Short Intro Video for Mimansa Longevity Transcript

(Transcripts are generated by AI and may contain errors)

Welcome and Mastermind Overview

Hi everyone and welcome to the Mimamsa Longevity Mastermind. This is the last of the series for the year. this is going to be a very exciting and important topic and it's on the pillars of longevity.

This is a recorded meeting. It's a mastermind series I've been doing for the last several months. And for those of you who want to catch up and see everything that was talked about, they are available on Substack and also on YouTube at the Mimosa Longevity YouTube site as well.

We have several people that have signed up for this webinar. For those who have had a chance to sign up, you will receive these in your email as And next year, I'm moving into a second version of this mastermind series starting in 2026. And it's going to start to include some protocols and recommendations that I haven't been able to make in this year's free offering.

Upcoming Membership and Access Options

That will be a membership-based master mind that is a close membership for the Mimansa community. So if you're interested in learning more about the individual protocols, what kinds of nutrients would be helpful for longevity, what to be looking out for.

That's a great way for those of you who are not currently living in California to have access to some of my information and protocols around longevity.

So I invite you to stay connected, join the newsletter, and you'll be receiving more information about that as well. And you can join by joining the sub stack as well.

So you'll be able to switch into the membership model for that in 2026. so today I'm going to be covering some very beautiful information. I've gathered over the years working with patients and I work specifically with patience in the age range of between 70 to 90. and gained a lot of knowledge and understanding about what keeps people healthy and active all the way through towards their end of life.

Longevity Framework and Personalized Prevention

And having a background in functional medicine and nutrition and longevity, I've really kind of honed in on some of the key characteristics for longevity.

It's how I often practice with patients, but it's also part of my longevity framework that I'll be introducing you to today. And at the end, we're going to talk about a special concierge offer that I have for those who are interested in signing up to evaluate their own longevity.

You can do so as well. Now's a great time at end of the year to make these investments in your health. Many people are looking for ways to improve their health and improve cognitive function, their bone health, muscle health.

There are some amazing techniques out there, great supplements, and ways of creating better longevity in your life, but what I've realized that matters the most is having the insight, the knowledge that's available so that you can tap into what does it look like under the hood in your own body?

And if you've been following along for the past few weeks, you'll know that the key to understanding our body is not just looking at the biomarkers that show up on the lab tests, in their blood or urine or serum, Because that's often too late when it comes to prevention and making a difference in your health.

So we want to, we're going to start to intervene before those changes show up in our blood and your salivary testing. and your urine testing. So we really want to start to do things preventatively.

And what I've discovered in working with patients over the years is that looking at your genomics can make a really big difference in understanding what your risks are And whether or not they're going to manifest in this particular life is gonna depend on what you do in terms of your lifestyle.

Practice Offerings and Concierge Programs

So we start to design customized programs for you that are based on your individual profile, your individuals genomics, and look and see what is starting to express itself, right?

When it shows up in the blood and the urine or in a symptom, it's now expressing itself from your genome. So, there's a very complicated system of genomics and microbiome that's available to us, but the answer to it is really pretty simple, and that is making custom decisions.

So making personalized decisions about your health. There's really no one-size-fits-all diet. It's not one size fits all, therapeutic even. And the way we're practicing medicine today is starting to look at personalization.

So the current clinical scenario is, starting, to, look, at individual customized treatments for things like cancer. But when it comes to individual well-being and living healthfully and avoiding that cancer, we're not quite doing the best that we can in the wellness side.

And so that's really why I created MIMONSA. What I'm doing in this program and this practice is helping people understand what's happening under the hood and creating preventative programs for people on a one-on-one basis.

So I invite you into the practice. It's based out of Los Angeles. If you are in an area in California, We can work together one-on-one. I can, uh, work as your physician.

But I also do offer a couple of programs, one which we ran, a segment of this last year, which was the Kosha Ayurvedic programs. That's available broadly for anyone who's interested in doing a wellness program with me and learning more about Ayureveda, Which is a natural approach to personalized medicine that's very ancient.

It's been around for thousands of years. And it is highly effective when it comes to prevention and rebalancing your circadian rhythm. So that was something I launched last fall for a cohort, and we'll be doing more of that next year as well.

That is an opportunity to stay connected and be involved outside of California. And in addition to that, I'll share with you today some of the concierge offerings that I have for more a VIP program around longevity that i'm launching.

So let's get started on today's program content, which is specifically around the topic of longevity.