Introduction and Guest Background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis and Chronic Gut Conditions. So I'm your host Sinclair Kennally. And today I am joined by the wonderful Dr. Shivani Gupta.

I've just had the pleasure of becoming friends with. She is an Ayurvedic practitioner and expert in Fusing, Eastern and Western practices that help our bodies achieve equilibrium.

She completed her Master's in Ayurvedic Sciences and her PhD on turmeric. Inflammation is a root cause for many health issues in our lives, and we absolutely had the power to overcome it.

And that's her mission to share with us. Her passion is teaching at home remedies to reduce inflammation naturally, and this will help you enjoy more energy, less brain fog, less pain, and ultimately achieve vibrant health.

She's also the founder of Fusionary Formulas, an Ayurvedic company that helps people with inflammation and pain. And she's such a passionate advocate for Ayurvedic medicine that I really wanted to invite her onto this events, but you could get the benefit of her expertise and get a totally different avenue of support.

So welcome Dr. Shivani, it's great to have you here. Thank you. Thanks for having me. Wonderful, so let's just dive right in. What is Ayurvedic medicine and why are you so passionate about it?

So Ayurveda is this entire system of health, healing and medicine from India that's over 5000 years old. It's just ancestral wisdom that shows us how to live the science of life.

That's what Ayurveda means. So it's this lifestyle practice, and it encompasses some basic pillars, one of which is our individual mind body constitution driven by the elements of nature.

And so we're each assigned or given are really, born with a dosha at birth. And understanding that Constitution or body type can really help you with understanding yourself better.

Then I teach about circadian rhythms, circadian clock. So Ayurveda created the circadian clock and said living in rhythm with nature will help us live a better, healthier life as opposed to fighting against nature, which is fighting against our own bodies.

Then we teach about the scientific diet and lifestyle, living this calm, peaceful, zen, healthy lifestyle and eating according to that, eating according to the seasons for nutrient density, nutrient variety.

That's a big piece. And how to eat. Not just what to eat, but how to eat is a big part of I made this wisdom. Then I teach you about mindful medicine.

Chest the herbs and spices that we can have in our pharmacy for in our home, where we can reach into teas and tinctures and spices to heal ourselves in a natural way.

Then gut health is a big part of Ayurveda. That's the central tenet that this gut digestive fire is the center of all health. And then finally, we teach about detoxification and the Ayurvedic self-care rituals.

What Ayurveda Is and Why It Matters

So for me, I grew up and I visited India every year of my life to see my family, and I would constantly get sick. And I finally thought to myself, there's this thing here called yoga and it's sister science, Ayurveda.

Let me go explore this and see what it will do for me. And it was the one thing I needed. It was this treasure chest. I healed my God. I healed my body.

I developed an immune system that worked. And then I became an evangelist who wants to teach about it to the world. That's amazing, I love it. I also love every concept that you named circadian rhythm, gut healing, detoxification.

We're talking about all these things as if they're brand new. I know it's so funny because these are like the central elements of Ayurveda. So I mean.

I know I find it so funny sometimes we're like oil pulling. It's this new thing. I'm like, it's not new. We already know it's an Instagram trend. Yeah, that's over 5000 years old.

Exactly, exactly. And and if you think about it, 1 billion people live in India. So it's like billions of people over the eons have used this wisdom, have practiced it, and it stood the test of time, which really shows how powerful and effective it is.

I love that. Okay. So talk to me about, you mentioned a couple of really interesting concepts that I want to unpack further before we apply them directly to Reversing Chronic Conditions, especially serious ones like Crohn's and Colitis.

So you mentioned doshas. Can you explain this to the audience? Yes. So doshas are broken up based on the five elements in nature. And those elements are all reflected within each of us.

And we each have a primary dosha and a secondary dosha. Or there are some people who are very balanced and all three. But those people are a rarity. And so the first dosha is called vata.

Here in the West we pronounce it vata. But if the person is going to be thin and wiry, this is someone who's going to have a mind that goes 100 miles a minute.

They're like an Energizer bunny. They're always in motion. They're driven by the elements of air and ether. So imagine like a fan. A fan is always moving.

It never stops, keeps going. That's about that person. They are creative. They're artistic. They have this ability to create new things, but sometimes not finish them.

They are people who are sleep disturbances and gut disparate disturbances. They tend to eat like a bird. They never sit and have a real meal. They're like green juice to snack and get through the day, but they're oftentimes very ungrounded.

