Introduction and Guest Background

Welcome back to Reversing Chronic Gut Conditions. I'm your host, Sinclair Kennally. And today I'm joined by my wonderful friend and colleague Amish Shah.

He is an entrepreneur who's best known for developing innovative platforms and crafting impressive marketing campaigns, rapid business and sales growth models built to scale.

And as a visionary and futurist, Amish with his own personal health journey had a very unique take on how to heal himself. He really had to do a deep dive to really save himself and go deep back into ancient wisdom and look at what was really relevant today for him in his health journey, discussing serious health issues that actually had to turn his life and businesses towards the ancient sciences.

So this is very cool. You've been featured on TravelChannel Discovery, Dr. Oz Virgin, Virgin Unite all the things I really wantedyou guys to be able to hear from Amish Shah's personal, personal perspective.

As somebody who journeyeddeep into the heart of Ayurveda and really brought out what he feels is most relevant to our world today. So welcome, Amish. It's great to have you.

Thank you, Sinclair. It's been it's great to be here and excited to share all I can. And we're just chatting right before this about like a different perspective to some of the same issuesthat we experience in the gut world.

Hmm. Yeah, exactly. So let's start there. I mean, you have had quite a journey, which I totally relate to with my own health struggle. I would love for you to share with the audience what you first became aware of when your health issues went and started upand and what your journey was into Ayurveda.

How did you end up there? Sure. Yeah. So, you know, I it all starts when it started when I was a kid, to be honest with you. I used to get stomach aches all the time and bloody noses and patches of eczema.

Go to the doctor. Here's some Pepto-Bismol. Here's something to put on the eczema, like a topical solution. And you go home and nothing is wrong. Okay.

And then I'd go back for the same thing multiple times. Of course, over the course of, you know, my childhood, in my teenage years, in my late teenage years, early twenties, I got bit a Lego under my eye, a huge white spot under my eye, and it just killed me, to be honest with you.

Early Health Struggles and Decline

Like it was just a lot of self-confidence disappeared, you know, just so much that was going on. I still get my stomach aches all the time and I wouldn't really know what was going on again.

Just kind of live life as I did, you know, I didn't really think anything of it, to be honest with you. In my mid-twenties, I found success at a very young age.

This was in the early 2000, during the dot-com boom. I crushed it online, I guess you could say. And I was making millions of dollars as a at a very young age.

And that turned into even more, I guess, you could say, poorer habits, if you will. And and those habits, you know, were eating whatever I wanted to drinking whenever I wanted to or not sleeping properly.

You know, I had these multi-million dollar kind of companies and stressing out about the companies and like

business partners and was just a lot going on traveling.

I had a 6000 square foot house and a Ferrari and like I had overhead that was like out of control, you know, and, and all of a sudden I felt depressed, suicidal, sick stomach was hurting, I was getting sinus infections, my nose would get so stuffy migraines, bloody stool.

And I'm like, this is just getting worse, whatever is going on, you know? And I feel and feel just so like sick is the only word I can actually explain in pain and sick and, and so it was around that time I was living in California.

I moved from New York to California during that transition and I just got sicker and I thought I was going to be healthier. But the business kept growing and it just kept health, just kind of kept getting destroyed.

So I started seeing doctors on the doctors took my blood. The blood was the blood came back like crazy. So when I was 29 years old in 2009, I had a cholesterol of 370 and I had pre-diabetes and pre thyroid and a fatty liver.

And I'm like, What the hell's going on? And he's like, Your adrenals don't look too healthy either. And I'm like, What was that like? You're just telling me I'm dying, basically.

And I was like, You know, I feel pain all the time and all that kind of stuff. So he's like, All right, well, because some of this stuff runs in your family, let's get some tests done.

So I went down that route and I got MRI's and I got CAT scans and I got ultrasounds and you know, they tried to put me in a better day and I started exercising and cutting out some of the, you know, crazy lifestyle stuff that I was doing and just trying to simplify things and eat better and exercise.

