at some point in 2016, 17, I said, You know what? I'm done filming. I can't finish this film. Even even Ayurveda makes me feel good after I do my detox retreats and I'm taking the herbs and I'm taking I'm drinking the teas and I feel amazing.

But I still have these bouts. I would have these bouts of like massive migraines and sinus infections. And I'm like, I've got to do more. I, I've got to do more.

I have to go to another retreat, go on another detox. And I feel good every single time I would do that. So I was keeping some of the pain at bay using Ayurveda, but it was like this.

It was like this weird cycle that was happening to me. In 2017, I went to India to shoot some more footage. Actually, and I went to an entrepreneur conference because that's that's in my blood, basically.

So over there they had a startup and they took a swab and it turns out I have celiac disease. So 38 years of my life, I've been eating gluten. And celiac is an extreme aversion to gluten.

It's not just a an allergy, it's a genetic disorder. So my body doesn't even recognize it. So it just attacks. It doesn't know what to do. It just doesn't even know how to handle it.

So it just literally attacks my body. So every time I ate wheat or gluten, boom, I'd be done. And then by this time I had 8 to 12 ulcers and I couldn't function.

I was bedridden basically by this time, and I had just finally found an answer to what was wrong. So I use ayurveda and by this time i had eight ulcers in my intestinal tract and i was just a mess.

So wrapping this story up really quickly, I got super healthy because of Ayurveda. It saved my life. And then afterwards I finished the film because I'm like, Oh my God.

Ayurveda saved my life. And so now it's out. And what i realized, what I aveda days is it gave me my libido back. It gave me my energy back. It gave me my life back.

It gave me my relationship back. It made me great in bed and strong and wanting to do these things. Not just like, sick, like, leave me alone and like, push, push people up.

Push my wife away, you know, and in Ayurveda It's interesting because libido is a part of a function of also just energy in general. It actually has to do with energy.

So libido, how you're feeling, how your mind is functioning, what your emotional state is like. So it's all tied in and the way ayurveda works going to go to the beginning.

Ayurveda says that the universe is built on five elements very similar to Chinese medicine, but the elements are

slightly different. They all mean they correlate, but they're named differently.

So ether or space, there's all this ether empty space around us. Drive, black matter. The whole universe is supposedly black matter or dark matter air.

So we have air that's constantly moving through our lungs and in the sky. Fire, right? We have this huge ball of fire in the sky that kind of powers our whole entire universe, or at least earth.

And we have fire to cook our food and fire to keep warm water, which is survival, you know, we need water to survive. We have rivers. We have oceans and earth, right?

We have a body. We are physical beings. Like this laptop is a physical thing. My wooden table downstairs is a physical thing. My trees outside are our earth material.

And so they say that these five elements, when you combine them, they create forces, or it's like using physics basically to some extent. And so when you combine ether and air, it creates something called Vata dosha.

The doses are like humors or constitutions. So Vata. Grow fast. Yes. I want to ask you before you go too much into Vata, because I want to I'm just kind of tracking where I think people might be getting confused.

Okay. And so I my I have a background in Chinese medicine, so it's like there's some overlap. Right. But tell us can you tell us a little bit can you backtrack a little bit before you go into the dosages and like start describing Vata?

Ayurvedic Elements and Doshas Explained

Can you tell us a little bit more about like these elements, why we're talking about you're giving like examples in the environment. Can you take it a little more granular before you go into the bottom and describe like maybe a couple examples of how these forces actually exist inside of us before?

Yes, because I think that might help people make that leap with you a little bit more. Sure. Yeah. So ether and air together, they basically air is constantly moving, right?

Something is movement. There's always movement with air like you can feel air, right? We have air going inside of our lungs, coming out of our lungs. That is a motion of air.

The clouds in the sky when they're moving fast or creating air on earth. Right. So the elements are outside of us. They're inside of us. They create the whole entire universe.

So these five elements are what create the whole entire universe. And in combinations they create certain functions. So ether, an air, create movement, everything on earth moves.

There's ants moving along the ground, there's food moving through our digestion, there's air moving through our lungs, right? Everything in the universe moves.