And so Vata is really that energy of motion in our lives and Vata people can tend to feel anxious and have have different overwhelm stressors. So our goal is always ground.

The Vata person then you have Pitta Pitta is fire with water. I'm a Pitta and Pitta People are medium body. We tend to have reddish skin, reddish hair or we have early graying.

We tend to be fiery, so passionate, ambitious, driven people. But all the words that define a volcano can also define a Pitta that because of that fire water.

So we erupt, we explode. We're always frustrated and angry when we're imbalanced. And so understanding that about the Pitta people around you will really help.

And we get hangry because we have huge appetites. So we have a tendency to eat hot, oily, spicy foods which are not supposed to eat and a tendency to be inflamed and create all the inflammatory issues.

So when we get into Crohn's colitis, we consider that Pitta imbalance and have to address that. Pitta fire that became unstable in the body. And then finally you have Kapha.

Kapha is earth and water. So this is someone who's bigger boned, stronger round features, curly hair, round eyes, round face. This is someone who's one thing at a time, one thought at a time, one action at a time, one step at a time.

But they're very much the caregiver. Mother Earth energy. They're fiercely loyal. And when they are imbalanced, they get jealous. They have a sluggish metabolism.

They tend to look lazy, but really they're just more sedentary because they're in an imbalance. And so our job with Kapha is to support them in moving their energy, eating easier to digest foods, and helping them rev up their energy and metabolism and get them in motion.

at this. So I hope that you guys are already wondering which Dosha are you and what is your primary or secondary? And hopefully Dr. Shivani has a resource for us to go explore that.

Yes, yes. On my website I have a quiz at ShivaniGupta.com and they can take the quiz and know their dosha. So just out of curiosity, which do you think I am?

Oh, look at that red hair. I mean, I'm going to assume you're Pitta. I know, very fiery. It's true. But I do eat like a bird and I can be very ungrounded.

So mine is going so fast and I don't sleep very deeply. So probably. Pitta. Oops. Yeah. Probably something like that. Yeah. Very funny. Yeah. Dead giveaway with the hair right.

Yeah. Yeah. You were an easy one. so fun. So tell us more. It sounds like there are clues when it comes to exploring your doshas for not just, you know, temperament but also what would be more supportive to keep you in balance in terms of food, diet, lifestyle approaches?

Can you expand on that a little bit? Absolutely. So if you're a Vata person, if that's your primary dosha, the homework there is to eat three grounding meals a day, which sounds easy to most of us, but it's nearly impossible to avoid that.

They're like, excuse me, what, you want me to sit down and eat three whole nourishing meals? I have to think about that. That's going to be too heavy.

So that's the homework and that's the discipline. And we add very healthy fats for them. So ghee or half an avocado. And all of a sudden that one shift will create such a grounding effect in the Vata's life.

They're going to feel more centered, more whole. They're going to finish what they start. Anxiety will come down, sleep will improve. So although the antidote is sometimes hard, it's very beneficial.

Understanding the Three Doshas

And then for the Pitta crowd, we're supposed to give up our hot sauce and spices, which, by the way, I have not touched giving up yet at all, as perhaps Austin chili on everything.

but our job as we enter our seasons is to really balance ourselves. So each season correlates to a dosha. Right now we're entering summer season. Summer is going to vitiate or imbalance Pitta.

So our job is eat summer foods, drink coconut water, hydrate well with electrolytes eat our three meals because we get hangry, but also make sure we're incorporating foods that are cooling.

So maybe that's white rice, maybe yogurt. anything has that has a sweet effect inside the body will have a cooling

effect. So that's why you'll see a lot of people say, I have a sugar addiction.

I'm a chocoholic. Really. We're trying to reduce our anxiety and stress, and we're reaching for things that are sweet because they cool us down. And so if you understand the cooling effect, you can reach for other things peppermint tea or any cooling fresh food.

And then Kapha needs to rev it up. So we ask them to move the body in the morning. If they wait for the workout in the evening, it's just not going to happen.

really inviting them to move more throughout their day. Eating less raw food is beneficial for the Kapha. They should eat cooked foods because their body will absorb the nutrition better, digested more easily instead of battling with it.

And so it's about moving the metabolism and then supporting them. And then let them understand that if a person, once they sit down at the end of the day, they're not going to get up.

And that's okay. That's that nature. It's like Mother Earth sat down and she's not going to get up again. And so a lot of guff, it's like, understand your beautiful nature and the role you play, balancing the rest of us crazy people.