And I'm just starting there and I would still feel like pain. And so I decided to kind of push the reset button at some point because this is like my this is like the moment as I'm standing in the shower of the 6000 square foot house, looking at the ocean and it's literally like it was the the shower was by the size of his bed.

And I'm like, no joke. And I said, I just want to kill myself. It was insane. And I was looking at these three cars and I was like, This is I can't do this anymore.

So none of the tests were telling me what was wrong. None of the labs were actually doing anything. And so I'm like juicing and like exercising. I started using an infrared sauna, kind of like the normal kind of baby steps into getting healthy, you know?

But I'd still have bouts of crazy bowel movements or constipation or migraines and sinus infections. And so it was around that time and I said, I'm going to reset everything sold.

The company has got rid of everything. I said, There's probably something wrong. And what I've surrounded myself with, I think I've gone a little too far.

I think my ego has gotten a little too big. So I first went to like the spiritual side, I guess you could say the emotional side. Let me clear out this garbage trauma.

This business is not for me. It's not in alignment with me. Let me just get out. So we sold everything kind of really fast. Got out of everything and focused on me for a little while.

And I thought that would that would do it. And that's when I actually started this film. And the film was a documentary on Ayurveda because I went through every modality.

I was even doing acupuncture at the time, and I remember this one day where the acupuncturist was putting needles into my, you know, skin, and they were getting pumped out because I was so inflamed that the needle couldn't hold like it was just skin wrapped around like water and inflammation.

So this was around my whole entire body. And I started feeling like things on my left side. I had this little bulge show up on my like an abdominal area and back pains and it was just getting worse.

And again, getting CAT scans and random things here and there. I'm like, Oh, I think it's my head. I think it's my back. I think it's my chest. I think it's my kidneys. I think it's my liver.

It's like it's how is something going on? And so, yeah, I continue to film this documentary and Ayurveda hoping that one of themwould have the answer for me.

Years go by and while I'm losing weight and getting healthier and I'm kind of incorporating some of these basic romantic principles, still getting migraines, still getting crazy, crazy, crazy sinus infections.

I sounds like actually getting worse. I was in more pain. I'm like, what the hell is going on? Like, I thought, you know, this is supposed to actually fix me.

And so I go to India for a film shoot again. I'm like, I had so much faith and I'm like, this, there has to be because it's all about God and everything I feel is here.

So like, what the hell is going on? So I went to India for a video shoot for the movie and it took me like all around the world, which was really cool and a random lady randomly at a business conference took a genetic test.

The genetic test shows you epigenetic expression in amounts as well. So if there's things that run in your family, it shows you how much those genes are expressed.

Actually, three or four weeks later, this is 2018. So three or four weeks later, I get a call from the practitioner that's going to lead me like read me my DNA reports and they're going through the results.

Oh, like, you know, heart disease. 1.3x I was like, yep, my dad diabetes is 1.4 x. I was like, yep, my that and then thyroid at 1.1 x and I was like, Yeah, you know, that runs in the family.

Searching for Answers and Ayurveda

And then it said Celiac disease 5.6 X and she's like, Do you eat gluten? And I was like, Well, what's gluten like? I knew what gluten was. But, you know, I mean, I knew I was like bread, pasta, and I was like, okay, I like I cut a lot of that stuff out.

So I'm getting healthy. It's not like I ate a lot of that stuff, but gluten comes in everything. It comes in sushi and soy sauce and people don't know.

It literally comes in everything. A little piece of cake, a little cookie here, you know, a little cracker here and there, you know. And I wouldn't know what was going on with my body.

So for 38 years of my life, I have been eating gluten, taking gluten and just getting progressively worse. I was kind of helping me maintain a little bit, but I was still feeling so much pain.

And so when I found out, I went all in to Ayurveda us. So along the way from 2012 through 2018, I would do these things called Punch of Caramels, which are these innervated detox retreats, and they were beautiful and I would feel so good after every single one of them.