Everything, even rocks will move over time. And so, you know, that's that's before I get into the Sanskrit term, that is movement, which is Vata. So we see ether, we see air.

When you combine them, it basically means moving because you need space for air to move without space. Air wouldn't move. So that's that the ancients were like, Hey, these two things together are movement.

That's it. And then. Yeah. Yeah. And then we have fire and water, right? Fire is in the sky like that big ball of fire that we see in the sky that I mentioned.

But guess where else? We have fire, we have warmth inside of our body. What keeps our body at 98.6 degrees or whatever, you know, every single day, that is heat. That is fire inside of us.

It may not look like a fire, but we have inside of us these heating elements that create heat inside of us and that he is in your digestion. It's in your eyes.

It's in anything that has to process or transform information. So fire and water together, because water is always kind of moving and it transforms and so does fire.

They call that when fire and water come together, transformation. What happens when you take fire and it goes out, it condenses and creates water and creates vapor as well.

So fire and water go very much together. Are our bodies supposedly 75% water according to science as well? How does our body stay? 98.6 degrees. That's fire.

How does our eyes see things? Well, there's a there's some kind of heat that's coming in. It's an electrical signal. And we're taking in information and that's heat that's coming in.

It's being processed through an electrical signal. Right. If you touch an electrical outlet, which I don't suggest, you will feel a huge heat rush through your body, that's fire.

So they said that these two elements of fire and water are transformation. Everything in the universe is constantly transforming. Also, besides it moving, it's also transforming.

So what happens when we eat food? It it it gets transformed into waste and it comes out of our bodies in various ways. But whatever is taken out of that food gives us energy.

It gives us vitality. It gives us the ability to talk and continue and regulate or human body. So that's transformation, right? The example of electricity, again, there's a light in front of me.

I'm plugged. It's plugged into the wall. There's electric signal coming in. But somehow that electric signal is being turned into a light. It's being transformed.

So everything in this universe is constantly transforming things. It's constantly moving from one energy state to another energy state. So the ancients talked about how fire and water together are transformation, and that transformation is called Pitta, which is Dosha.

So they said, hey, transformation, then everything transforms. That's just called Pitta. Then the the last two combination is water and earth and water and Earth.

Why? So we were made up of 75% water, right? Well, why aren't we just like a puddle of water kind of just on the ground, you know? Well, it's because we have a structure.

We have Earth, we have bones, we have ligaments, we have skin. We have these connective tissue that hold us together. And it's through the water and earth element that that's created the structure.

That's the last dosha of kaffir kaffir means structure. So when you combine water and earth, you get structure, buildings have structure, houses have structure, plants have structure, they have root systems, they have water that they have structure.

Right? You can see them. You can hold them. So everything in the universe has structure. So the three things that we have to look at in the whole entire universe is that everything moves.

Everything transforms, and everything has structure. And those are the three most important aspects of AIA Veda. The names of them in Sanskrit are about the Pitta Kaffir.

Now, I'm going to stick to the easier terms to use for this call. You know, the three that I just mentioned, which would be movement, information and structure.

Now, what the ancients said was that we're all made up of these five elements which combine into these three structures. So these three forces, these three forces you were born with three three forces.

When some one one of them goes out of balance. That's when you get out of balance. You start feeling sick. If you get dizzy. It's the culmination of us being out of balance with these one of these three structures that something is wrong or even one of the five elements because they exist within.

So that's the basis of our Veda, that's just the basis. And guess what? All the plants like I just mentioned also have these three things and the five elements in them.

So if something is off in our body, we can use a plant, we can use a tree, we can use the bark, we can use something of it because it may, if this middle one is off, this plant may bring it down because it has the same exact three qualities but in different amounts.

Now the three that I have are different from the three that you have in the quantity that we that we have. And same with the plants. So what we what they did is like, oh, this plant has this and your problem is this, let's put them together so they balance each other.

And so it's very simple. And when you think about it, it's just that we're not taught to think in that perspective. And this is why the movie is called The Natural Law.

As I started interviewing all of these experts, I was like, Wait, everything is just being in accordance to nature and being in accordance to the natural law, something that already occurs in the universe.

