



The Athena Wellness Podcast
Episode 039 – What is Ayurveda? with Victor Briere, A.D.
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Welcome to the Athena Wellness podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

Hello and welcome to Episode 39. Thank you so much for joining me. Our guest today is Victor Briere, who is an ayurvedic doctor and the co-founder of the International Institute of Ayurveda, which is both a clinic and an academy. It's there that he offers clients and teaches students, ayurvedic diagnostic techniques and health counseling.

Victor provides in depth individualized consultations aimed at identifying the underlying root causes of wellness imbalances. His support is aimed to restore the body to health and he emphasizes the importance of lifestyle and dietary balance. You can find out more about Victor at iiayurveda.com.

As you will soon hear, Victor has a calm, approachable manner, coupled with a deep knowledge and passion about a holistic approach to wellness. We cover a range of topics, including: what inspired him to become an ayurvedic doctor; the importance of getting to the root cause of wellness imbalances; the importance of helping clients



become more self reliant in optimizing their well-being; and the impact that fear has on the immune system.

We end this episode with our Dose of Inspiration segment, where Victor shares some of the things that are lighting him up these days. As always, I'll put links to those items and Victor's contact information in the show notes along with a special offer he's extending to the listeners of this podcast.

I came away from this conversation with a better understanding of ayurvedic medicine, and the importance of daily practices and being tuned into our inner wisdom to keep our bodies in their natural state - healthy and strong.

02:30 Kathy

Well, Dr. Victor, welcome to the Athena Wellness podcast. Thank you so much for joining us today.

02:40 Victor

Thank you for having me. It's a pleasure to be here.

02:43 Kathy

Please share a bit about who you are and what you do.

02:48 Victor

I'm an ayurvedic doctor. Ayurveda is a word that is growing in the United States. About 11 years ago when I started, it was like a-yur-what? No one knew what it was. But now you go into a Whole Foods and there are ayurvedic herbs all over the place, it's becoming a thing. So and I, of course, I'm biased, but to me, it's like, about time, right?



So ayurveda has been around for 8000 plus years. I mean, it's a very old system of healing. And it's basically a system of medicine that deals with the whole being. It talks about the categories of the body and your constitution, and so on and so forth. But at the end of the day, it's how do we get you, the living person, to live in balance with your own unique kind of set of needs and energies, so to speak.

03:45 Kathy

Excellent. Thank you. And what got you interested? What inspired you to become an ayurvedic doctor?

03:51 Victor

My yoga teacher did actually. So I had a health problem of my own when I was 18. It wasn't anything too crazy, just a back issue. And I grew up in Southern California with a very typical attitude towards health, which is, hopefully you're healthy. And if you get sick, you go to a doctor and hopefully the doctor can fix you. And if the doctor can't fix you, you see another doctor. And then you know, that kind of attitude.

So that's what I did. I said, Okay, well, time to go start seeing the doctor and that doctor couldn't fix me. And so then I went to another doctor and another specialist and an MRI, and EG and this and that. And eventually, after a year of all this, one of those doctors said, "Listen, I'm not going to send you to another specialist. Basically, you've got two choices. We don't know what's wrong with you. You can either do painkillers or you can get surgery."



And I wasn't going to do either of those things as a 19 year old guy. And so at the time, I didn't know what else to do. So I was like, okay, well, I better go looking now. And that's a very long story short.

Here's what led me to ayurveda and yoga as models of health... So I saw a yoga teacher who I did a private session with. And basically after a few weeks, I was fine.

05:16 Kathy

Had you ever done yoga before that? Like, were you interested in any of this stuff before that?

05:21 Victor

No, I mean, you know, maybe philosophically a little bit. Yeah. But really, no.

05:26 Kathy

So it was really a search.

05:28 Victor

Oh, yeah, it was a search. And you know, I didn't know what I was getting into. Some people are saying, "Oh, yeah, it's great." And other people are like, "Oh, that stuff doesn't work." And you know, the whole, who do you listen to, right? So at the end of the day, I listened to myself.

And it was great to heal my little back issue, that was great. But more than that, it just opened the doors to this world that I didn't even know really existed, that I could explore, and, frankly, kind of dispel a lot of the mythology around health that I was raised with. And that was a big deal for me. I said, "Well, if this is true, then what else is true?" And



maybe this isn't the only way to look at health where I just cross my fingers and hope I don't get sick.

06:10 Kathy

Right. So I'm trying to picture you as a 20 year old guy starting to get into this other stuff. You still have your friends, right?

