



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. John Douliard 1

**DR. KEESHA EWERS:** Welcome back to the Women's Vitality Summit: Caring for Yourself, Body and Soul, this is Dr. Keesha Ewers as your host, very excited to interview Dr. John Douliard for the session today.

Dr. John is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine. He's the creator of LifeSpa.com which is the leading Ayurvedic health and wellness resource on the web. Lifespa.com is evolving the way Ayurveda is understood around the world, with over 700 articles and videos proving ancient wisdom with modern science.

Dr. John is the former director of Player Development for the NBA Nets team, author of six books, with another one on the way, a repeat guest on the Doctor Oz show, and featured in Women's Magazine, Huffington Post, Yoga Journal, and dozens of other publications. Welcome to the Summit, Dr. Douliard, I'm very glad to have you on.

**DR. JOHN DOULLIARD:** Thank you Keesha. It's great to be here.

**DR. KEESHA:** I always start with coming back to the word vitality as we start this discussion, and of course, vitality is the life force that infuses each of us. It's our dazzle, our sparkle, and Ayurvedic wisdom has some different words for that. I would love you to talk about how Ayurveda sees vitality, as opposed to how conventional medicine in the West sees it.

**DR. JOHN DOULLIARD:** Well, it's interesting. From the Western perspective, vitality is energy, and you have enough energy to work 80 hours a week – that's the kind of vitality we think of.

If we need a little vitality we can go to the local gas station and buy a bottle of Red Bull or a cup of coffee, or dark chocolate, or a mocha, or a green tea. We have many ways, healthy and non-healthy, to inject ourselves with energy that we don't really have. When we do that we inevitably go into debt. When you borrow money, you've got to pay it back at some point.

We find our culture is very much about constantly searching for more energy so we can do more stuff. People go into 'debt' – everybody's heard the term adrenal exhaustion. As a result of adrenal exhaustion, we have no energy and we get run down. The immune system gets compromised, and many, many bad things begin to happen in the body.

The Ayurvedic perspective of vitality isn't about delivering energy so you can do more stuff. It's about delivering a state of overall health and well-being; an inner sense of calm that gives you the ability to handle stress more effortlessly.

One of my favorite analogies I wrote about in my first book *Body, Mind and Sport* – which was an exercise book on how to be active and calm at the same time, and not burn yourself out in exercise – was what they call the hurricane effect: the bigger the eye of the hurricane, the more powerful the wind.

So if we can create this ability to be more calm, which we don't do in our culture at all, it supports the ability to be engaged in more vigorous and dynamic activity without being exhausted or stressed out about by it. Just living in the winds of the hurricane – dodging refrigerators or tree trunks that are flying around, getting hammered by stress regularly, and recovering from that stress. Invariably you are going to get knocked out by a tree trunk, or something is going to take you out.

Stress will exhaust us, or deplete us, and we can handle it. There is a limit to the stress we can endure. If you're living from, and functioning from this center, this eye, this calm, then everything changes. Then you create real, deep, true levels of vitality.

In my first book we talked about it as "My best race is my easiest race" where Billie Jean King, who did the foreword to that book, said "I would transport myself to a place of total peace and calm, beyond the turmoil of the court." That's really the goal of Ayurveda. Not to say "Okay, now you've got to calm down, and not do so much, and not accomplish so much."

This human body we have is unlimited in its potential. But to get it, we keep hammering it, and pushing ourselves into stress, and recovery, and injecting ourselves with Red Bull, and things. We're going to burn out and wear out, and predispose us to our underlying genetic weak links down the road. We don't want to do that.

Living a really healthy second half of your life is really, really, great. The key is to be calm, and then function from that calm to the eye of the hurricane, and support the winds of a very dynamic, very mature, very functional, very productive hurricane.

**DR. KEESHA:** It's interesting with the hurricane analogy. Our listeners have been hearing me say this, and I love what you're saying, because if a colleague refers a patient to me, let's say, and I open the chart and the recommendation given to this patient who is sitting in front of me is "reduce your stress" – that's something we hear all the time.

That is simply not possible for a lot of people. They might have a special needs child, they might have caregiving things that they're doing, they may have a demanding job where they're working in a stressful environment.

I don't believe that in today's world it's possible to be stress free, and in fact it's bad for you not to have some stress. We know that about our physiology, we have to have some.