And so there are certain principles and laws in the universe that when you don't listen to them, you become sick, unhappy and dazed. Now, when it comes to libido specifically, that's where it gets interesting with either because you're just saying, okay, if everything's that simple, there's only three things that are happening.

What's causing my libido to get out of whack right? So number one, annihilate is guess what the mind they say disease doesn't actually occur in the body.

It starts in the mind and crystallizes in the body. And so when we're talking about libido, I wouldn't I wouldn't call it a disease per se. I don't even know if it's categorized as a disease, to be honest with you.

But in according to our data, they say the number one place to look according to it for libido is stress, depression and fear. The emotional state of your mind can actually control what's going on down there and how you feel about being sexually charged and sexually active.

If you don't have a lack of purpose, if you ever see, if you have a lack of purpose and you're just kind of hate your job and you don't like what you do and you're just pissed off, you know, a lot of time at work that's going to affect your libido.

If there are certain things in your life that are affecting you, such as relationships, if you are missing a passion or compassion, you can be lacking creativity or you're suppressing your creativity because you have so much and so many things going on.

These are all things that affect your libido. So what we say is that Prana. Prana is like a vital force. Like when you eat food, you get prana, you get force, you get energy from these foods and the, you know, especially vegetables, right?

Because it's packed with all these like energy. It's powerful energy. And so inside of these foods is prana. And so Prana first enters through the mind, and if it's blocked, it cannot go into your body.

So if you're blocking it here, how do you expect something down here to function properly? And that goes for your whole body. It's not just your libido.

It could be your heart, it could be your liver, it could be your adrenals, it can be a lot of things. And so creating a clear mind body connection is extremely important in our Veda.

It's just step one. We're going to be getting into some other more, maybe graspable. Graspable things like foods and herbs, but for now, emotional state is seriously it's like so important and so Prana governs the male reproductive tissues.

I'm going to repeat that Prana the food and the energy we receive from the environment and from our food governs the male reproductive tissue. So we mean by governs for people.

Yeah, sure it controls it. If prana is blocked off, it's your male. Reproductive tissues and products may not work properly. But the mind block, there's all of these emotions.

There's all this stress on is blow out. There's no energy is not sending energy to the male genitals and reproductive tissues, basically. Right. So pay attention to your emotional state.

Are your relationships healthy? Are they happy? Are they stressful? Are they unfulfilling? The other thing is self-love. Do you love yourself? Do you actually love yourself?

And if you do act like it, feel like it, let that prana flow. Love everyone around you. So number one, emotion. And that's, say, what governs the female genitalia, right?

Because I know all our ladies right now are like wanting to know. Yes. So Prana is also it's the same concept as well. Prana and ojos. Ojos is a vital force and we get out just through food like almonds and fruits and vegetables.

It's synonymous almost with prana. Prana is the energy that moves or just is what creates the prana. So we want to consume the foods that are high in ojos.

And so according to Irena, there are many foods that are high in ojos ghee being one of them, almonds being another one. And I'm going to be getting into some herbs and some other stuff in just a little bit.

Prana, Breathwork, and Meditation for Sexual Energy

But what's funny is in Avena there yes, there are different herbs for males and females, but there are also a lot of similar the herbs that work for both.

Yeah. And so again, this has to do with the dosha because the doses are what govern and control what's happening down there and in our bodies. So libido, sexual passion and sexual energy is controlled by the ojos and the prana that's entering our body.

And I just want to like make a note of that too, for everybody, because there could be people thinking like, oh, but like men and women are so different.

But if you look at like in my mind, like a Western comparison of that, right? Is like really when it comes down to it, like hormone wise, testosterone and DHEA are two hormones that are like so huge for libido.

And even though testosterone is like at higher levels in men, it's still that need for them is still, say, like equal from a standpoint of like both men and women need testosterone and need DHEA for their libido.

Right. So we're saying like there's some level of similarity there that would you say? Yes, there is. Yeah. Now, again, don't get me wrong, there's obviously different herbs and foods that women and men can take that will accelerate things.

But there are many areas that you just start with and many foods that you could just start with, both men and females, and see an increase just by starting at the food and herb level.