And thus it's okay, like, you appreciate exactly who you are in that space. Don't let society create new ideas or pressures. So interesting right? So we often work with really chronic condition, like complex people, right?

So we inherit people from other practices that don't do well under the probiotic, you know, general gut healing, programs and, or, you know, they get they figure out that they have mold toxicity or heavy metal toxicity.

But then the protocol is that they go on from functional medicine, are too harsh on them, and they crash. So what does innovative medicine have to say about, these issues that are so specific, it feels to our time in this day and age, like how do you look at that and reconcile the two?

You know, modern day times is built in in such an interesting way because it's built to create a vata imbalance and it's built to prioritize a better imbalance.

So it's so interesting. If you look at society and social media, everyone's saying work all day, work all weekend, side hustle, okay, do your job, but work all night, work five years and you'll get the rest of your life back and you'll have financial freedom.

And I always see that. And I'm like, wow, okay, so what you're saying is trash your health in the short term, trash or sleep trash everything in your whole life.

Burn it all down. And in the process, you'll get this. What this this gold pot at the end of the rainbow. Really? That's not guaranteed to any of us. And then simultaneously with social media and the expectations of double income households and the the way we're programing the kids to be doing 5000 things and we have all of our goals and aspirations.

But that imbalance is like 90% of us, 90% of us are going to tend towards this. But that imbalance where we're Energizer bunnies running around like crazy, mind going too fast, dysregulated nervous system always in the sympathetic, never in the parasympathetic.

And so the combination of crazy bit, the imbalance of fire on all the time with wind, crazy energy all the time is what's setting us up for failure. Because I have that said, wake up with ease, hydrate and love your gut for just use a tongue scraper and detox the body gently and ignite your digestive fire.

Do oil pulling and clear the oral microbiome, followed by meditation and yoga, all things that are going to keep you in your happy parasympathetic system.

Nervous system not downregulated. Not upregulated to chaos. And once you've done this beautiful morning routine, eat this warm, nourishing meal that you made for yourself.

Do your beautiful work day. That's your dharma, your life purpose that brings you joy. We teach about 10 to 2 on the circadian clock. When the fire is highest in the day is our time to eat our biggest meal of the day.

Then we teach that okay, the day after two is time to wind down. Maybe just do your busy work. You're not going to have the same focus because you don't have the the fire on board.

Then moving into the evening, we want you to finish dinner by seven. It's like such a beautiful mindset and beautiful rhythm. We want you to build finished in hour by seven.

That's a whole nourishing, lighter dinner. Easy to digest. And then as you're moving into the evening, finish your work life by eight. Finish your responsibilities by nine and switch over into a beautiful sleep self-care hygiene habit to lead to perfect sleep at ten.

So I agree. That literally teaches us the opposite of how we're choosing to live right now. And sometimes when I explain all that, people like you just gave me way too much homework.

And that's more stressful because we can't do it. All right. And so my invitation to everyone is here. What I rv the teachers and slowly start to practice the little bits of it in little tiny slots of time.

And once you build this beautiful rhythm into your day, it's going to feel so good. You'll get addicted to it. And once you're addicted to it, every time is dysregulated.

Any time it's off, you'll understand how to calibrate right back into that rhythm, and then that rhythm will become your new set point. And that set point will be the foundation of the health you want to build.

Because I had my own chronic gut health issues, my own leaky gut, and all the issues I had. And it wasn't until I learned the boundaries of my day and time and rhythm that I finally understood, okay, I have to eat well.

I have to chew my food. I have to really eat with consciousness. Otherwise this whole system starts failing. I see it in my blood work, in my stool tests, and then I'm not going to win anyway.

Yeah. What I love about what you just shared is that we can keep this to doable steps, and you're also laying out some crucial pieces that are getting overlooked.

It feels like the more complex and chronic your health condition labels are say Crohn's and colitis. the more down the rabbit hole we get with these, you know, we'll start looking for complex therapies and like, more and more narrowly like this will have this effect on my immune system.

I will do this and we get on like immune suppressive drugs and all these things that are actually just regulating the system further in the name of suppressing these, you know, frustrating symptoms that can totally change the shape of your life.

You know, if you have to regulate what you can eat and the timing of it because of the proximity to your bathroom, you know, the constant pain, like it's very scary, you know, and you're facing a future of surgeries.