But the eye of the hurricane, the way that you're putting this, is so important for people to hear, because it's how you are in the face of stress, remaining calm and living with that increased vitality. Is that what you're saying?

**DR. JOHN DOULLIARD:** That's totally true, because the idea is we want to support stress preventative techniques, as opposed to stress reduction techniques. Our world is full of all these ways to reduce stress, but you can go broke and have no time in the day left if you're just doing stress reduction techniques. Basically that means that I've got to first incur stress, and then I got to shovel it out!

But if you're living in the eye of the hurricane, what about strategies that are, what I call stress prevention?

Like you said and you're absolutely right – we're going to have to be under some stress in our lives, but it's whether it takes you out. Is it water off a duck's back, or is it exhausting and depleting you? We all have stress, but how you handle it is the key.

Ayurveda's definition of vitality is really based on the ability to handle stress like water off a duck's back.

**DR. KEESHA:** Beautiful. So I usually ask each of the experts that come on the Summit what they see as some of the largest drainers of vitality for women of our era. What would you say to that?

**DR. JOHN DOULLIARD:** Oh boy. I think women in this modern culture have been dealt a really overwhelming hand, a superhuman hand. They have to have babies – just like delivering babies should be enough for their life. That should be like "Okay, now you can rest for the rest of your life because that was an incredible thing you just did." We have six children. I've watched my wife do that six times. You can retire now. It's just overwhelming to watch that.

Secondly, they have to cook, and they have to clean, and they have to take the kids to soccer, and they have their job, and their profession, and their career. Women are the hub of the family. They are the communicators of the family. They are the glue that keeps the family together, and they have this incredible role, this awesome overwhelming capacity.

But even women burn out and can't handle it. I feel like we've asked them to do too much. I feel like that load needs to be shared between men and women, or partners, or whatever. I'm not just talking about raising a family. Women in careers, they burn out as well.

We just pushed them too hard, I think that's the most important piece of the puzzle. They're just being asked – and they answer the call – to do more than is humanly possible.

Again, to live in the eye of the hurricane, so you have the ability to do everything you want to do, and possibly even then some, including fun stuff that you enjoy doing, not just being beat up all day long, go home, sleep, wake up, do it again, and then hopefully have recovery time on the weekends. How many of us just live for the weekends? But a lot of moms who have kids, on the weekends they're not off! They've got to go to a soccer tournament, go to a dance recital or another thing. It just never ends.

One of the strategies we'll talk about is how we can create this eye of the hurricane. And the vitality I'm talking about is actually defined in Ayurveda as a substance, called ojas, is a physical expression of our own eye of the hurricane, our own consciousness, our own silence. It is the source of our vitality, the source of our immunity, the source of our longevity. If you push your body into extreme action on a regular basis, you deplete, burn out, and exhaust your ojas.

There are many strategies that Ayurveda talked about thousands and thousands of years ago that support ojas and vitality. I wrote a little shtick on my website. It says "Proving ancient practices with modern science" and there are many really wonderful practices to build our vitality, and ojas, and immunity that were talked about thousands of years ago and that have really good science behind them today.

So it's just really cool to see that. There seems to be a never-ending amount of articles that I write about the ancient wisdom now being proved by modern science, and it's fascinating – ojas being one of them.

**DR. KEESHA:** I have said over and over again, I think it's one of the most exciting times ever to be in medicine because of this. It's as if modern culture is finally catching up to ancient culture, indicating that time is not linear.

We could dive down a rabbit hole on this, but it does bring it back around again and have a different way of proving, in the scientific way, through genomics. Genetic science is indicating that we do have bio-individuality, something that was talked about thousands of years ago, with the idea that personalization of your interventions to balance your body is essential, not just something that would be nice, but essential.

Let's talk about that: how do we personalize and make this so that each woman who is listening to this – who then, as you and I know both know, will spread this to partners, children, friends, aunts, uncles, parents, because it's always the woman who does that – how does she find what's right for her type?

**DR. JOHN DOULLIARD:** I think there are a couple of things. We talk about some specific ways to build ojas. Maybe we can do some general things first, and then talk about the individual Ayurvedic body types, which are unique but intimate. There are tweaks on the bigger picture.

Ayurveda has two definitions. First 'ayur' means life and 'veda' means science – so the science of life, how to live in harmony and sync with the natural cycles of nature.

But there's a second definition that is actually more profound, which is 'ayur' meaning life and 'veda' meaning truth (or true knowledge). So it's the truth of your life.

