



The Athena Wellness Podcast

Episode 058 – How to Keep Your Immune System Strong with Joe Rich and

Victor Briere, A.D.

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00:05

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 58. Thanks so much for joining me for the shortened Wellness Wednesday episode, a little midweek boost to help keep your Warrior Vibe high.

Today I'm joined, once again, by Victor Briere and Joe Rich, co-founders of the International Institute of Ayurveda. In this conversation excerpt, Joe, who was once an epidemiologist for the CDC, shares his thoughts on how to keep our immune system strong with a holistic Eastern mindset and approach, while balancing it with Western medicine used briefly for specific needs.

Links to the Institute's website, Victor and Joe's email, and the excellent documentary they mentioned in Episode 57 called *Ayurveda: Art of Being*, are included in the show notes. And now on to the show. I hope you enjoy the conversation.



Kathy

Can you speak to some of the things that people might be able to do in times like this? So there's a big push by your old CDC and there are other folks that would rather be more natural. So what's your view on how we can best protect ourselves in these times to be able to serve broader humanity?

01:52 Joe

Yeah, well, okay, so there's a perfect combination, you asked the perfect question. Ayurveda's got a ton of ways to get the immune system boosted, right, without using any kind of drugs or anything, which, in the long run, hurt your kidneys and liver and stuff like that. Yoga's the same, especially, you know, I can speak to Kundalini yoga, we have specific sets for specific organs, specific immune systems, all that kind of stuff.

I would say, in general, you better keep your aura strong to keep, you know, just to keep out unwanted energies and to keep your own energies contained. Because it's such a demanding time you can run yourself down, Fatigue is always the killer. Fatigue destroys the immune system and then down you go.

So anything that causes fatigue, so just too much work, not enough sleep and/or stress - stress being the big one. Because if you're sleeping or eating and you're in stress, you're not sleeping or eating. And so you're in trouble.

02:51

And that's going to wear down your immune system, it's going to open you up to these bacterias and viruses that are going to come in abundance because we have a warming planet that's terribly out of balance.



But with all that said, I have had the vaccine. And I would definitely, if you get it... because, you know this time it was a virus. And viruses are much harder to deal with. They're much more sophisticated and much more intelligent.

But that doesn't mean that we're not going to get nailed with some bacterial infections, too, that can get ramped up into communities, families and stuff like that. So I mean, if they had an antibiotic and I had an acute infection, I would certainly take it. But I don't want to be on antibiotics for a long time because then you destroy your ability to digest. And so now you've created another problem. And you're gonna, of course, all of it is not good for your liver and kidneys.

So short doses, short amounts of things to get over an acute situation where if you don't do something, you're going to die within three days, five days, absolutely use Western medicine. But in the long run for long term health, once you're done with the antibiotics, you better restore your digestion, your bacteria that's in your gut and everything.

04:09

And that's what Ayurveda is really great at. So then you can combine the two very easily. They're not opposed to one another. And nutrition, I mean, come on, everybody in this day and age, everybody knows that nutrition is important.

Getting away from animal proteins is a good idea. You do not need the protein that everybody thinks you do, that is a misnomer. So chill out on the protein. And just know that a plant based-diet is definitely, has been almost proven now. I mean...

Kathy

Well, you're living proof. How many years? Forty?



Joe

I've been 40 years vegan, yeah.

Victor

And you've never been emaciated even once!

Everyone

(Laughs)

Joe

I'm 6'1 and weigh 180 pounds - not emaciated!

05:07 Kathy

Wonderful, wonderful. Alright, gentlemen, I really enjoyed the conversation. I can't thank you enough for joining me. It is much appreciated.

Joe

Thank you. Thanks for having us.

05:17 Victor

Thanks, Kathy.

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.

If you'd like to access the show notes, have a question you'd like addressed on a future episode or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!