Meno(pause) Has a Season in Ayurveda, and It Explains the Dryness Nobody Talks About Transcript

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Summit Introduction and Guest Welcome

Hello. Hello. Welcome back to the Future of Menopause Medicine Summit 5.0. It's still me. Doctor Sharon Stills, your host. We just change the name, but we've got new interviews, some fan favorites returning, like our interview today, but all new information because we like to shake it up and keep you up to date with the latest and the greatest.

And there's just so much to talk about. And you know, we can only get so much done in a half hour interview. So today we have brought back doctor Shivani Gupta.

She's an Air Vedic practitioner and turmeric researcher who helps women reduce inflammation, balance hormones and boost energy with elemental design, mental inflammation tools and gut forward routines.

Her new book, The Inflammation Code, just came out via hay House, February 2026. Woo hoo! Offers a clear non diet plan for cooling chronic inflammation.

She hosts the Fusion Health Podcast, which I've been blessed to be a guest on. She created the Emmy nominated TV show Vibrant Health with Doctor Shivani Gupta, and you're going to learn lots about her.

Today. We're going to talk about her new book, and we're going to talk about one of my favorite topics, Air Veda. So welcome back. It's so great to have you here.

Thank you. Thanks for having me. You're welcome. Yeah. The last time I interviewed you, you were not the proud mama of a newly published book. So love that for you.

Just amazing. Thank you, thank you. Such a project. Books are such a huge project. Such a project of love that you finally birth into the world. And once you do, you're like, oh my gosh, I can't wait for people to read it.

And people keep booking calls with me and they're like, I'm reading your book. And every time I'm like, whoa, that's so cool. Well, you're an inspiration for me.

I know I've got a book waiting to be born, but it is a project and right now I've got my quintuplets, my my clinic project. Your clinic is incredible.

I got a chance to visit. It's beautiful. And and I love showing all the different modalities there, so congrats on that. Oh thank you. Yeah. We loved having you here.

I know I tell Dylan, oh I'm interviewing Shivani. He's like oh. All right. So so I heard Veda lets you know I heard is so eloquent, so beautiful. You know, I have had the opportunity to study it to to live it in India.

And it is what your all about. And so, I mean, I love you anyway, but it just makes me love you a little bit more because I invader doesn't really get the stage like it should.

And I think, you know, science and medicine is moving so fast and there's a lot of beauty that comes with that. But the ancient wisdom is timeless. And so in our Veda, where I think where I'd like to go first is just talking about the constitutions, the seasons, because we in the Western society or wherever you're listening in from, we're all like like I'm sure women heard you're a turmeric researcher and we're going to get there, ladies, I promise.

But I feel like we're all kind of built to be like, oh my God, she's a tumor researcher. How much tumor should I take?

Should I take it with food? Should I take it on empty stomach?

Ayurveda Basics and the Three Constitutions

What kind of form should it be in? And we'll give you that. But there's so much more to healing than that. And Air Veda encompasses that so eloquently, so beautifully, so intelligently.

So if you could maybe talk about just to get us going like the constitutions and what is this menopausal season? What does it mean? Thank you. You know, so few people know what that is.

And when I was at my rock bottom with my health in my 20s, I was in this moment where nothing was working. I felt like I didn't have an immune system and everyone else got to have one.

And that was when I discovered I or video, when I was like, whoa, there's an entire ancient system of health, healing, and wisdom that's all about prevention.

I needed this since I was born, like, how come I didn't know about it? And so since I studied, I heard that it's my dream to just keep teaching it to the world so all of us can pick up the toolkits that we need, whether it's for our gut health or our circadian rhythm, or reaching into that super spices kit that's so powerful and medicinal for us.

And so when it comes to IRP, the RV that taught us that there is a circadian clock and we are circadian beings living in rhythm with Mother Nature's clock.

You're a natural medicine physician. I mean, that is so in alignment with that. Of course, you've studied irony that it's like we're saying the same thing just different ways. Exactly.