Now, if you have a serious issue, you know, you can upgrade and use some more male female specific type of herbs. Okay, perfect. So we have Prana. What else do we have that people need to worry about here?

Yeah. So the thing that can also help here is breathwork and meditation. Yes. There's a specific breathwork that I'd like to talk about if we can. This. Yeah. Okay, cool.

So Breathwork is so powerful. It's so powerful. And now science again is just starting to catch up how important breath actually is for our body. Now again, guess where and guess where else?

Kronos found in the air. You're breathing and you're taking it in and out. You're getting Prana. It's what keeps you alive. It's what keeps you animated.

That's what gives you character. And so there's a breathwork called Ramani, and Ramani is known to stimulate the hypothalamus and pituitary gland. Now the hypothalamus produces all kinds of hormones that are really good for for testes and but it's also good for women hormone as well.

So it's good for breathwork in general is good for blood flow. You can circulate oxygen within the blood that's going to help bring blood flow wherever you want it to, wherever you want to go.

And I'm going to talk about how breathwork and meditation tie in together in just a second. And so with meditation, when you're taking in breath and if you're concentrating your mind and you're meditating on specific areas of your body, those areas will move and transform that prana where you want it.

So meditation, sitting in calm silence, focusing on energy, focusing on the breath and understanding where it's going and how it's affecting your body.

There are cases of people healing themselves just from breath work by understanding that air has power and energy and you can move it to where you want and you can heal organs and all kinds of stuff.

There's been countless studies of this. It's pretty amazing. So when we talk about the yogic system in meditation, we have lower chakras and the Tuckers are energy centers in our body.

The lower chakras are chakra number two and chakra number one. Number one is at the base of your sacrum. Now, men and female have a base of their sacred right.

We also have our our second chakra, which is our, I should say, like our kind of like our our gut kind of area. Lower, lower gut kind of area. So in between, those two spaces are where your whole entire sexual energy is controlled.

So if we can move our prana and move our energy to that area and focus on where it's going and what it's doing, we can we can do that with Breathwork.

Now, specifically, Ramani Breathwork, it's a very specific breathwork. And so you close your mouth, but you just kind of keep your teeth a little bit apart and you put your fingers in your ears and you do that and you just hum like a B mm mm.

And so this has been known to stimulate the hypothalamus. Now if you Google that Brahma Breathwork, you might see some other versions of it, like you stick your fingers in your ears and then you do something.

I don't like something like this. It's like you cover your eyes. I just do the simple version like this because it's just simpler. And there is there is a more advanced version if you want to get into it.

But just humming like a bee, just humming like a bee can help with the hormones in your body. Okay, two questions on that. One is when people are doing this, because I imagine there's a lot of listeners that have their fingers in their ears right now.

I heard they are people supposed to actually think about, say their first and second shock or are they supposed to think of that area? Do you find that that makes a big difference with sending that prana, that energy, that breath down there?

Or can they just be sitting kind of in a blank mind state? Does that? So I would say both, and I think it's important to practice both. The BLANKSTEIN The blank mind state helps you get out of your head and that helps with just performance and in general getting out of your head, number one, and helps with stress and helps.

There's just so much there's so many benefits of just getting m.d. Quiet time in your brain. There's a meditation has been medically proven to reduce cardiac risk by 56%.

There's not a drug on this planet that can reduce cardiac disease by 56%. And if it can do that for your heart by increasing blood flow to your heart, guess what else it can do to the rest of your body?

So meditation is so powerful now you can also use meditation and breathwork to see the energy and move the energy and move it in your body. And that is the rejuvenation effect.

You're kind of visualizing where is this energy moving? And then you can kind of see if you can move that energy to your first and second chakra, your lower energy centers, and move that energy there and say, okay, like, you know, I'm giving positive Prana, I'm giving positive energy.

I'm seeing the white light kind of energy entering my organs and going through my skin in my tissues. And that has a healing effect physically on the body.

So one is for you to get out of your mind and to also help with the physical. But one is actually more based in the physical, which is the the concentration of the energy.

Okay. That's really helpful. And then just a small little detail that I think some people might be wondering, which is, does it matter how far your fingers go in your ear?