And I started getting on some great supplements and teas and I was like, you know, I would feel good, but my labs would still be all over the place and then two weeks would feel like crap.

And then three days I feel good, and then four days would feel like crap and it was just like, what is going on? And so when I finally found out, I worked with very, very closely with a two practitioner or two, I went on a very strict diet, obviously cut all the gluten out and I would still get like migraines from time to time and like weird things would

happen to me.

And that's because my gut at that point was in such bad state. I had somewhere between the tune of 8 to 12 ulcers in my intestinal tract and along my stomach.

And that bulge that I was talking about, I still have a scar from it was actually an ulcer that caused scar tissue that popped open. So it was pretty nasty, you know, just really like just disgusting Crohn's, IBS, like everything just kind of all leaky gut, all just kind of mixed in one malnutrition because all my like vitamin levels were all over the place and oh my God, I was like, holy, wow.

Like, I have an amazing second chance at life. You know, I had two young children. I couldn't even be around for them. I had to be in bed by 7:00. Like it was rough. It takes a toll on my business.

It took a toll on everything, every aspect of my life from relationships to business, to like just getting out of my house, getting out of bed. It was hard and it just destroyed me.

And to be honest with you, like every cell, like, was just being destroyed one at a time. And it was horrible. And I don't wish that pain upon anybody.

But when I found out it was like a whole new lease on life and I decided to go all in and I followed a very specific protocol. I cut out dairy and alcohol and caffeine and some other things.

And so I surveyed I said that I was very high in the pit. And so I read a has these constitutions that everyone has and they're based on the natural law, they're based on nature.

And they say that the poor were made up of five elements and the whole universe actually is made up of these five elements. In fact, you can probably look around your room and be like, Oh yeah, that actually kind of makes sense.

And those are ether, which are which is just empty space and air silence and say air with empty space ether. Then there's air which is like wind and clouds and the air that gets pushed through a fire which we see as the sun.

And then we also see fire on our planet and candles and things like that, cooking water, which we drink every day. And 75% of planet, our bodies, everything is water and earth.

Right? We have the ground, we have structure, we have the bones were made up of like solid material from the earth, right? So those five elements basically make up everything that's inside of us that we're made up of and everything that's above us and everything the whole universe is made up of and the whole entire universe is an interplay of those five elements in different amounts, of course.

Right. And so those five elements then get combined into what are called constitutions in those three constitutions. So the first constitution is a combination of ether and air.

It's called varta. Varta is what's called a movement. Anything that moves is considered important. Anything in the universe that moves, there's tons of stuff moving, there's food going on, digestive tract, there's and there's tennis players, there's running, there's everything is moving.

Right. The second is fire and water, which is called Pitta. And those that's another they call them dough shells. Our constitution, if you will. And the last one is Kafka, which is a combination of water and earth.

And so these three doses, I should I should back up a little bit, actually. But time represents movement. Everything moves fire and water, which is pit, that represents transformation.

Right? Everything in the universe has to transform. When we are eating food, what happens to the food? It transforms. It doesn't come out the same way things get pulled out.

I get nutrition, you know, we get the nutrients in our body and then everything else goes to waste. There's a transformation. We get energy from it. You get livelihood from it. Right.

And the last one, which is Kafka, is made up of water and earth. That one is structure. So everything has structure. Right, as I mentioned, where 75% water will happen.

We're not like a puddle on the ground. Well, it's because we have structure, we have joints and in skin and muscle and bones. And that keeps us, you know, together.

So that architecture of movement, transformation and structure is the three things that the whole entire universe is made up of, essentially. And each of these have the elements built into them.

So again, going back to the natural science, I was everyone has all three of these doses in them and they're born with a certain constitution. So I may have like, you know, 60%, 40, 80% at 30% and you may have, you know, 60% copper, 70% get done 40%.

But whatever it is, these are just numbers. I'm kind of just making up. But everyone has this kind of combination. And guess what animals do to plants do to herbs, do too.