It was just so fun because there's such a need for integrative medicine and people to get these tools under their belt so that we're always ready. You know, today I ate lunch and then afterwards I was like, my tummy hurts.

I wonder what that is. I guess I'll just reach for Ginger. What else can I reach for? Like, it just gives you so many tools to say what's happening and how am I going to remedy that, but also how am I going to prevent it going forward?

And so I read that taught us the circadian clock, but it also taught us this concept called the those shadows. And the those is this understanding that we are all bio individual.

We all have our own makeup of nature's elements. And I are Veda shows us that when we understand our individual body type, all of a sudden we get this blueprint to our own selves that can be really powerful.

And so in our video we call it the three doses, which is the three elemental designs. In my new book, The Inflammation Code, I renamed it Elemental Design because I thought, I'm going to teach a lot of big topics, and if I give everyone all the Sanskrit names, they're going to go nuts trying to memorize them.

It's hard. I mean, I'm going to throw at you ugly, and I'm on by the end of it. Everyone's like, that was a new language. You made that way harder than it needs to be.

So I call them elemental design. And the first one is called Vita. Vita is a body type made up of air and ether. And so this is a person whose nature, whether it's their mental, emotional or physical nature, all takes on the traits of air and ether.

Ether being space. And so it's someone who's taller or shorter than anyone in their demographic. They can be on the link year or skinnier side, or they can be really petite and small with small bones.

This is someone whose energy is always in motion, so it could be like a breeze, or could be like a ceiling fan that never stops. Or it could be like a tornado where they are just all over and chaotic.

And so understanding that you kind of start to see who in your life is a body type. They're always standing, always moving. They never sit still. They can't take a job that requires them to sit still for hours per day.

So it might be like a teacher or someone who gets to be in motion. They love to move their bodies. So this is that crew at the gym doing the marathon running and all that endurance stuff.

And they tend to be the creative, the artist. They're always flowing with new ideas. The struggle that have is they tend to not finish what they start.

Struggle with anxiety, sleep issues, sleep disturbances like insomnia, dryness like constipation. And then they tend to struggle with like never eating enough and never feeling grounded.

And so we have a lot of homework for the crew around stabilizing and grounding their energy. And then the second one is called the bitter people are the fire people.

It's fire with water. So this is anyone I'm a bit that to anyone with like reddish skin, reddish hair, early graying in their hair. Personality type is very sharp organized, tends to be a leader.

Tends to want to go out and build things. Do things. They're very passionate and ambitious basically, and the the crew tends to run inflamed. We tend to have a very strong digestive fire.

So strong appetite, robust appetite and ability to digest our food. But when imbalanced a bit, that person overheats. They're like a volcano. They explode and burn on to everything around them and and erupt basically frustrated and angry and perfectionist.

And so the homework for my the crew is to stay cool and to stay calm and to really manage that energy by keeping it cooler. And then finally you have that third body type made up of earth and water.

So this is someone who is sturdy, stronger, bigger boned. They're very one thing at a time. It's a mother Earth energy. So they love to feed everyone and take care of everyone.

They're deeply loyal. They speak more slowly, one thing at a time. One step at a time. Can struggle with depression, low mood, slower metabolism at times and like they get the best sleep on Earth.

But once their day ends and they sit down on the couch, they can not get up off the couch again. And so I always sit down and talk to my gut and I'm like, look, there's such beauty and kafa.

Like, why does the world think we all have to have side hustles and do 200 things? That doesn't make sense. We're all bio individual. And so in our V though, we teach everyone's born with a primary constitution and then usually has a secondary.

Some people are balanced in all three. And over time we can become really imbalanced and feel like we are completely separate Constitution. And so my job as a practitioner is people usually come to my website at doctor's, they take the quiz, they come to find out what they are, and then they're like, okay, I need more information on like how to balance this and how to navigate with this new information or blueprint, which is why I love looking dossiers.