So Ayurveda is about a system that is to bring your body into balance, live in harmony with the natural cycles so you become more still, more calm, naturally create the eye of the hurricane so you function from that place. Now you begin to function from your truth, let the true version of yourself out. That's really the goal of Ayurvedic medicine.

We create personalities and behavioral patterns as young children to be safe and secure, to get mom and dad to love us so we don't get eaten by lions. We have evolved to have a need for survival, a need for approval, a need to be loved, that's what's kept us here on the planet.

That need to be loved and approved of continues into adulthood, unless you make transformational efforts to change it – to stop needing love, and to start to being love. That's what Ayurveda is really about; techniques to say "Hey, it's time for me to let the more delicate, more powerful, more vulnerable version of myself out, to let the delicate petals of my flower open and let the truth of me be out there." To project that on the screen versus projecting old, protective patterns of behavior on the screen that you had to create as a young child, that we're still projecting on the screen as adults, but that simply don't serve us any longer.

How much energy do we put into wanting people to like us, hoping they think our job is good, our car is good, our house is good, our kitchen is clean, that my friends like me, my coworkers like me, approve of me? We put so much energy into the way we dress and do these things. Not that those things are bad, but they can be out of bounds in comparison to me just being me, letting the truth of me out, not thinking that my happiness, and my survival comes from getting a reward, a return on the investment of approval that was hard-wired in my body, in my mind, as a child.

But I'm still projecting that same program on the screen as an adult. I'm still playing the same role in this crazy movie that I did as a kid, as an adult. Time to change role and play the role you were meant to play on this planet, and that's to be you. And that is Veda.

Veda is truth, and it means to let the truth of you out.

How do we do that? Remember the first definition of Ayurveda, the science of life, living in sync with the natural cycles – let's look at the circadian rhythms for a second. Scientific America is now recently saying that circadian medicine is the future, it will revolutionize medicine as we know it.

You know Keesha, circadian medicine is Ayurveda 101. The first class you take in Ayurveda is learning how to live in sync with the natural cycles and natural seasons. There are circadian clocks in every single cell of your body that connect us to the light/dark cycles, and the seasonal cycles. Science has shown that human beings, in many cases, have lost the ability to hear the rhythms of nature. Our genes are not listening to the circadian rhythms of nature.

The very first primitive cell that they discovered – billions of years old – had a circadian rhythm connection to the light/dark cycle. This is, like, how we got here, knowing light and dark, knowing nighttime is coming and preparing for that, and adjusting and adapting to that. We are now, as human beings, not able to connect with those roots anymore. Is that the reason whales are being beached?

We have lost that connection, and researchers are saying that this is the future, and will revolutionize medicine, will get us back in track and back in sync. So something that I think is so important for all of us – women for sure – is for us to realize what those golden circadian rules are, and how do we entrain our rhythms back into nature again? Maybe that's a great place for us to dig in.

**DR. KEESHA:** Beautiful, because, as you already said, the microcosm of the macrocosm of the universe is within us. We are love. We don't need to be asking for love. We are light. We are dark. We are all of this, and by being in sync with nature, we don't have to work hard to discover that. It just naturally unfolds like you said "the petals of a flower". So that's very beautifully put. So how do women get in touch with this then?

**DR. JOHN DOULLIARD:** Well, the circadian cycles are daily cycles, seasonal cycles, and monthly cycles. So just to give you an overview of daily cycles. We have good science now that suggests that the body digests much better in the middle of the day than it does at night. We have good science to suggest that when you eat late at night, the body just doesn't digest well. So making sure you take time to eat a really big, relaxing meal, is really critically important – that's in the middle of the day.

Try not to eat huge amounts of food at night. I understand with a family that can be very difficult, so there are ways to navigate that. You can have a lighter breakfast, a bigger lunch – the best you can – and then a lighter supper. I always have a big lunch. Then I come home – I have six kids – we sit down and we have dinner together. I'm not pigging out and having a massive dinner. We always try to have the dinner earlier, the best that we can.

Here's a really cool tip. I wrote an article about this and it hasn't even come out yet. A new study just came out saying that if you can actually fast for 13 hours of your day, there's a significant reduction in breast cancer risk, particularly for women, and they're only beginning to discover more benefits, and immune benefits from that.

I was so fascinated by this science when I was a kid. I would say we had supper at 5:30pm and the kitchen was closed at 6:00pm. We'd wake up at 7:00am and have breakfast – that's 13 hours of our day passing with no food.