So when you start getting out of balance, out of those three things, you can use the foods and herbs to balance them according to those three doses. So for me, my pet was out of control.

Why Peter's there are they also kind of line up with like personality types and what kind of body we have. So waters are cold, they're tall, they're lanky, they're visionaries, they're creative, big thinkers lost in the clouds, kind of a little bit right where I put my keys.

Our man, like, you know, we all know those people. There's at least one or two of those in our lives. They're always cold on my hands or cold or when you shake their hands, their hands are cold.

Right? That's a vata tendency. And Vata does promote creativity and visionary kind of thought processes. But when out of balance, it's like anxious and like shaking and like you're like fearful and you're like, Oh, right.

Pitta is made up of fire and water. And that is generally the one in medium body build muscular. I'm a pit to a pit, but I'm like still a little skinny, but I still have a medium kind of more body build than structure.

And my pit, you see, pit does is like a Brad Pitt or like a madonna medium body build driven entrepreneurs, artists like just out there doing their thing.

You know, they like to read, they like to study, they like to, you know, get out there and do big things, pit us their drivers. They love to read. They love to get into things.

They like to understand how things work and really make things happen when in balance, it's great because you can drive, you can get things done. You're very focused, you're driven, right.

When out of balance, that's it could mean anger, could be temper, could be, you know, lashing out.

Understanding Doshas and Disease Causes

So those were kind of like medium body build a little bit warm. You're kind of driven friends. And, you know, those are pit types of personalities. Yeah, that's one's definitely me.

I have to come to that. As you know. And then there's cafes and cafes are generally a little bit heavier, curvy, they're slower, they're more intentional with how they talk.

They can sit in one place for like 10 hours and just hang out and like just do nothing and do work, actually. And so

cafes generally went in balance. You know, we have everyone has these generally one in balance comes across as compassion, love, warmth, right?

Stability, structure again. Right. Something solid went out of balance. It can lead to all kinds of love, congestions, just orders and things like that because it's water and earth.

That's what gets caught up inside of here. So this all this wisdom is over 5000 years old, you know, from India. And at one point before 5000 years old, it was all oral tradition.

And then somewhere along the way, it got written down and this is was tested this science was tested in the Indian subcontinent, which has billions of people in there across thousands of years.

They've cataloged like 10,000 plants and herbs and shrubs. They have 30,000 concoctions and formulas to use for various elements of the human system. And so the word Iron Veda actually translates to the science of life.

And it's a really brilliant science. So when I talk to my our Vedic practitioner, like your pitta out of control, and I was like, really? And like, so is your avatar.

And I was like, wow, like, okay. And the Western doctors, you know, were telling me that there no way I've had to doctor tell me to my face. There's no way I was allergic to gluten.

No, no way. Like the literal words. There was no way. And I saw about 20 something specialists across a decade. And when I found out, I read it and I used it to heal my gut.

They gave me a protocol. I took herbs, I cut out some foods, added some foods, and I followed it, got my yoga sort of certification, just got healthy and focused.

I told my team, like, you're running the business, I'm going to get helping. And it worked. I'm like, on the other side of it, I started to re incorporating some of these foods.

Not gluten, of course, but I can have dairy now a little bit. I can have a drink and enjoy life every now and then. I can have a coffee every now and then.

Not caffeinated, unfortunately, but I've come to fix what was going on in my gut using elevator and I am feeling so much better. And you know, I put the film aside for many years because I was so sick, I just couldn't even function.

And so I remember in 2021, I was in meditation. Kevin was kind of ending, things were opening up and I was just like, Holy crap. Three years after I found out, even though I felt better after 60, 90 days of doing it, three years of just kind of really, really embodying it.

I don't I can't remember having an ounce of pain in my body that day. And I had a huge grin on my face and I was like, Holy crap, I got to finish this film because it saved my life and I've never felt like this.

I can't remember the last time I felt this. So that's like my journey. And so every food has these three doses in it and the herbs the same thing. And so it's really easy to say, Hey, my pizza's really aggravated.