Constitutions. Because why are your three friends taking X, Y, and Z or cold plunging? And it's amazing for them or not for you. And this is the answer.

Your constitution, your dose determines how you respond to things. And so it just helps you to help yourself when you have this information. And it's like when you're talking about Kafa, like my little my youngest granddaughter, such a little cafe.

She's got these big eyes and big cheeks and she's round curly. She just wants she hugs everyone and she just like, you know. And then my other one, the older one, is more pitta like me.

And so it just helps you to understand, to support yourself, to support the ones you love better when you, you know, instead of trying to move someone along who innately like, I love what you just said, like, right?

Who innately doesn't want the side hustle and is totally fine without it. That works for them. Like. And if you understand that, then you can let them be in their in their bliss. So.

Exactly. I think it's so powerful to understand yourself at that level. Your primary and your secondary really illuminates your nature. And when you understand your nature, then all of a sudden you're you're empowered to really be the true you.

And I think at different times in our lives, we're trying to understand, like, why am I the way I am and why is this going the way it's going? And so when you mention menopause, really from the area perspective, I'm in perimenopause and I've been reflecting, why is this hard?

Why is this difficult? Why is this so much change? Why is it so much variability? Like you said, one friend is going in that direction. One friend can take testosterone in that way.

And we're all trying to compare notes and figure out our plans and our video.

Menopause as the Vata Season

Really. I have that talked about three seasons of life and those three seasons tied to these those shows and these circadian rhythms. And we teach that you start life as a cafe.

You're starting in that growth building phase. Then you move into the major part of our life. In the middle is, you know, energy removing things. We're doing things, we're building things, but we're in our work phase of life.

But that third phase is called the season of life. And menopause falls into that vata season. And so when you think about it, vata is air and space. That means it's dry.

And talk about how many symptoms we get in menopause around dryness. It's irregular, it's cold, it's mobile, it's going to move around. And doesn't that sound familiar?

It's exactly what's happening biologically. We have our estrogen that drops, our tissues start to dry up. All of a sudden our sleep starts to fragment and have issues and a lot of sleep issues come in.

We have anxiety. Racing thoughts of sudden digestion becomes really unpredictable. Everyone's like, I can suddenly not eat half the foods I used to. I don't get it.

And what I or v that taught us is that this season actually requires a completely different daily rhythm. And so it's not you're not any more about that hustle, you're more about the anchoring.

So you're supposed to transition into a season of earlier meals, earlier sleep, consistent waking times in the morning, like hold more of a structured rhythm to the day because you're the we want more warm foods, easy to digest foods.

We want more grounding practices. And so this isn't really self-care advice. It's actually circadian medicine advice that's coming out of the. And we know that now with modern chronobiology, that when we start to lose our circadian rhythm, we're also going through the season where estrogen is starting to fall.

And estrogen was supporting us in so many ways. We know that through the modern conversations happening. But it helped with cortisol. It helped with our body temperature rhythms.

We know that we have more inflammation as we're aging, so those inflammation cycles are driving us a bit nuts. And when we're in this stage, then all of a sudden our rhythms start to destabilize.

And so that's why from the I teach about the the national your daily rhythm. And in that we talk about waking up before sunrise. We talk about doing an oil massage before we bathe or take a shower.

We talk about warm meals at consistent times, not pounding protein shakes and shoving in salads because we're trying to manage a metabolism that's going haywire.

It's actually consistency and grounding that supports the body to heal and do what it needs to do. And I heard that that talks about winding down by 10:00 at night, because 10 to 2 on our circadian clock is when we're going to clear the lymphatic system and clear inflammation.

And so we know that when we live in these rhythms and according to our circadian rhythm, according to our elemental design, then you're going to have support for your cortisol, melatonin, your natural anti-inflammatory windows will support you as well.

And so that's how I think of it as we're entering a at the time of life. And instead of acknowledging it, instead of accepting it, a lot of us just go harder.