Can you make sure that every day you have 13 hours of your day with no food? It's easier said than done, but not too difficult. It may force you to eat earlier, have breakfast a little later, and once your blood sugar gets stable and you're burning fat, which is the body's natural source of long lasting fuel, you slowly are able to get the body to make longer trips and not have to eat so much that you're not eating six or seven meals a day.

You begin to do what our genetics thrive on, which is to have food, and then nothing for a long period of time, and then cells live longer. Mitochondria make more energy when we don't feed them so much. We're hard-wired to thrive in times of famine, when food wasn't around.

It's only very recently in our genetic time clock that we actually have so much food available to us all the time. It's like a brand new thing. We have no genetics for this. We're eating way too much food.

One survey said Americans – Westerners – eat 100% of the food that they need, and then they go and eat an extra 100% of the food that they don't actually need. We're eating 100% more food than we actually need, and that, of course, is where all the problems lie.

Then they did studies on what is called calorie restriction where if you take 20-30% less of the extra 100% that you're eating, you're still eating 70% more than you need. Magical things happen in your health: you lose weight, cardiovascular risk goes down, blood sugar goes down, all kinds of benefits happen when you just stop eating so much food.

But because we've been fed really nutrient vacuous foods that don't deliver nutrition, our digestion has weakened over time, and we're so stressed out which plows through our

digestive system, many of us really can't get the energy from our food, and deliver that energy and that vitality we want. So we go and we reach for these injections along the way.

The whole point of Ayurveda is to reset your ability to be a really good fat-burner, which is the stable, calm source of fuel. That was the only way you were going to make it through a famine was by being a good fat-burner. So if you have breakfast and nothing until lunch, lunch and nothing until supper, supper and nothing until breakfast, you force the body to burn fat.

If that lunch can be bigger, and supper earlier, and breakfast a little bit later, so you get your 13 hours, that is a massively powerful golden rule to bring your weight back into balance, to bring health back into balance, vitality back into balance. Now from 6:00pm to 7:00am you force the body to burn fat. When you burn fat, you have energy galore, no lack. You burn your fat, you don't store your fat.

This is the problem with our culture. Fat is stable fuel, calm fuel, sleep-through-the-night fuel, it helps you sleep better. It also is the mood stabilizing fuel.

Think of the top three problems people have: (1) they can't sleep, (2) they're depressed, (3) they're overweight. If you burn fat, you solve all those problems. How do you do that?

You get the body to eat breakfast, lunch, supper and go to bed. No snacks, early supper, little-later breakfast, bigger lunch, and that is the golden rule.

I actually did a study on this in my three-season diet book – my second book. It's about 25 people who did that and we measured their anxiety, depression, fatigue, cravings, exhaustion, insomnia. After just two weeks of doing it – three meals a day – they were all significantly improved. They lost 1.2 pounds per week for the entire two month study.

We saw improvement in anxiety, depression, cravings, fatigues, exhaustion – everything changed, and these are the simple, and the most powerful things that Ayurveda can provide for us. That's just one little piece of the circadian puzzle.

**DR. KEESHA:** I read a study a couple of years ago that actually indicated 16 hours of fasting would help reduce endothelial inflammation to reduce the risk of heart disease. So this science has been coming out for quite a few years about intermittent fasting – 16 hours, 13 hours, 12 hours – but the point being, what you're saying and what Ayurveda has said, is only eat what you can fit in your hand, and allow your digestive fire to rebuild itself again.

If you can think of it in that way, that your digestive fire has to rebuild again. If you keep throwing stuff down on top of it, then it's never going to be strong enough to digest and you're going to be shuttling everything into fat storage, like you said.

Those are really good points. And what you're talking about, of course, leads to, as you said, these three things that affected the women in your study. Women often come in to see people like us and say "I think I have a hormone imbalance."

Well, fats are what your body uses to make hormones, so if you're not producing things properly and things aren't shuttling where they're supposed to go, and your body is trying to rob Peter to pay Paul, then you're not going to be having a proper hormone balance, right?

**DR. JOHN DOULLIARD:** Yes, absolutely. I wrote an article, it's one of our most popular articles, called "It Might Not Be Hormonal" and the reason I wrote that article was because many of the women that I would see, that would come in with menstrual concerns, or depression, or PMS-type related issues, the issue or the real problem was not hormonal. This is really important for women to understand.