06:17 Victor

Right.

06:19 Kathy

So it's almost like this divergence starts to happen, that you started to get interested in some of these other things, but you're still hanging out with your buddies. You're going to college, I'm guessing you had career plans? What's that like? Suddenly there's this whole new world that you weren't aware of?

06:37 Victor

Yeah, it was like, I mean, I'm from California, so it was like an earthquake. Yeah. So you know, there were definitely hard days where I was faced with having tough conversations with people. I'd had long standing relationships with friends in college. And I kind of did my college thing. And after I left college, I was still with friends from school and I started going a different path with my health. So I started changing my diet preventatively so that I didn't get sick in the future. I became a vegetarian. I stopped a bunch of other habits that college kids do. And it was amazing. A lot of friendships I had that I thought were friendships were basically they're just drinking buddies. And they fell away. And it wasn't like there was some big blow up or anything like that. They just stopped inviting me to things.



07:30 Kathy

You realize that they're not as entertaining when you're not drinking (laughs).

07:34 Victor

(Laughs) Yeah, exactly. So that was hard. But at the same time, on the other side of that, the people who really were genuinely my cohorts stuck around and it was no problem and they got it and even they made some changes themselves. So it kind of filtered out a lot of the stuff that wasn't in alignment with who I was and where I was going in my life.

And so I just kept going, kept going, kept going, kept going. And once I got over that initial, like, "Oh, no, am I gonna lose all my friends?" type of fear, which turned out not to be true, it was easy. From then on out, I just kind of stayed in my integrity and went for it. My career shifted. I started out in real estate after college and I was going to get a PhD in philosophy. I decided not to do that. And a lot of conversations with my mentor kind of led me to like, "Okay, what do I really want to do in this world?" And it was like, well, this is what I really want to do. But how do you make a living? And, you know, the questions that everyone faces? And it turns out that most of it was just fear. And I was able to do it all.

08:39 Kathy

So well, I tell you, you are blessed to do that at such a young age. It has taken some of us decades to be able to get to that point where you push past that fear and you do what you really want to do. So good for you for recognizing that at such an early age.

08:52 Victor



Yeah, I had a lot of help, a lot of help. I think that's crucial for anyone at any age.

08:57 Kathy

Yeah, absolutely. When I think about your practice, or what I understand of it, you can correct me if I'm wrong, what sets it apart from what we think about the conventional medical approach is investing the time to get to know your clients and the root cause of what's ailing them. So can you give an example and explain why that's so important when you start out with a new client?

09:24 Victor

Yeah, I mean, it's everything. When people ask me to give a few words to describe ayurveda, I say root cause - those two words. And I think it gets to the heart of it. So let's say I have a thyroid deficiency and I go to a doctor and I get blood work done, and it's like, "You have low thyroid numbers. Well, time to take a thyroid pill." That's what I would say is treating the symptom.

Ayurveda says, well, yeah, we need to get your thyroid to function better, but what's causing that problem? Is it food? Is it sleep? Is it a combination of food and sleep? Is it the perceptions you're taking in? Is it your stress levels? Is it your relationships, which everyone should put an earmark on. And most of the time, it's a combination in some shape, form or size of all of them that makes up our unique life.

And so ayurveda wants to dig into that world and say, "Okay, how are we going to entangle your personal healing." Not because I'm not just going to give you this pill that's prescribed for everyone with the thyroid, that's not going to happen in an ayurvedic consultation. So, of course, there are commonalities between us and motifs and themes and stuff like that. But when you get down to it with someone, you've got to



get into it with them personally. So that's why ayurvedic initial appointments are 45 minutes, not five. And you've got to explore all the areas of your life where these root causes are generating the pathology, as opposed to just what's the problem? Is there a quick fix? Yes or no? Let's do it.

11:10 Kathy

It's beyond the physical - you're taking everything in mind, body, spirit holistically.

11:16 Victor

Yeah, because our physical body is basically this expression of the physical plus our energetics and our mind and our way of living. Our physical body is very communicative, if you know its language.

11:34 Kathy

Yeah. And there's another element of your practice I really appreciate. And that's the goal of self-reliance for your clients, helping someone learn how to optimize their own well-being by connecting with their inner wisdom. And you've alluded to this a little bit in what we've just been talking about, but can you speak more to that - the importance of someone being able to recognize some of the causes, the root cause themselves?