I see that a lot. That's the current nature of like all lift harder, I'll push harder. I just saw all my friends for lunch. Like, this is hard. This is a lot of homework.

And I said yes, or why don't we just walk more? Let's move in nature more. Let's eat warm meals that actually nourish our bodies and our grounding. How about healthy fat a few times a day?

That's what the balancing. And so the same practice that I would tell a client whose dosha was vata applies to all of us in some level in this phase of life.

And so when everyone's like, I've got mouth dryness, I dryness, vaginal dryness, that's when your sleep has gone to total crap. That's when you have this new baseline anxiety and you're like, why am I anxious and overwhelmed?

I used to be able to handle all of this. That's also Vita. And so really the homework is this bigger adjustment and very kind gentle grounding adjustment of balancing that energy so we can be balanced across the board.

Yes yes yes and yes I'm I'm so in my I'm like sorry I can't go out tonight. I'm in my vardis season. Let's see. But I'd be happy to see you at 6:00 in the morning.

Correct the sunrise. But yeah it does. I had to friend of mine offered me free ticket to go see David Byrne from Talking Heads, who I love, but it was a school night.

AKA, you know, a night. I was seeing patients the next day and the concert didn't start till eight. Yep. And I said, I can't go. Yeah, I love to go, but I can't go because by eight and I'm, I'm on like a super vada schedule because by ten I'm sweet dreaming.

And what I would say to everyone because I noticed this in myself, if I honor and my bedtime ranges from like I'd say, 815 to 940, it's got like because I listen and I don't push, but if I do stay up past that, I don't get the good sleep.

The next day is ruined. And that's why I said to this friend, I was like, I love you and thank you for thinking of me, but I need to be on my game tomorrow.

I am seeing patients and now I'm just going to start saying I'm in my about this season. I go pick up Shivani book if you want to know more about. It's true though, if we could just learn to honor the season we're in, what a different experience we would have.

I got invited to a concert the other day and I was like, no, it could be my favorite band playing. But no, I can't do that to myself at this point. I know what the punishment is the next day.

It's not worth it unless I can make tomorrow easy. If I can take half the day off and recover, sure. But otherwise I know, because in the season when we do little things like skipping a meal or getting that irregular sleep, or eating a cold raw salad and not anything cooked in there, or if we're in high stress season, which many of us are.

I'm 45, so I'm in that moment of like perimenopause, teenagers, aging parents, my careers finally working because my kids are a little older. So I'm like, oh my God, let's do the career thing.

But none of the other plates want to, or I can't even drop any of those other plates. It's not like they can't fall. I won't let them fall. So if you're going to hold everything at the same time, you have to understand the level of grounding.

You have to practice to hold all of that, because otherwise everything will go into variability. And that's when we have this population right now that's like I'm inflamed, I'm anxious, stress, sleep is poor.

Everything has gone to kind of crap. And we're saying why. And what I heard does I read the says, this is this accumulation of what we call amma, or this toxic residue that forms in our bodies.

It's from incomplete digestion and complete metabolism of the foods that we're eating. It comes from really not paying attention to our lifestyle and causing this low grade systemic inflammation.

And so even then, they knew like a toxin residue in the system is problematic. We have to detox quarterly annually. We have to get this out of us. And that's why in Irib that we teach the daily self-care rituals like tongue scraping, oil polling, daily dry brushing and oil massage of the body.

These are anchor points. I even teach something called tea time is me time like, where can we build anchor moments in the day to indicate to the body?

Yep, we're going to take a moment. Let's drop back into parasympathetic. Let's just take a sacred pause and then continue on at full pace. Yes, tea time is me time.

I remember we talked about that last year and I yeah, I loved that. So if you want to learn more about tea time is me time. You can listen to last year's summit because I was obsessed with that.

And you have beautiful teas as well. Then we're going to start serving in our clinic.