Does that part matter? Don't go too far. Yeah. Just then gently place. Just just cover up so that you can't hear like the outside world. And when you're humming, you'll notice that it gets louder.

So you just want it to. You basically want to be able to hear yourself talk. So if I'm talking right now, I can hear myself talk in my head. That's all you want to go and don't go any further than perfect.

Okay, so that's Breathwork meditation. Was there anything else you wanted to add about kind of a tie in between breathwork and meditation, or do you feel like that?

No, I think that's about it. It's a. Good. Place to leave it off. Okay, so we got Prana and our emotions Breathwork meditation and so just to make sure everybody is tracking our conversation well, remember all of these, these different same methodologies we're talking about are all different.

Are you Vedic methodologies to help you all with basically your underlying balance in your body, your underlying blood flow, your emotional state, and so much more to help with that sexual dysfunction.

So let's move on to some more therapy. So you mentioned diet and herbs. Do you want to go there now? Diet, herbs and exercise?

Diet, Herbs, and Daily Practices

Yes, I would love to jump in that because I've that's probably the most palatable, applicable. The first two I explained are more you can you can use them. Yes.

And they work but use it in combination with what I'm about to say. So I always try to say start with this, because

it's simple and easy. The food and the herbs and the day and the exercise will obviously come.

But emotional state is so important. So important. When I was having issues myself, I was in my late twenties, early thirties. Like, why would I ever have issues at that age?

And it's because of everything that was going on up here. MM Yeah. And obviously I was sick too, like I mentioned, but I know that a lot of it was because of so stress too.

So much stress. Yeah, and I love that story too, is one more thing, cause I think a lot of people like may have not related to the fact of like, you know, being in your twenties and having a, you know, multimillion dollar situation, having that part might not been relatable for everybody, but for galas of what the situation right is like, every human has stress.

So, you know, it was a such an important thing around like whatever your stress is, there's lots of different ways to have stress. But what that is, is basically what we're talking about here.

Exactly. Yeah. So, you know, diet diet is the number one tenant in our area that says, you know, your digest gene is everything. Disease not only starts your mind, but it starts in your it starts in your mind. Yes.

But it your digestion and your mind. Your gut and your your brain are one in the same in our data. So what's going on in your gut is what's going on up here.

So eating healthy foods, staying away from cold water, drinking warm water or room temperature water throughout the day. A lack of good fats in the diet can affect libido as well.

Excessively dry foods or hot foods or spicy foods cause dehydration. And so dehydration will cause a lack of proper function of the reproductive tissues.

So we want to kind of not avoid them. You can eat them every now and then. Iapetus has everything in balance. It's fine if you have it. You want to have a spicy something once in a while.

Go ahead. Just don't do it every day. You want to have a piece of dry fruit or dry meat or whatever it is. Great. Do it. Just don't do it every day because that is what's going to start sucking the energy in the piranha and start dehydrating you.

So good fats and stay away from excessively dry, hot, spicy foods that will cause you to be dehydrated. So that's number one. Number two, eating of foods with a lot of piranha like I talked about.

So almonds, for example, are great almond almond drink with nutmeg is awesome. Saffron is a great one if you're into spices. And cooking with saffron is amazing.

Ghee gives a clarified butter. It's basically like butter, but it's clarified. It's a little bit cleaner, doesn't have as many toxins in it. And so that also is huge and so good for you.

And packed and packed impact with prana, ginger, cardamom. These are all different foods that you can cook or you can just cook with these every day and you're just getting this stuff every single day in your food.

So herbs and spices go hand in hand. You know, I'm going to be getting into more like over the counter type of herbs in a second, but just food alone diet.

You could slip ginger into stuff all day long cardamom, saffron, almonds thrown in. It's good. It'll do you so well so you could do things. Dates. Dates are also very, very good for libido as well.

And this goes with both men and women. Again. And so herbs, let's jump to herbs. So now we covered a little bit of food. I want to jump to herbs. And so herbs are ashwagandha, ashwagandha is an adaptogen.