12:01 Victor

Yeah, so a lot of times, that's where a consultation will start. Someone will come in and they'll say, "You know, I noticed this, or I noticed that, I noticed that whenever I... then x, y, z happens." And to me, that's a door that has cracked in their personal wisdom. And it's like, okay, let's open that door fully and really understand what this is, because that's going to be tied to this, and then that's going to be tied to something else.



And you can connect the dots or fill in the spiderweb or however, whatever your personal metaphor that you like to use is. And it's going to unlock all these connections for someone as to why they're experiencing something in their body that is being actually produced by almost always a lifestyle issue.

For better or worse, we have a lot more responsibility and creative power over our health than we like to think. And that's not to say that if you get diagnosed with cancer, it's your fault. But it is to say that, yeah, let's be honest - the things you do at 20, 30, 40 affect you when you're 50, 60, 70. So you've got to be aware of that, keep it and maintain your body in a helpful way to avoid a lot of future disease.

And that's where it really helps to get help. Because I think that a lot of people have an intuitive starting point. It could be the phrase, "You know, something's wrong, I don't know what it is, but something is wrong." Another thing is like, "You know, I just feel like, I feel like these things are connected and I can't find answers." Those kinds of things, it's always a really good starting point.

The only place I caution people is that when you're out of balance, the mind does really funky things. And a lot of times the mind masquerades as intuition. And that's when it really helps to have an extra set of eyes and ears. Because it's like, you know, "I really just feel like my body needs more protein. So it's time to go have a hamburger at nine o'clock at night." That is not intuition - that's a craving pulling you in a direction. So there's that game that we play with ourselves.

So I think we get a lot of intuitive starting points. But then it's tough to just navigate the waters alone, especially if you don't have experience in the health world.



14:31 Kathy

Is there some way to learn to discern that because I know you talk a lot about breathwork. Is it about calming? Is it about trying to hear the different voices of what might be ego, what might be wisdom? How does that work?

14:46 Victor

Yeah, in theory, it's all that. In practice, it tends to go the other way more often than not where we get really calm, or we think we're really calm relative to ourselves and then we get some kind of insight and maybe it does have a nugget of truth in it. But it's still the ego. Because we have layers of consciousness, we've got consciousness, we got subconsciousness, we got unconsciousness, and probably 30 layers in between all those. And things that we often think are our true voice, we later find out we're just another layer of our subconscious, which is fine.

I run my intuitive findings by people, multiple people, people who I trust, people who will tell me the truth, people who know me really well. I very rarely just hope that's my intuitive insight, going for it, regardless of what it is. Because we trick ourselves so frequently, especially when it comes to places where we have fear, like the health world, relationships, stuff like that.

15:55 Kathy

Can you give an example, and not to disclose any kind of patient information at all, you can make up a hypothetical example, of where you may have started in one place but in working through with the client, you wound up someplace else and really hit on what that root cause was? An example of how you need to navigate through some of those different layers of consciousness?



16:19 Victor

Yeah, sure. Here's a great example. A young lady in her 20s and she comes in for - I'm trying to remember as it was years ago now. The original reason she came in was for a digestive issue or something like that. That's why she sought me out. So we start talking and, you know, what do you eat on a day to day basis? So as I'm listening, she's the kind of person who would use that intuitive language. "I feel intuitively, I feel."

It turns out, as I'm listening, it's like, well, she has an eating disorder. You know, it's very clear, she's underweight, she's very obsessive about her food choices, everything's revolving around food, relationships are based around food. You know, all our emotions are tied into food.

So we start talking and she's bingeing and purging. So there's no point in talking about some herb I'm going to give her for a digestive issue if she's bingeing and purging, right? So that's the real issue. So then we start talking about that, why we're going down the rabbit hole. Well, of course, she came from a traumatic past, she had an abusive family life. And then beyond that, so why are we now responding to the past the way we are in this moment? And this sounds almost like therapy. But it's not, it's the Ayurvedic pathology of an illness.

And so when we eventually get to the root cause, which always comes down to like, why is she making the choices she's making now? Not the choices she had to make when she was 15. But the choices she's making now. Then we get into the realm of what can we change. What are we willing to change? And why or why not? That's really where the hard work comes in, but the rewarding work comes in. And that's where most people's health issues stem from. We all have stuff, maybe not that extreme. But we all have stuff that follows that same general pathology.