Spices, Turmeric, and Healing Teas

But I just want to highlight, because you're saying so many beautiful things, the cold food, because that's an easy one and one we often like. We think I spend all day long telling women, I know you think salads are healthy, but no, you need to stir fry or steam your veggies.

Eat them warm because cold is. We don't need more cold in this vada season, so maybe when it's 120 degrees in Arizona, it's okay to drink a cold smoothie or have something a little cooler.

But overall, most of you don't live in 120 degree temperatures. And even here, we only do that, you know, for a portion of the year. But overall, these cooked warm foods, just that alone.

Right. Like if you just do that alone after this conversation, can, you know, your bloating can go away. Your digestion, your gas, your belching, your like such a big thing.

And it's again, one of those things we've been taught like, oh, everyone thinks eating a salad at least once a day means they're healthy. And we're saying something totally different here because of how the system works and your digestive fire.

And you don't want to you don't want to put that fire out, right? You want to. You just hit mute. There you go. Yeah. You know, you don't want to put that fire out.

You want to stoke the fire and salads are not going to stoke. So all right, I want to move on because I want to talk about spices because this is just another beautiful thing.

And you can please put the two Maric in. There is not many opportunities to hang out with the turmeric researcher. So but just you know, the different flavors and just maybe some good like at home that the ladies watching can start integrating right away just by opening up their spice shelf.

Sure. I mean, I Vida talked about so many of the herbs and spices that have such profound medicinal benefits as simple as turmeric, ginger, cilantro, which we call coriander.

You can have it in coriander seed form, you can grind it. You can use it in many different ways. Cinnamon. Simple but easy. Cumin. And so when we talk about these herbs and spices, they're so simple to use.

But they have such profound benefits. Like when you search the actual benefits of superfoods. A lot of times the benefits we're seeking is anti-inflammatory, antioxidant, immune supportive, and the spices do that.

And so when I was in my master's class master's degree program and they taught us about the spices, I was like, you are telling me the Indian spices I ate growing up or that good for me?

And you're telling me turmeric can do all that with my family history and me needing supplements to support my immune system my whole life? You're telling me tumor could have defended me?

That's insane. And so that's why I love teaching about the spices. I did do my PhD dissertation on turmeric, so I'm really passionate about that one. Spice and it's power.

Turmeric is a very powerful anti-inflammatory, antioxidant, antiviral, antibacterial, antifungal. It helps heal the gut. It's very powerful for anti-aging.

Like we have a lot of longevity science on it. And so when we walk into this longevity space of everyone saying the benefits of all their supplements, I'm like, do you know two merks, the original longevity, that does so much for us.

So I'm a big turmeric fan. I built my own tumor formulas after my PhD because I thought, why can't we have formulas that are so potent that every doctor from now on will say, you can take two Merck for that?

And so that's the product line I built called Fusion Formulas. And then after that I thought, okay, I'm totally winning it. Turmeric people come to me with their joint pain and all their struggles and we win at that.

But what about menopause? Because a lot of people would come up to me and say, I can't sleep, I'm really struggling. And so in irony that we love plants and we like to give them a T form as well, not just always in the pill form.

And so that's why I designed a T called Menopause Support T, and in that t I put everything that we need to stay cool and to stay calm and to stay supported.

And so one big herb is called here in the West we typically pronounce it very. Yes. And I like your pronunciation better. I just say pitta cafe vata. But you've got. That's okay.

As long as we're using the word and using the wisdom I'm cool with. However we say, let's say it again. So Daivari and you say so. Yeah, and so should.

That is actually one of those most revered herbs in the for women, because the name literally means she who possesses 100 husbands. So it's this herb that's saying it gives us vitality.

It gives us like this hormonal intelligence, and it gives us this resilience across all the different stages of our life, or reproductive resilience even.

And so in our video, we actually use it mainly on the US and the bits when we want to really pacify all that heat, that and that variability that happens in the season.

And so it's cooling, it's nourishing. It's also moisturizing. It creates moisture in the system wasting you could call it. And it really helps us when it comes to the menopause season because menopause brings this dryness, this heat, this depletion and knows how to replenish that.