I got to stop doing the things that are picked up, aggravating foods and spices and whatever else, and switched to the Pitta Pacifying Foods. And so I did that same thing with water.

The water was coming from me stressing about my company and freaking out and like not having good business deals and whatever the hell is going on at the time, all of that stuff.

When I started incorporating the foods I needed started to subside. Not that. And the Arabs helped even more because it's a natural process. And one of the things that Avena really talks about which which took me a while to grasp is there's actually three causes of disease.

One of them is misusing our senses. Anything that we take in through our eyes, our ears, whatever we watch on TV or listen to music, whatever we consume, whatever we eat, taste, touch, smell, all of that we're digesting.

We're ingesting and digesting. So think about that and think about where that lens with you and think about what you can remove or what you can add that will be more harmonious to that.

And that will balance you so that they say that's a cause of disease about. What we ingest. You know, culturally it's for entertainment. And all those people. Oh, yeah.

And I, look, I, I like modern shows too. They're fun. Quantity I think is important. Balance is important, right? Yeah. So you continue. You're on a roll. Yeah. No.

And then the second the second kind of cause of disease is mistake of the intellect, they call it. Why do some people, for example, I just use McDonald's as an example and, you know, they know it gives them stomach aches, but they they eat it, right.

So they're like, it's driving. They're getting late at night and they see the golden arches and they don't want to go home and kick food and they're just cook food.

And so they just drive in. And what do they do? They get McDonald's, they eat it, and then they're like, Oh, man, shouldn't have eaten. They're never going to do that again.

Oh, my God. I just pounded whatever. I pounded. Right. And then the next time comes around, it's like they're driving through and then they're like, you know what?

And they go back in, Hmm. Mistake of the intellect. We know what we're supposed to do, but we don't do it. And so I was like, Huh, wow, that's an interesting thing.

So that all goes back to patterning, right? There's there's things that we're just patterned to do. So understanding that, understanding what are your patterns and trying to figure out how to deflect those patterns.

Um, I like that framework because so, so often in the natural health world that we're in and especially functional medicine, there's a lot of do's and don'ts and diet wars and diet gurus.

There's this, this feeling of you should know better. You should have already gotten off of gluten by now. You should have been dairy free. And so left and right.

Yeah. Yeah. And I, I was a really slow mover on all this stuff. I was very slow to understand, even after I went off of gluten, I was eating a lot of corn and, you know, other like foods and cashew as like my replacements for gluten and dairy.

And I did not understand why I wasn't healing and it really was. And then I did. And there was a period of time then that I did discover it and I did not want to believe it was like I already gave up so much.

My life is so hard and I just wasn't. But I like the the gentle reframe for people because I think the more we encourage like, oh, you're doing it wrong because the longer it takes people to heal.

So I love this framework. Mistake of the intellect. Yeah. It's just, you know, and it's just a mistake. Like, we're, we're all prone to this, you know? We all do it.

We do it in different ways. Some people with help, some people with money, you know, these are the patterns that we grew up with. We're conditioned, you know, we're taught some of this stuff.

It's subconscious. But how do we find that? Identify it and then help reverse it? You know, understanding that that can cause disease. And the third one is forgetting our true nature, forgetting who we are as a spirit, as an

individual, as as are.

We are kind of like, you know, in this world, like these devices that we have and all day or are we stuck in that world or are we reconnecting to understanding who we are and what we are and what our place is on this planet?

So, you know, what is our purpose? What is your purpose? And whenever we are not aligned with this purpose, you can go to work every day pissed off. Well, might not be aligned with your purpose and that can cause disease.

People can think themselves to an ulcer and that's where some of that comes from, stress and not being in alignment with your true nature. And so those are three very basic causes of disease that aggravate I mentioned.

And they say, you know, when treating Avena, the main thing you want to treat is unhappiness. Wow. That's quite the one liner email that triggers unhappiness.