And like, you know, many people watching this probably already lost sections of their bowels. But the truth is, the digestive system is extremely resilient.

Right? We know this. So what I appreciate about what you're sharing is that, what I see from people as the really sick ones that come into our practice, they often focus very heavily on extremely complex protocols.

And they're missing they're tripping over the basics that could actually soothe and smooth out the way and actually

speed up healing. Absolutely. And that's the that's really the magic of Covid.

That is Ayurveda is teaching.

Lifestyle, Diet, and Circadian Rhythm

You get back to basics, get back to that ancestral wisdom. If you hung out with your grandma, your ancient grandma, maybe a few generations back, she would say, cook it at home, cook it with love.

Your love goes into your food. Slow down your day. Really focus on when you eat. It's nourishing you. we used to eat seasonally back before we had access to food.

The way we have it, we used to have more nutrient rich foods. We used to order. Three fancy only only she she places are doing like seasonal. I know. Right.

And we forgot to eat seasonally. We're like I'll just order my Instacart and I'll keep reordering what I order. And we get on these mono diets. Then we're lacking diversity and then we're propagating our own gut issues.

And it's it's so easy to do so and so. It's almost like you have to flip the coin on its head and say, okay, if I wanted to instead build a smooth, rhythmic lifestyle where I was in circadian rhythm with nature, how would I do that?

I would look at how what's the quality of my sleep. Sleep comes first. It's when we reduce inflammation. And on that circadian clock we teach. Sleeping 10 to 2 is the most important time that we sleep, and we know we're hurrying to science now that melatonin is released at ten.

And so that bit the fire that is affecting a lot of our bodies. It's unstable because we're sleeping so late and we're leveraging the bit, the fire for work and our brains working as opposed to detoxing, cleaning and clearing the inflammation in the lymphatic system.

So one simple practice sleep at ten. That's simple. But most people are going to say, no, I can't. I have too much going on. It's too much even I say that sometimes and then I'm like, no, it's the number one priority.

Reduce the inflammation. You win it. Everything. So sleeping on time is the key. If that's the key, what in your life has to move for that to be supported, not to be the first habit, then invest in quality sleep.

What do you have to take to get more deep sleep? Track it, measure it, and fix your sleep first. I think it starts there. Then we can move into the next day and talk about these ideas of self-care.

The tongue scraper. Simple habit. But an RV that we teach that all the organs of the body, just like in reflexology, are reflected on the bottom of the feet, are reflected on the tongue.

And so we use a copper tongue scraper to detox all the organs of the body and support a healthy digestive fire. That's going to help to that's a direct connection into gut health.

Now we teach so much about microbiome. So oral microbiome oil pulling is just taking coconut oil. Any organic food grade oil, sesame oil, olive oil. Put two tablespoons in the mouth and swish it around for 5 to 20 minutes.

That sounds really long, but this is a multitasking self-care habit. You can do this while you're in the shower, while you're making your coffee, while you're getting dressed.

You can do this and do other things. So when you spit that oil out, make sure you spit it out in the trash, not the toilet sink or shower, or you'll clog the pipes of your home.

But imagine oral microbiome is the beginning of the gut microbiome. So we're able to do a lot of little things throughout the day that just take a few moments, but each one will add up, like you said, as a simple thing that will

create this compounding exponential effect across all of the systems, including inflammation and gut health.

some of that, what I appreciate about what you're saying is, that we're getting back to the basics of how the body naturally works in rhythm with nature.

Right, exactly. And that you can actually bio individualize that for you using your dosha. Exactly. You can customize which oils you use. You can customize your schedule.

You can customize what kind of teas you drink. Like I teach a simple habit called tea time is me time. And that's my way of making myself pause because I'm such an intense spitter.

I'm like, always envision land in the future, envisioning what I'm going to do. So this just makes me pause and check in with myself. And I ask myself basic questions like, how are you feeling right now?

Have you eaten today? Have you taken your supplements? What do you need to change in your schedule so you feel better? And my own intuition gives me very powerful answers like you need to cancel that.

You do not want to take that meeting. You have not set this up. So you get to eat today. And those are really powerful things for our own intuition to tell us.

And it's just an example of how I envy those trying to teach us how to calibrate to our own intuition and allow it to be the driving force of what our own intuition knows what's good for us.

We're just not listening. Yeah, I'm totally. One of the things I want to unpack with you is, parasites. Because before I do, I should tell you a quick story about how you got this interviews back.