18:23 Kathy

Mm hmm. And it just reminded me of an old joke of somebody going to a doctor's office and the guy saying, "Give it to me straight, Doc, how long do I have to keep ignoring your advice?" (laughs)

Victor

(laughs)

Kathy

My follow up question to that is: the non-medical approach is more in line with my own belief system. So that would be a relief to me to hear, okay, we have to really look at your choices and why you're doing what you're doing. But I know that scares a lot of people.

18:54 Victor

Terrifying, yeah.

18:55 Kathy

So how do you keep your clients motivated through that process? Because it's not a quick fix, right?

19:01 Victor

No, it's not. I mean, there are some things that are quick fixes for sure and that's great. Most serious chronic disease is not a quick fix, but we seek that quick fix, we crave that quick fix, because we just want to go on with our life. But unfortunately, we have a relationship with this body that we have.



And that's kind of like saying to your spouse, "Just do what I say and let me go on with what I'm doing." That's not going to create a very good relationship. That's not really a relationship at all right?

So we have a relationship with our body. To go back to our young lady who is suffering from the eating disorder, if we dig in a little bit deeper, it's like okay, so which is very relevant to this, that moment of fear of change. So you know, your parents who were very abusive to you, you know why, during the course of the consultation, why do you keep spending so much time around them? Are you financially dependent on them? "Yes. And they owe it to me."

Okay, right. So now we get some vengeance, we get some, the darker side of ourselves that we don't like to look at, right? So there's a trade off going on, there's tolerating this abusive situation. And then there's a feeling of entitlement. And there's a feeling of fear of facing the world. And just like, "Will these people ever love me like they were supposed to?" - all that stuff is mixed in. And I'm not saying that anyone's right or wrong, or good or evil. It's everything - the parents, of course, shouldn't have abused her. But also, she's got her responsibility to play in it now that she's older and does have the ability to fly free, so to speak. So that's when the fear hits, right? It's like, "Well wait, if I stop eating what my mom cooks, I'm threatening that relationship. If I threaten that relationship, where am I going to get my income? Maybe I'll just live with my digestive issue."

20:59 Kathy

Hmmmm.



21:00 Victor

So that's where ayurveda gets tough, but that's where it gets real. And that's where when we make those changes, we get big rewards that we never even expected to get. Because those are the kinds of changes that really change more than we think they're gonna change. When we step beyond that fear.

21:15 Kathy

I'm sure it's incredibly rewarding to be able to see the folks that actually do get through that fire. What's amazing to me is that when you started by talking about your friends and being that mirror for them, and some chose to change and some kind of went their way, and now we're talking about the mirror to the self. Having to face: "This is what's really going on. Now, how do we address the issue?" That's intense.

21:43 Victor

It's very intense. And these ancient healing traditions all point toward that stuff. And one of the reasons Western medicine evolved the way it did is not because doctors are evil or anything like that. It's because the consumers of Western medicine demand certain things - "Give me a pill, I don't want to change. And if I'm not going to change my lifestyle, then the only option I have left is some pill and just keep me afloat until I die."

I wouldn't call that healing, I would call that maintenance. Healing is when you take that deeper journey into your own shadows, and into the parts you're responsible for knowing that you can't control everything. But whenever there's an illness, there's a responsibility present somewhere in that person's life.

22:27 Kathy



Mm hmm. Love that. Love it. We touched on fear quite a bit. And when I think back on this year, fear has been an overarching theme. Can you talk a bit about fear and the impact that it has on the immune system?

22:44 Victor

Oh, yeah. Great question. Glad you brought that up. I mean, it's more relevant than ever, like you said. So let's go into a little bit of physiology, just for context.

The idea that the mind and the body are separate, we should just take that ball it up and throw it out the window and never look at it again. They're completely integrated. There is a nerve called the vagus nerve and it's part of the autonomic nervous system. And it's the connection between your sense organs, your mind and your internal organs.

So it's a physical thing. Anything I see, hear, smell, taste, feel, that information runs through this nervous system and determines whether my environment is safe or threatening. Based on that assessment, my entire physiology changes dramatically.

So if I sit down to eat at a table and I'm stressed, I'm not going to digest that food - it doesn't matter what nutrients are inside that food. That is huge. Because in the West, we are hyper-focused on nutrients, which if you notice, there's a parallel between that and taking a pill. If you think about it, it's basically the same idea toward food that it is towards medicine.

Kathy

Interesting.