It's the main thing you want to treat and anything that's going on, a human being. So, so that's why they'll ask you questions like, how's your relationship with your mom?

You're done housework. That was relationship with your kids. Okay. Do you feel stressed out? How's your sleep? You know, they ask these very basic questions that may be clues into the deeper aspects of their lives.

When do you where where did you grow up? Okay. How was your relationship with your siblings? So it's a really powerful science and, you know, I'm excited, as you can tell.

I think I just spoke for like 45 minutes or something.

Gut Healing Protocol and Recovery

But other than that, yeah, I'm really excited about this. And you know, from a gut perspective, you know, my protocol specifically going back to the gut kind of conversation, you know, for the ulcers and whatever else was happening in my gut, Crohn's IBS, I had like every diagnosis.

First of all, I, you know, spent three years doing that and my levels were all back to normal. And specifically, it was a combination of a couple of different things.

So herbs for sure. So there's a herb called Triphala, basically like an intestinal and a colon detox and you can take it every day. There's no side effects, take a couple of capsules and it helps with bowel movements, regular bowel movements, and it's very powerful and amazing teas.

I drink these teas in the morning. There's one specifically called CCF. It's of course I'm going to forget right now, cumin, fennel and the other C is going to drop my mind because I'm talking to you right now.

But it's about CCF and it's a tea that you can drink every day in the morning, which helps your gut and it helps remove toxins and anything else that's kind of bugging your gut and then eating according to your Dosha.

The big thing in our data that they also do is Ayurveda oil massage. You get these medicated oils and have herbs in them and you just rub them into your body.

You can go sit in the sauna or go in a sauna or just rub them in is fine and it really penetrates inside of your lymph, which is where we know that toxins and toxins get stored in the fat and in the lymph and in our joints.

So it helps pull all that stuff out. And so Ayurveda has great recommendations for detoxification, for purification, for regeneration of cells, and for great health from the gut perspective.

I mean, actually, I have been a core tenant is gut focused on the gut. Everything else will resolve itself in the body. And they knew this thousands of years ago, you know, leaky gut, which is somewhat of a new topic.

They had called it AMA. AMA is the toxic fluid that escapes and leaks out of your gut that gets lodged into your lymph and in your joints and turns into cancers and whatever else that happens. Mm hmm.

This is the interesting to me, because you're, like, in in these ancient healing methodologies in this in this ancient healing framework is built into this concept that we actually desperately need to stay in this lifestyle.

So management of stress being true to the self, supporting the nervous system, supporting the gut, supporting detox processes and flushing on the body because removing stream runs clean, it's actually all built in there from what you're saying.

Yeah, everything is according to nature. Go to sleep with the sun, wake up with the sun if you can. Of course, try to eat your biggest meal when the sun is at the highest point of the day because there's a lot of heat, your body is producing the most digestive juices.

You know, these are all just very basic things. You know, one of the biggest takeaways that I tell everybody is like, you know, especially in the Western world, every meal, ice, cold water.

I'm like, okay, stop that. Because digestion is everything. If you don't have your digestion, you're not processing your food. So ice cold water, imagine your stomach as a as a killing, heaters heat in there to process everything.

It's got to keep crunching all your food in and soaking it up into the body. If you're putting ice cold water on there, put the fire out. Hmm. Now it has to heat up even more and use more of your body's energy resources, and it slows your digestion down.

So these are very simple principles, but yet you go to a restaurants like Ice Water, all the way. You know, you get a drink at the bar. It's like packed with ice in place.

So it's like, you know, I think it's just things we we're used to and we've become accustomed to. Think that we were trained away from listening to our bodies, rape.

And then when we start to suffer, there's this huge gap in time for so many of us like you and me, where our suffering didn't really fit into a box and they were essentially waiting around for us to get worse and worse and worse.

Finally, you're bad enough to apply a label to them. Yeah, we have to go back to these methodologies that actually expect wellness to be the default and support us with lifestyle practices and reclaim this this innate wisdom, the weak.