And what it does is it actually calms your central nervous system while it strengthens it. So it actually distresses and makes your your barrier for strength of stressed, sorry, I should say even higher.

So the things that would normally affect you will stop affecting you from being stressed over long term use of ashwagandha. So ashwagandha is an amazing one.

I really, really love us trying to to get out of this part of our head. Yeah. Use the stress, you know, let's get out of the emotional kind of pain that we're in.

Sheila It is a great one. Sheila It comes from the Himalayan Mountains and. Shields It is a it's a it's a it looks like a black tar, but it's not it's a it's an extract from from Iraq or, from a tree rock.

It's kind of comes from the mountains. And so this gooey black substance actually contains folic acid and also has 87 minerals in it, 87. And that's almost every single mineral that we've ever counted, actually, I think is 101 hundred and some odd minerals in the mineral that we need as humans to survive.

So it contains 87 of them. Sheila It specifically for men works are great for testosterone. So it works great for testosterone. Women can also take shields.

It it's not going to increase their testosterone by any means because it adapts to your body and it gives you what you need. But for men it helps increased and tossed around.

So I take shields it I put it in my morning coffee. It tastes good in coffee. And then I go for a workout and I'll put it in my wife's coffee too. But I'll do it only half the time that I take it.

So she'll have it once a week. I have it twice a week. Mm hmm. The other one is saffron. Like I mentioned, saffron. It also comes in pill format or herbal formats.

You can take those as well. Nutmeg is an important one. Nutmeg, you know, you look at a nutmeg. I mean, what does it look like? It I mean, it's a nutmeg.

It looks like our reproductive organs for men and women, you know, it's it's a nut and it's small and it's round and it's beautiful. So eat it. It'll be good for you.

And so a little small recipe I'll give real quick is you can take ten almonds, you can soak them and you soak them overnight. And over at the in the morning you remove the skin and you eat them in the morning.

And that is so powerful for Prana and for libido. So almonds, ten almonds, soak them overnight in the morning, peel off the skin and then just eat them.

And that is so amazing for prana and libido. It's like a game changer actually, and it's so simple. Yeah. I really appreciate how many things you're saying are so simple.

I think there's lot of people that are saying that, and I know you probably have more to say. I'm wondering also if there if we're going and I know we don't have a ton of time today, unfortunately, because I feel like we had talk all day.

But wondering also if you're going into some of like the the different doses, right. You had your non Sanskrit way of talking about them, but my understanding of the dose was right.

Are there some of these types of foods and herbs that are going to be more predominant in one dose? Then I and I know in your Natural Law docu series and the documentary, I mean, that you made that we're going to have links for everybody in your show notes on that people can go so much more into everything we're talking about, but really.

Absolutely. Right more to them. So I don't want to cut you off from like you might have a couple more foods you want to talk about, but I'm. You know, let's move on.

Okay. Yeah, there's tons of stuff in the documentary and we have cookbooks and all kinds of stuff available. So you'll have more than enough prana awesome foods coming up.

Do you want to talk about that just for a second before we move on to exercise about like are these foods that you mentioned or are these herbs that you mentioned since people do you have these different, say, tendencies?

Right. Somebody might have more of a transformation tendency in their body. Somebody might have more of say that movement tendency in their body. And since we have these different tendencies, right, if I'm using that word correctly, are all of these foods you mentioned, are all of these herbs from an are you Vedic perspective?

Do they tend to be useful for people know what, no matter what their say, are you Vedic ten? Yeah, sure. That's a good question. I always say that, you know, there there's if you are off or something is not right and you're experiencing something, find an elevated practitioner before you.

This is not medical advice at all. Yeah, definitely work with an elevated practitioner if you have a serious problem, you know, for sure. Definitely work with an elevated practitioner.

Generally, a lot of these herbs and foods I'm mentioning are safe. But again, if you're experiencing some kind of issue and you don't know, go see your practitioner first and consult with your doctor.

Absolutely. Yeah. Yeah, that's that's great advice. And beyond that, I guess let's jump in to exercise because I will. Do it really quick and then we'll wrap it up.

So yoga, obviously amazing camel pose, rooster pose. Both of those are amazing meditation on the again, the lower chakras. That's a part of yoga. So I'm just going to say yoga helps Camel Pose and rooster post team sports are important.