As a matter of fact, I had a patient this morning who I think was just fascinating, and I'll tell you about what she experienced. She had a history of childhood eczema, and adult eczema. Right before her menstrual cycle she would get severely ravenous, just ravenous, she would eat anything – dark chocolate, greasy fried food – she just wanted junk food galore before her cycle. Then her cycle was extremely crampy, and extremely heavy, and extremely problematic.

**DR. KEESHA:** So she should probably just suppress her hormones entirely – her menstrual cycle – and not have one, right?

**DR. JOHN DOULLIARD:** Right! Sure, there's a pill for that.

**DR. KEESHA:** There's a pill for that! Sorry, I have to be flippant about this, because this is what traditional medicine is offering right now for that.

**DR. JOHN DOULLIARD:** Right. So she went to her medical doctor because she had really high stress.

When you're under a lot of stress, the adrenals will use progesterone, which is a precursor to stress hormones, and it'll use testosterone, which is a precursor to stress hormones, as a new supply of fuel for the adrenals to make more energy. We can 'borrow more money, pay off more debt', or at least drive the body into more states of exhaustion.

So what they would just give you is progesterone, like the magic bullet in terms of bringing your hormones back into balance. But if you remember, the reason why the body's progesterone levels are low is because the adrenals took it all due to being so stressed out.

When you're under a lot of stress, the adrenals – the lymphatic system – can't drain very well. So – follow with me on this, this is really fascinating – she had a situation where she was ravenous before her meals.

We know the lymphatic system delivers fats as fuel for your in-between meal energy. These are collecting ducts that collect fat off your entire intestinal tract to deliver energy for you. Now, we also know that 14 days prior to menstruation, the reproductive system is draining waste fluid pre-menstrually into these same lymphatic channels.

So you have a situation where, prior to menstruation, she feels her breasts are swelling and tender, she breaks out on her face, she's bloating, she feels like she's gaining more weight, has a whole lot of PMS.

What's happening is this pre-menstrual lymphatic drainage would be dumping into the lymphatic system – into an already congested system – and pushing waste into the breast tissue (which is very predominantly lymph), out through the skin (there's a skin-associated lymphatic tissue, a dumping ground for toxic lymph to get out of the body), and bloating (extra weight around the belly is the gut associated lymph swelling), and all these lymphs swelled like crazy.

This is the cool part – the ability for her to deliver fats into the body as in-between meal energy, through those lymphatic channels right before the cycle, those fats were blocked. There were no fats being delivered to the brain for energy.

The brain, prior to the cycle, pulls down the menu and said “Hey, I haven't had my lymphatic fat feed, my fuel for my triglycerides for my lymphatic system, for a couple of days now, I'm running out of fuel here.” Brain says “Give me chocolate, greasy fried food, comfort food” which is why she was ravenous, insatiable.

A lot of women have these experiences and don't understand what's really happening, but that's exactly what's happening.

What you want to do is you want to decongest the lymphatic system that drains the reproductive system, and drains the intestinal tract. That lymphatic system that's congested is directly linked to the aging process, and that is why, when she finally did have a menstrual cycle, it was so crampy, and so heavy, because there was no ability for her to pre-detoxify it through menstrual fluid prior to the cycle.

So prior to the cycle, the body has a way of detoxifying as you're ovulating and getting ready to have menstrual flow, so the flow is not so overwhelming.

But if there's no lymphatic drainage, the flow will be overwhelming, crampy and heavy. All the energy in your head will go south to support the menstrual flow, and you'll have nothing upstairs. You'll feel anxious, tired, lethargic, and that's due to this overwhelming depletion of reproductive vitality, as well as the inability for the vitality, the fats, to deliver to the brain and the body for energy through the lymphatic system because it's congested. This all starts, actually, inside the intestinal tract.

So in the article *It Might Not Be Hormonal*, the herb we would give them is called manjistha. It's a herb used for lymphatic decongestion. For years I've been giving women this herb prior to their cycle, or throughout the month, a little more prior to their cycle and I'd say about 80 % of the time, these menstrual problems would disappear.

After watching this for 10-20 years, I finally wrote the article *It Might Not Be Hormonal* and it may just be the lymphatic congestion, the drains are clogged, and that's why the hormones might be out of whack because the body can't get the waste out. Open the drains, let the body's waste out, all of the sudden the body heals itself. Often you don't even have to do hormones at all, or you give a little precursor herbal support for the body to make it's own hormones, and you're right back in the game.