Because we had it in every culture. Within. The nation. We had ritual cleanses built into our religions, into our season changes. Correct. Correct. Fasting times. Yeah.

And to reset the metabolic rate and just create metabolic flexibility that we were getting up with the sun going down with the sun and now we call that biohacking.

All right. They say an Ayurveda, the best doctor has no patients because they've educated their community and the people around them enough that they don't they don't need him anymore.

That yeah, I always tell people who come into our practice and into our groups, I want to become irrelevant for you. I want you to be so good at understanding your own body that don't need me at all.

Yeah. And, and, you know, not to put anything down about doctors and practitioners. Practitioners, but, you know, they're to serve along the journey, without a doubt.

And, you know, you know, I think I'm one of the one of the people in the documentary mentioned there's no such thing as bright doctors, only brilliant patients.

And, you know, they empower themselves. And it is a lot up to the up to the person to want to make the change. You know, and I think we've also gotten used to as a Western society, it's like, oh, well, I'm sick, tell me what to do.

Yeah, you know, give me the magic palm. Yeah. It is so beautiful to see you on the other side of this and turn this into literally a work of art. That documentary really is a work of art and the summit that you're putting on this fall, you know, you're really welcoming people into the world of your Veda and his gentle and and inviting way as possible.

And I would just love to give you an opportunity at the end here now that you're on the other side of your own epic healing journey, what words of encouragement do you have for folks who are still right in the thick of it, who are still seeking the plan that works for them?

Yeah You know, everyone is built differently and built uniquely. That's what I our data says there's no one solution fits all. It's a finding.

Advice, Hope, and Closing Reflections

It's about finding and fine tuning what works for you. And so there is no my science. Your science, there's only one science. And that's collective coming together, integrative medicine, you know, you know, our data was helping me.

Western medicine kind of diagnosed me. They wanted to put me on meds. I have I had nasal surgery actually thinking that was the problem, didn't fix it.

I didn't have to be in so much pain. I didn't have to have so many surgeries. I didn't have to experiment with pharmaceutical drugs to see if they were going to help when I thought they were making me worse.

And the just the pain is unnecessary, to be honest with you. And I wish I had discovered Ayurveda earlier, to be honest with you, because there is a different path.

There is there are different solutions and integrative medicine and functional medicine are the future, you know, organic, you know, foods, herbs, nature, like we have to get back.

And if we don't work, we're on a path of destruction, unfortunately. And, you know, that's my message, to be honest, is like, you know, definitely connects and what's the natural law?

If you're interested, get some more information about it. It's just a beginners kind of conceptual course, too. It's not even a course. It's a it's a piece of art.

As you mentioned, we really went all out, spent a lot of time is ten years in the making actually got to composed with musicians and just a just a beautiful, beautiful piece.

And that's really what my mission is, to be honest with you, is to share that wisdom with the world because it saved my life and healed me. I saw others along the way also.

You know, stage four cancer reversed me. Reverse thyroid conditions reversed and I'm witnessing this and I'm like, I know that this is going to reverse whatever is going on with me.

If I'm finding these people who are doing what they're doing, how I'm not as bad as that, I hope, you know. And so it gave me hope. It gave me inspiration to finish this.

And I did it, you know, I did it on the other side. And I can only share my experience and the wisdom and the science of it with others. And hopefully it spreads and start using it.

I think you're on mute. Sorry. Oh, I was like, Wait, is it me? I should sing. I love that. And I'm. I'm so happy to see you turn this into a gift for others.

I feel very strongly about doing the same thing with our history, Michael's and mine and our struggle with chronic illness. And to me, it's really the most pure form of motivation, you know, and to to lead with a serving heart and just let people know that, you know, it's possible.

So thank you for how you have turned this pain into literally a work of art and basically walk a letter to the entire world to way to. I am just so excited and so grateful.

Thanks for letting me share. So, you know, not a traditional doctor, but I have answers that I think many, many millions of people can can benefit from.

Absolutely. Yeah. Thank you.