And then pharmacologically, we know it has these phyto estrogenic compounds. And there's a lot of science on the benefits of it. And we know that it can help with reducing hot flashes.

We have science on that. We know it can help support the mucosal tissues, whether it's vaginal tissues, urinary or our digestive tissues, our leaky gut issues.

We struggle with all those things that dry up in menopause. And we know also that can help modulate the L and FSA ratios. And these are the hormones that spike dramatically in perimenopause and drive some of our most disruptive symptoms.

And so it gently supports our feedback loops. Qataris adaptogens. So I love the adaptogens because if we're stressed and anxious, they calm us down. If we're depressed and feeling the blues, they lift us up.

It's like a very natural thermostat in the system, going out there and supporting us. And then it also benefits when it comes to libido. It's very nourishing to what we call ojos.

Ojos is this vital essence of vitality, cellular vitality. And I can say from my own experience in premenopausal, we're like, where is my energy? Where's my brain? Where's the mood? I used to have?

I think I used to be more happy go lucky. And so anything that supports, oh, just in the system is going to support that mitochondrial reserve and really help us in the menopause transition.

And so in that t I put three types of C lychee and I think that's it. But that T to me is like a delicious daily support I take it because I'm a bit of fire and I need like cool calm mood support.

So I don't get like the perimenopause raging moods. And I also just helps balance the system. Adaptogens support. And then I created another one called Deep Sleep Tea because in our Veda there's herbs like ashwagandha, Brahmi, cardamom, I mean cardamom.

Most of us, I think, have it at home. Just incorporating cardamom into your sleep rituals will support better sleep. If you have some ashwagandha lying around, ashwagandha at night will benefit your sleep quality.

Just like so many of us are using magnesium or magnesium oil, ashwagandha is a great support as well, and so just looking at these different Vedic tools can be really powerful because each herb is powerful and then they have a synergistic effect when mixed together.

And so, so much of what I'm doing is the synergies of them. But I'm really passionate about how are we as women going to support ourselves, to feel the way we want to feel and have the help that we deserve so we can continue to do all the things that we're responsible for or committed to. So myself, I'm very committed to let's win it inflammation.

We know inflammation in the long run is this forest fire in our bodies causing damage. In my family, it shows up like diabetes, heart disease and then all the after effects after that.

So that's one. And then I focus a lot on sleep. I made a sleep t sleep gummy because I'm like, if we don't sleep well, we can't function at our highest level.

It doesn't work. And so I, I've created those. Then I created menopause T and vitamin D and different things. But

really just playing in the air of the sandbox.

The eye of the sandbox is amazing herbs and spices. And at the beginning I mentioned some simple ones like cinnamon. Cinnamon is great. It helps regulate blood sugar levels, helps if you have a sweet tooth.

So if you want to add cinnamon to your life, it can give you those benefits. We love cumin seeds. You mentioned cooking our vegetables in our Veda. If you're going to cook your vegetables, we always incorporate a little bit of cumin seeds that we heat up in our ghee.

Then we cook the food and that's going to help. It's going to help really digest the food. Ghee is quite a superfood, helps our short chain fatty acids helps with elevation of the gut.

Oh I love key. We I try to put a teaspoon of ghee on everything in everyone's life if I can, but everyone but know that's a big. That's what I remember being at my Air Vader teacher's house in Maine.

We were like doing an in-person teaching, and we were in the kitchen.

Gut Healing, Khichdi, and Closing Resources

And that was it was the ghee and then the herbs. So like that was the foundation and then the vegetables, but the foundation was the herbs we were putting into the ghee.

And so that's another thing. If everyone listening just starts to and like there's no right, like, you know, right or wrong way, like play around with what you love, find what works.

But it's such a it's just an easy switch and how you cook but with very like Eugene benefits. Yeah. I mean he has a high smoke point. So anytime you're using butter, olive oil, coconut oil or any of these things, grapeseed oil, you can substitute ghee.