**DR. KEESHA:** It's so important for women to hear this. I do have a two-part question here.

I just want to interject first – there's a fellow by the name of Sydney Singer-Ross, who did some research on breast cancer. His wife was also a medical doctor and both of them were anthropologists. What they found was that cultures that weren't wearing bras the way that we do were not getting the rates of breast cancer. He started thinking and it tied back to lymphatic system and the ability for your lymph system to be able to drain.

As you said, this is the dumping place, this is the hose that we've got to get rid of everything through, and if you're kinking off the hose, of course it's building up. Of course, toxins love fat tissue, and where do women have a ton of fat tissue? A lot of times it's in their breasts.

So, if you're kinking up the lymphatic system around your breast tissue, you're keeping everything contained in there. So one of the things I challenged my followers, many years ago, was to let the girls go free. This idea that you have to wear a bra at night, or you're going to sag, is a fallacy. It's just simply not true. There's scientific evidence that actually says that's not true.

Look at demographics around the world and it will indicate that this bra thing that we have developed is not that great for us as women. There are easier and more comfortable ways to support your breast tissue without having to have wires and tight, tight straps. That's what I wanted to interject because I just think it's important for women to hear.

The Genie Bra, Kubi Bra, all these different types of soft bras that won't kink that off that hose – this is really important.

The second part to that, Dr. John, is what happens if a woman says "I'm so sick of these symptoms" – and this is what I see all the time, women come to me after they've done this for several years. "I'm going to go see my OBGYN, and my OBGYN is going to probably give me something to suppress this whole thing."

So what happens down the road if you're just doing the symptom management of the woman that you saw today, instead of really getting into the root cause and fixing it?

**DR. JOHN DOULLIARD:** Well, the really cool thing about the human body is that it's super resilient, and it will heal at any time. If you have to go on bioidentical HRT, hormone replacement, for a little while to bring your symptoms back into balance, it's not a big deal, as long as at some point we create an exit strategy.

The studies are pretty clear that the risks of HRT happen when you're on long-term use of birth control, or long-term use of HRT. But I think, for a short term, to bring the body back in balance, I don't have any problem.

I look at medicine in three different buffet categories. You have Ayurvedic medicine, similar to Chinese medicine; it helps to bring the body back into balance so the body can heal itself.

Then you have a naturopathic functional medicine – the kind of medicine system which uses natural agents; natural laxatives, bioidentical hormones, digestive enzymes and things like that, to do the digesting and the hormonal balancing job for the body

Then there's Western medicine, which does the job for the body at any cost, and often saves your life.

There are times when you don't want to use Western medicine and you want to use Ayurvedic medicine first, and it makes sense to me. First thing we do, let's see if we can get this body back in balance and let's see if we can get the body to do the job itself.

Then maybe you need a little nudge from some naturopathic function, some bioidentical hormone support, or maybe you actually need some Western medicine to really intervene here, to get through some severe endometriosis or something like that.

But the point is that we have a buffet, and I think what you're doing and what I do on my website is try to educate people how to use these tools so they get the best care that they need. There's nothing wrong with Western medicine, and there's nothing wrong with naturopathic or functional medicine, or Ayurvedic medicine. They all are a part of the whole care package.

**DR. KEESHA:** Let me clarify, because I absolutely agree with you, and I prescribe bioidentical hormone replacement when it's appropriate, after doing testing.

I'm talking about the woman who is getting her symptoms suppressed over a long period of time and not having the testing done to see what's going on, or someone that does pulse diagnosis, or just stays on that, and then comes in and says "I'm ready to have a baby. I've been trying for a year, and I can't get pregnant."

This suppression of the menstrual cycle over years and years and years does have an effect, and it will take a while for that reproductive tissue layer...

**DR. JOHN DOULLIARD:** Oh, you're talking about menstrual cycle suppression. Is that what you're talking about?

**DR. KEESHA:** Yes, that's what I'm saying. Not HRT and getting yourself so you can sleep at night and you're not soaking your bed with sweat. No, no, no, no, not talking about that.

**DR. JOHN DOULLIARD:** Well, that's a circadian rhythm, and when you mess with Mother Nature, anybody with a rational mind would realize that there's something really wrong with that whole idea of kind of blocking our connection to a really powerful lunar cycle that women are so deeply connected to. I think that just doesn't make any sense.