Victor



There's this thing outside of me and it doesn't have anything to do with me. And if I eat it, I'll be fine. That is not how it works. That's only half the equation. The other half the equation is us, our body. So depending on what state I'm in, when I eat, if I'm stressed, I'm not gonna digest the food. If I'm very calm and relaxed, I'll digest the food.

Fear sends you into your sympathetic nervous system, that's the stress nervous system. So if I perceive a threat, whether I watch the news, or literally there's a threat in front of me, or I even think that something might be threatening, I go into my sympathetic nervous system. And that nervous system, my body ramps up to either fight, flight, freeze, the defense mechanisms we all know, and get ready to deal with the threat in whatever way I'm going to deal with the threat in that state. I'm not healing. I'm not digesting. I'm not relaxing. I'm not rejuvenating. I'm not none of that. I am acting, I am protecting, I'm defensive. That's what fear puts us in. That's what fear is fear is saying, "Hey, there's a threat, mind the threat."

And it's perfectly healthy to have fear. The problem is we have too much fear, we have fear when there's really no threat. We have fear when we should feel safe. COVID, it's like, "Where is it? Where is it? You know, I'm afraid all the time I go into a store, am I going to die? Do I have to be alone for the rest of my life," right?

Because I'm isolated and that is a huge trigger. Disease just skyrockets when someone's isolated. Because our neurology is built in such that we are literally crafted to have social interaction. Everyone, every healthy person has a healthy social interface going on. So COVID, of course, does all that.



And I think that after the COVID tidal wave epidemic has ended, we're going to see a lot of health ramifications, not from COVID itself, from the loneliness, the isolation, all that stuff, because all that stuff is running through your nervous system constantly.

26:14 Kathy

The threat doesn't have to be real, just perceived, is that right?

26:16 Victor

Yeah, perceived. Actually, there's a lot of evidence, and I personally agree with it because I verify it in my clinic and with myself, that actually the perception is more impactful than the reality most of the time.

What I mean by that is, there are many times where, let's say, someone is a genuine support, they're genuinely trying to help me in a real way that will positively impact my life for real. That actually does less for me than someone who I just think will help me, if that makes sense.

26:51 Kathy

It does, I've never heard that.

26:52 Victor

Yeah. Yeah, it's trippy. So you know, if someone knocks on your door and is like, "Hey, I'll sit with you, I'll help you change your life, I'll do all that stuff." And for real, they mean it, but they just are kind of saying it normally and you say, "Not interested." But then someone comes up and they're full of hot air. And they've got all the bells and whistles, and "I'll give you this supplement and that supplement. And look how colorful my shirt is.



And, you know, I'll do it all for \$9.99." You know, that thing? And it's like, "Oh, yeah, help me." Yeah, that's how marketing works.

27:29 Kathy

Yeah, it lights up all the different areas in your brain, right?

27:32 Victor

Yeah, perceived help, at least temporarily. You feel all great inside. And then we make decisions based on those feelings. But really, it was the guy just standing there saying, "Yeah, I'll help you out and meaning it?" Who was the better choice, actually?

27:47 Kathy

Great. Is there anything that you would like to share? Any parting thoughts before we get into our last segment here?

27:55 Victor

Yeah, there's so much you can do. And it's really, I know, it sounds scary. But it's really not all that scary. Once you get into it, you know, when you really take the dive, it's like, oh, I was actually terrified of that. You know, my spouse was gonna leave me if I stopped drinking alcohol, for example. And I'm not saying that never happens. But on the whole, it doesn't. You know, there's a lot in between before the fear comes in gets us, you know, and that's all stuff that can be worked with.

So I just encourage people, you can create your health, you really can. And don't let fear stop you from starting that journey. Because it's super rewarding. I mean, if we don't have our health, all our other dreams, we can pretty much kiss goodbye for the most part.



28:41 Kathy

Well said, very good.

Our listeners love learning about our guests, especially new things to explore and what keeps them inspired. So we like to wrap up with a couple of standard questions on what's keeping you lit up these days. So what have you read or listened to lately that you've enjoyed?

29:02 Victor

There are a few things. So Stephen Porges wrote *The Polyvagal Theory*. He wrote what's called the *Pocket Guide to The Polyvagal Theory*, which is much more palatable. And that's all about the vagus nerve and the autonomic nervous system. I mean, that completely is life changing.

Esther Perel is a relationship counselor who really gets down to the realities of relationship, which is one of the pillars of health, according to ayurveda, is how we have relationship. And she just, she's interested in the truth and then sharing. She's not shy about saying certain things and all that. So I think she's really inspiring.