Because they were already full of, speakers, and I actually kicked somebody out who's a bestselling author. because he. When we were doing the pre-interview, qualifiers, he was talking about, Crohn's and colitis and, and and, you know, we were talking about, you know, different cases that we both had and things.

And he's like, well, but you can't reverse either one is like, what are you talking about? Said, no, you're going to be stuck with either one of them.

You can reduce symptoms, but you can't reverse them. That's impossible. And so like, oh, I'm sorry, you're not fit for this event because whatever you're doing isn't working.

Sorry, but these are entirely reversible with a mixture of lifestyle, deep root cause medicine. You know, even environmental mitigation, like there can be.

Yes. Sometimes there's a nervous system and emotional component. Sure. It can be multifactorial, but it's absolutely reversible. What are you talking about? So anyway, everything's reversible.

And according to I read that everything okay. So that that was my first question for you. Yeah. What is your position according to bad about that? I agree that teaches that when we have an imbalance or dis ease or we've just bring the body into balance.

Now when I studied b the in my masters, our teacher did to this down and say, look you're going to come out of here all ready to heal the world thinking you got the whole toolkit.

Have a little humility that sometimes people come in with some karma and that karma has to be cleared. So it's not always physical. There's physical, mental, emotional and spiritual health.

And so have a little nugget of if if you've tried everything on earth, maybe we need to go into like energy medicine for the healing. But short of that, there's so much we can do from a lifestyle perspective emotional mental health to bring the body right back into resonance and alignment.

I read the teachings body, mind and spirit in alignment is the goal, and I look at that as building our vibrant health and shifting us into our most happy and bright vibration.

And I can tell when I'm in that vibration and everything's epic and when I'm off and I need to go get it back into alignment.

Reversing Chronic Gut Issues with Ayurveda

So I very much believe that everything can be reversed and and speaking into parasites. Talk about visiting India. I go to I. Know right now. We get Montezuma's Revenge India style and it's horrible.

And then they give you very strong antibiotics, destroy the gut, never give you a probiotic. That was my whole reason I got into Ayurvedic medicine was that happened to me about 20 times until I finally said, enough guys, I need an entirely different toolkit.

So now I can roll into India and I have my health perfect, as perfect as one can have it. And I don't have any issues. So when it comes to parasites, we very much believe that that is a weak Agni, weak fire and weak digestive fire issue.

So when we aren't in our most optimal state, that predisposes us towards parasitic infections. And so our job is to get that fire back on track, take whatever we have to to kick it out.

my dissertation was on turmeric, so I'm a big fan of turmeric being the first line of defense for everything. But turmeric is antiviral, antifungal, antibacterial, anti-inflammatory and antioxidant.

So I always get it in there. but also whatever it's going to take to kick out the specific parasite that you're dealing with, get a stool test, know what the problem is and then address it.

But we very much always have different tools in the toolkit to support the body after and rebuild gut health, rebuild that digestive fire and campfire to be strong so that those types of issues happen less often.

Or don't happen. This is so important to recognize because for us in our practice anyway, and on our campus, because we deal with a lot of chronic conditions.

most people we find that come to us with chronic gut issues like Crohn's and colitis have a parasite component. There's an imbalance in the gut, you know. Yeah.

And then their immune system needs help offloading these guys. And it's really interesting because there's an emotional component. Right. So when when you have parasites you're more apt to have parasitic people around you.

And your life force is lower, you know. And so I would love to know because so many of my clients have picked them up in India, you know, places. What does your beta had to say about, you know, aside from like, making sure we have, you know, a healthy digestive fire, which makes sense because we're talking about HCL in the stomach.

You know, if your stomach acid is high enough, then it's killing our pathogens as they come in. You know for sure. What else can one do if one's already developed a parasite infection?

from an acrobatic perspective? Well, when it comes to parasites, we teach that you can eat anti-parasitic foods. There's foods like coconut, fresh pineapple, pumpkin seeds.

when it comes to anything in the system, we usually say like, drop down what you're eating into, like the very basics. So we like certain spices like black pepper, cayenne, dried ginger.

There's a food called asafetida. It's a spice called hing that we love using an Veda because it's going to help

support that digestive fire, which will help you kick out anything you need to.

we're going to recommend eating small, nourishing meals that are easy to digest. So light, warm meals, certainly because you're you're trying to strengthen your own fire so that you can fight against any parasites in the system.

and then obviously, like anytime you have an issue in the system, we're going to say reduce the toxic burden and anything that's inflammatory and like causing trouble and hard on the digestive system and increase ease, so do both simultaneously.