That's where Western medicine goes a little bit crazy, know what I mean? Invariably, 10, 15 years later we find out that we didn't know that these hormones had this effect.

Studies were done in Europe 10-15 years ago and they're only beginning to surface now, that HRT has some issues. Birth control is shouted out as the healthiest and safest drug on the planet, but really, truly, it's not. Short term, yes, it's okay, but long term, you always want to be thinking of an exit strategy: How do I get myself back into balance where my body can do this itself? We've been doing it for millions of years, we can pull it off.



Women's Vitality Summit - September 2016 – Dr. Keesha Ewers interviews Dr. John Doulliard 14

**DR. KEESHA:** I love that term exit strategy. I've written prescriptions for antidepressants if someone has had suicidal ideation, but there's always an exit strategy in place: Now here's how we're going to get this back on even ground again so that your neurotransmitters can synapse properly, you can manufacture them the way you're supposed to, and figure out what happened with creating a hole in the bottom of your boat in the first place.

I like that term and the idea of having an exit always when you're trying to get someone out of the fire and get them back up on stable ground again so that they can find balance.

**DR. JOHN DOULLIARD:** Yeah, for sure.

**DR. KEESHA:** So, what other things would you like women to know about rejuvenating and replenishing their vitality levels? You do have a really wonderful detoxification program that I think you're offering as a free bonus to the listeners of this Summit, correct?

**DR. JOHN DOULLIARD:** Yeah, for the listeners of the Summit, we're actually offering two free gifts. The first is our free e-book which is called The Short Home Cleanse and it's four day detoxifying Ayurvedic cleansing technique that's a digestive reset as well.

Interesting story about this: I got a call a couple years ago from Woman's World magazine, and they said "Hey John, do you have a detox we could use?" I said "Sure, you can go online and download the free e-book The Short Home Cleanse, and they did it.

I got a call a year later, and they said "We want to do a fact-checking interview with you" and I'm thinking what for? They said "Well we had 40 people do your cleanse and they lost 10 pounds, 12 pounds, they were raving about it, it was phenomenal. So we're going to a feature story on The Short Home Cleanse."

So that is the gift that I'm going to give you guys for free: The Short Home Cleanse e-book which you can download. We'll have a link somewhere for that. It's just a four day easy digestive reset, fat burning cleanse, that gets your body naturally and Ayurvedically back to digesting fat as your primary source of fuel.

Once you digest fat, you sleep through the night, you lose weight, you handle stress better, like water off a duck's back. Burning fat is the first step to vitality and building your ojas.

We're also giving you a preview of my new book coming out this summer called Eat Wheat. It has over 600 scientific references proving the wheat may have been found

guilty without a fair trial, the same way we found cholesterol guilty without a fair trial 60 years ago. Which, by the way, completely screwed up our diet and we probably wouldn't even be having this conversation today if they didn't take fat out of our diet in 1961.

So I wrote a book called *Eat Wheat*, about how to navigate around wheat and eat really good bread, and reboot your digestive system. We're giving you a free preview of that book, and those first couple of chapters are my favorite chapters, so I think you're really going to love that. So, those are the two free gifts that we're giving to the listeners to the Summit.

**DR. KEESHA:** Wonderful, and those links will be on your speaker's page on the Women's Vitality Summit website. You have your own speaker's page and those links are there so people can download that and find you.

We'll have a link to your website, and people will be able to reference the hundreds of articles and videos that you have living on your website, that really help educate about all of the places that Ayurveda is useful. I don't think there's one in your life where it's not useful.

It's the science of life. It's like I always say, it's the owner's manual for you that you didn't have stapled to your thigh when you were born, that we all wish we had.

**DR. JOHN DOULLIARD:** Right, so true.

**DR. KEESHA:** We all wanted that – I have four children – we all wanted that as parents too, right? “Where's the owner's manual that goes with this child?” So I think Ayurveda's really wonderful for this because it helps in all aspects of life.

Dr. Douliard, thank you so much for sharing your wisdom in this short period of time, and for being so generous with access to it for all of our listeners in the future.

**DR. JOHN DOULLIARD:** My pleasure. It's been really, really a pleasure. Thank you so much for having me, I really appreciate it.

**DR. KEESHA:** Remember, everybody to live, laugh, love, and keep learning, and be the most fabulous version of yourself, and until next time.