29:46 Kathy

She's very accessible,

29:47 Victor

Very accessible, yeah. And so I appreciate her for that. Those are really inspiring things.

29:56 Kathy



Excellent, very good. And I'll put links to all of these in the show notes. What new thing or experience are you looking forward to trying?

30:04 Victor

Well, I'm opening up an ayurvedic school.

30:06 Kathy

Wow, good for you!

30:07 Victor

Yeah, yeah. So I've been teaching for a while, but I'm going to a different octave and doing certification programs for ayurvedic training and all that. So any listener wants to learn ayurveda, come check us out.

30:23 Kathy

That's wonderful. I'll put a link to the academy.

30:27 Victor

The International Institute of Ayurveda..

30:32 Kathy

And then as we're coming out of the pandemic here, envision your perfect road trip, where do you go, what do you do?

30:41 Victor

My perfect road trip is flying over to Italy and driving all across Italy.



30:51 Kathy

Nice, beautiful. What has you're feeling inspired these days, what's lighting you up?

30:58 Victor

You know, personally, there's been a facet of ayurveda I've been exploring, which is the difference between masculine medicine and feminine medicine. The two approaches, we could do a whole podcast on that, and how it relates to the three primary causes of disease, according to ayurveda, which are the misuse of the senses, going against our own wisdom or intuition, and time are the three primary causes. Which is actually a very beautiful description of how that works.

And then masculine medicine is very direct and penetrating and feminine medicine is much more space creating and fluid and stuff like that. And how to use both in conjunction with each other to get effects. And that's been really inspiring to explore that.

For example, here's a good case. So let's say I'm in a consultation and I can tell there's some fear present and someone's beating around the bush about the real issue. A masculine approach is going to be, "Stop beating around the bush, what's really going on? And how are we going to deal with it now?" Right? That takes the time component out of the equation, which is one of the primary causes of disease, the progression of time, allowing time to exist.

So well, that might be like, "Ooh, ouch, harsh," you know, or even like, "Ah," you know, too direct. But there's a compassion behind it, because it's like, "No, if I let you sit here and just meander around, your disease is marching forward in time." So that's a masculine approach.



The feminine approach is much more like, "Let's open this whole thing up to exploration. Tell me all your feelings, don't leave any stone unturned." To create a lot of space to explore.

And then how that translates into therapies, Ayurvedic therapies. A masculine approach would be using very intense penetrating herbs, right? Like we do a nasal administration in ayurveda that just like, man, it just hits to get like an effect really fast and really intensely, which should only be used in certain contexts. A feminine approach is going to be doing, you know, hours of therapies that get someone in their parasympathetic nervous system so that they can finally relax. And finally, their body can start a long term rejuvenation process, and you're using oils, and you're going slow and methodical, and there's no harsh anything. That would be much more feminine.

33:33 Kathy

Oh, fascinating stuff. And then the last question, what has you optimistic about the future?

33:41 Victor

I do think people are waking up to like, "Hey, taking a pill doesn't work. I end up needing a pill for my pill." And so I think people are really waking up to that. And that's great, because it will change the face of Western medicine. It'll change the face of how we do healing in the West. And it's time. And, you know, what gives me hope is that people are going to really wake up to the fact that we really need to stop just eating meat. Every second we get literally. I'm not saying that there isn't a time and a place to eat meat. It's in ayurveda, too. There are certain diseases that you use meat to heal, but, you know,



four or five times a day is just destroying the environment and everything. And it's just, it's gone way beyond hunter gatherer, right? It's so far beyond that.

34:35 Kathy

Yeah, wonderful. And then what's the best way for our listeners to get in touch? You mentioned the name of your website, but if you can give the info again, I'll post links as well.

34:44 Victor

Yeah. Easy to reach me, iiayurveda.com. And anyone who comes, if they want to type in your name in an email, then I'm happy to give them a free talk on their vedic constitution. Please do that instead of taking all of the online quizzes, because the online quiz is going to end up telling you what your imbalance is, not what your balanced state is. And you don't want to perpetuate your imbalance. So happy to do that and connect with people.

35:17 Kathy

Okay, that's wonderful. I'll put that in the notes as well.

Well, I really appreciate such a lovely conversation. Thank you so much for explaining what you do and its impact and I hope our listeners will reach out and have a consultation. That'd be wonderful. Thank you so much for your time.

35:36 Victor

Thanks, Kathy. Appreciate it.



Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

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Until next time, be well!