So you would obviously cut alcohol and inflammatory foods. You would increase this ease in the digestive system so it can get in there and handle the problem.

You would eat yogurt, probiotic foods to give yourself good gut bacteria. but you definitely increase that digestive fire. So you would add ginger, add turmeric for example.

Add cayenne, black pepper, like increase the fire that way. and then he is this interesting spice I give to a lot of people when they need a remedy. Hing is a very pungent Indian spice.

But you take a cup of water, add a pinch of hing and a pinch of another spice called Kala namak. It's kala namak. Namak. I have given this remedy to so many people when they have gas, bloating, digestive like any sort of digestive pain and discomfort.

I personally have used it a thousand times in my life and it eases everything. And so it's been my favorite natural remedy. And people are like, can you put that in a pill?

And I'm like, no, it's like one of those natural solutions and you just make it a tea and you drink it and everything settles. And so you can also use those spices in your cooking to help you digest your food better.

I thought I'd heard of everything herbal. I can't wait to check this out. This is very cool. Yeah, a lot of people ask me to meet them and places, and I hand them Ziploc bags to, and then they're like, wow, I didn't have to go to GI.

Thank you. Like that. Fix whatever was the problem. And so it's just so interesting to me how plant medicine can have such far reaching effects. And we don't think of it as the first solution.

And that's been my whole line of work for ten years now, is tumor could be your first line. And then let's go into the rest of them, ginger and everything else.

So interesting. Okay. So for those of us in our audience that are just getting started in exploring, you know, natural health methods, there's been a lot of gems today for them.

How about for the folks that feel like, yeah, I'm on your side, Dr. Shivani, I'm into all of this, and I feel like I haven't gotten as far as I want to in reversing my chronic gut conditions.

what advice would you have for them? Like, what do you see people overlooking, even if they feel like they've had some familiarity with Ayurvedic and maybe worked with practitioners who are experts in it?

what is your opinion on that? Any nuggets for those, special advanced listeners. For an advanced listener?

Parasites, Digestive Fire, and Practical Remedies

I would come back to what is that rhythm you can build into your life that's so powerfully indoctrinated in that you almost can't live off the rhythm.

I've built a lifestyle like that where I could be at Universal Studios, and I'm still going to have tea at my tea points throughout the day, and I figure out how to travel that way, how to live that way, because the rhythm dictates my

health.

So it's almost like this, this leveling up into circadian rhythm optimization is kind of a way to build vibrant health at a totally different level, because oftentimes when we are obsessed with our health, we're also disjointed because we're trying to do everything.

I get that way. I'm like, I need infrared sauna more. I needed this more. And then I'm like, guess what? There's a foundational rhythm. And then you can add on top only if it fits in the rhythm.

But we never get the foundation. And that's where I start. Is Ayurvedic self-care rituals with tea time is me time with as much regulation of the nervous system.

Because once we've got the nervous system regulated by building the rhythm, everything else can fall in place. But if we're forever dysregulated because we have no rhythm, nothing else we're doing is going to work.

Yes. Most important thing you said today how to bring together all these foundational concepts really comes back to that circadian rhythm. And your bio individuality.

What do you need. It's so interesting okay. So how about practitioners that are really drawn to what you're saying. They're on the hunt for new tools because I understand folks are sicker today.

Health is more complex. And they know that in most cases what we went to school to learn is no longer enough. How would you suggest that they look at getting started with Ayurveda and maybe incorporating it into their practice over time?

You know, I think learning the Ayurvedic wisdom is key. That's why I build immersive programs and I work with people. I built my formulas specifically for practitioners.

I built it for orthopedic medicine to stop pain and inflammation. And now I work with rheumatology and functional medicine. So I'm always playing in the world of all the anti-inflammatory herbs and how they can support us all the herbs for sleep, how they can support us.

So I think there's a lot to play with in the sandbox of Ayurveda in terms of adaptogens, herbs, spices that are sourced well in a potent form, third party tested so we can trust them and use them.

And that's a great starting point for the practitioners. So I love that. Well, that's a great segue. Then where can people find your work? Sure. So my website is ShivaniGupta.com.

and I'm at @dr.shivanigupta on Instagram. And then the supplements are Fusionary Formulas. Wonderful. Thanks so much for contributing so much wisdom today. Appreciate you.

Thank you. Thanks for having me.