And then anytime anyone calls me with gut issues I'm like, just add a spoon of ghee on top of the meal. I know it's so counterintuitive to add healthy fat, but we don't think he is a fat.

We think of it as this pure nectar that's going to go in there and heal whatever you need to heal. And so even myself, when I'm not well, like, that's it, I'm going to make khichdi, which is our favorite gut healing food.

Put a spoon of ghee on it and and I'll be fine. I know within a few hours. So I'm just all about like, what are those simple recipes and remedies that can support us?

Can you just quickly tell everyone what Kittery is for those who don't know? Yeah. So khichdi is a porridge from ancient RV that's part of the Indian culture as well.

You basically take basmati rice. We pronounce it basmati here in the white basmati. You got like the the New York accent bus body. There we go. And then you mix that with what is it?

Split. Split mung bean lentils, split lentils. And when you put that lentil and that rice together, we use a pressure cooker with a little bit of ghee and a little bit of salt. Cook it.

And then you can also heat it with a little bit of cumin seeds. And I have that recipe here in the book. Might I put my simple version in because I really want it to be the gut healing version. So you make this porridge.

It's really yummy. You can eat it all day long. You can add a spoon of ghee on it. Some people eat it with yogurt. Yogurt has a probiotic effect and I call that my gut reset day.

And I've done that many times. I did it last week. I was like, I need a gut reset day. I need my whole gut to heal itself and let me move on healthy. And so that's a very simple way to achieve the goal, but not do a full on water

fast.

Not all of us have the template to tolerate big water fast, and so this is a great alternative while it's still resetting the body, I love it. Well, unfortunately this happens a lot.

I'm like, we're out of time, I want to talk all day, but where can the ladies learn more? How do they get your book if they, you know, highly recommend reading her book, how to how to how do they make all that happen?

Sure. So my book, The Inflammation Code is on my website. My website is drshivani.com. So drshivani and I have the elemental Design quiz. I almost knocked my teacup over.

I have the Elemental Design quiz on my website and then the supplements and teas art fusionaryformulas.com Fusion ary? Because it's a fusion of East and West.

And I made a special code for your audience. Doctor stills will give them 15% off at future. My guests are so nice. Thank you, thank you. Yeah. So go check her out.

Go read her book. Go take the quiz. Like, just get on. You know, you don't have to go full blown our Vedic. But like these, you know, these pieces are just a beautiful.

Like I don't advertise as an Vedic doctor. I'm a natural doctor who has some training in Air Veda. But what I always find when I throw the air Vedic wisdom out, like in a consult, like women are always like wow.

Like it's just so wise and so elegant and it can be easy. And like we're putting in Sheridan in our clinic, which is the dripping of hot oil. Oh, good Abhiyan.

One of my best experiences in life was being in India doing Pancha Karma, which is their version of cleansing. And I had like full body. Sure. It was like they just I felt like I was a gluten free, grain free pancake and someone was just pouring the hot ghee all over me.

And it's like, that was definitely a highlight experience. So I just want to offer that to women and men here. But you know, great place to start is read her book and go take the quiz because you're you're dosa will inform you and it might give you some answers like everyone talks about genetics, but go find out your dosa.

It will give you a lot of good information as to why you are like this, or why you react like that. So thank you Shivani for just come in and infusing Ayurveda.

I feel like I can't can't do anything without making sure I representing our Veda. So thank you for doing such a beautiful job. Thank you for writing that book and putting that wisdom into the world in a, you know, ancient but modern, relatable way that women can can utilize it.

So all right, all my vada season ladies. Yeah. We will be back with another talk. So thank you for being here. Get to bed on time, eat that warm food, have some regularity and just some simple things you're going to.

You're going to see the beauty and the change. You're going to. You're going to reap the benefits. So for sure. Thank you for being here. Thank you. Thanks for having me.