You know, when you're working with teams, actually, what it does to your mind is it changes your emotional state as well. So that's that's one of the suggestions from ayurveda is go play a team sport and then grounding, you know, walking barefoot forest bathing, hugging a tree healing behavior that go to the beach, stick your feet in the sand, just get, get the like the the the negative out of you and the earth helps you do that.

It pulls these things out of your body. So that's it. From an exercise perspective, I'm not going to go too deep, but yoga specifically camel pose and rooster pose.

And there's one more called Nataraj pose that you can experiment with. And that just that helps. That helps with that area and it helps kind of release any stuck energy, everything in ayurveda is like, Oh, well, if it's not working, something is stuck somewhere, the energy stuck.

Exercise, Grounding, and Closing Thoughts

So let's just unstuck that energy using herbs, foods, exercise all these different modalities to unstuck it and bring us back to vitality. Bring us back to happiness.

Bring us to the point where, you know, now I feel very blessed and grateful for the libido that both myself and my wife have because of ayurveda And, you know, it was so amazing.

And, you know, the movie is a testament to that took me ten years to make this movie. And so it's just a it's a beautiful medicinal science that goes deep into so many different subjects and has answers for so many problems that perhaps the Western medical system, the allopathic system, just doesn't have answers for.

And I'm just speaking from experience, you know, and I've seen so many stories along the way. Yes, libido stories.

But I'm talking stage four, cancer and all my like thyroid and MS and even autism and ADHD.

Like, you know, I'm just like I'm speechless in some of my interviews and some of the testimonials that I've gathered from actual patients. And so it's such a beautiful medicine, and I'm excited to share this film with the world, to share this with the world.

Yeah. You know, one of my favorite things I think about Ayurveda is, you know, when you're talking about like stuck, for example, like, I think like conventionally I'm like we still have right that we can look at that from a conventional standpoint.

People get blood clots. We could look at that as like blood being stuck moving through. People get constrictions in their gastro intestinal tract. Things don't move through.

So what's really always been cool to me in my brief, I don't have a deep understanding of ayurveda But in my brief understanding of ayurveda has always been.

You talk about like the ancients, how they just figure this out and just figure this like really intricate system just through observation, right? And that it made it down century after century after century into modern day.

You know, this still intact is just and then we see it, like I said, we see similar patterns in conventional worlds. We just label it a lot differently.

So. Exactly right. Yeah, yeah. That so yeah. Ayurveda has been passed down from generation to generation. If you think about the Indian subcontinent, billions of people over thousands of years, that's how this wisdom came about.

It's just testing and testing and testing and re and saying this works for this and that works for that and. Yeah, exactly right. And so I just want to make sure to encourage everybody to look in your speaker bio for information about the natural law documentary And you know, this is a reminder that we're talking about libido here.

We're talking within the summit. We've been talking about all sorts of things. You mentioned thyroid and its connection to libido. We're talking about cardiovascular system, how that gets dysfunctional with libido.

So many other things. And I know in your in your movie, you're going to talk about a lot of these areas and a lot more detail. So I just really encourage everybody to go check out that speaker bio, you know, make sure you get that extra information because you can go a lot deeper than obviously we had time here today.

Yeah, absolutely. And is there anything you want to make sure that people know about how to get a hold of you besides that any other like take home points you want to make sure we really wrap up with today?

Yeah, sure. You know, definitely check it. Check out the speaker bio, click the link and watch the movie for sure. You can follow us on Instagram: @bethenaturallaw And you know, it's interesting that, you know, modern science is actually catching up to ancient wisdom now.

Yeah. So it's just so interesting to me. So I find it fascinating. I find it now more than ever, it's more important for us to take care of our bodies.

And you know, especially in a post-COVID world like we have to, it's our duty to take care of our bodies now, you know? And so, yeah, that's what I I'll just leave this with and you know, thank you, you know, for everything.

And thanks for having me on on the summit. It's been a pleasure. Thank you as well. Thank you, everybody, for listening to another great interview. And we will see you all very soon in the next one.