



Women's Vitality Summit – September 2016 – Dr.Keesha interviews Peter Bowes 1

DR. KEESHA EWERS: Welcome to the Woman's Vitality Summit: Caring for Yourself Body and Soul; this is Dr. Keesha Ewers and I am very honored and blessed to be interviewing Peter Bowes for this session and we're going to be talking about Ayurveda and herbology and some of the herbs that we use within the Ayurvedic spectrum. Peter's been studying and practicing Ayurveda for over 30 years. His many travels to India put him in touch with scholars, Ayurvedic practitioners, and a culture based on these ancient principles. He originally began his studies of Vedic literature in their original Sanskrit text, and his own awareness and keen interest in Ayurveda has led to the development of Tattva's Herbs. In 1999, Peter started Tattva's Herbs with one goal: to provide the absolute highest quality Ayurvedic and related health supplements without compromise. A commitment to that end means that all products are cultivated on eco-friendly farms without the use of any chemicals, pesticides, or preservatives. In addition, all products are certified cruelty-free, vegan, and, whenever possible, certified organic, and we're going to get into talking about why this is so incredibly important as you work with herbs. Welcome to the Summit, Peter, I'm excited to have you on.

PETER BOWES: Thank you so much, Keesha, it's great to be on with you.

DR. KEESHA: So, as we talk about herbs and Ayurveda, I want to-- your talk today is in great company with Dr. John Douillard and John Immel and Dr. Christine Horner and Michael Mastro, and we've talked a bit about the Vedas and Vedic science and Ayurveda, and I want to do a quick overview, again, of what Ayurveda is and bring that as part of your story into the beginning of your talk, Peter. So, why don't you tell us a little bit about that?

PETER BOWES: Sure, I'd love to. As they say in Hindi, "Accha," which means hello, it means goodbye, [chuckles] it means-- yes, let's talk about that; accha, with the head nod. So, let's talk a little bit about-- just, basically for your listeners, I'm trying-- and it sounds like they've already got some context around Ayurveda, but I'm trying to lend, maybe, my perspective to that--

DR. KEESHA: Yes.

PETER BOWES: And my introduction to that. Ayurveda is part of a much broader foundational, conceptual philosophy sedanta of theology, and that is generally thought to be Eastern in nature, but it's actually found throughout the world. Those ideas, that sedanta, initially was known as un-authored sounds, so these un-authored sounds are what's considered to be the basis of this material universe. The original un-authored sound is, of course, the Omkar - which, I think, many of your listeners may be familiar with - the idea of the Gayatri Mantra, beginning with Om. All mantras generally begin with the seed of Om or Kleem, et cetera. So, this un-authored sounds are referred to, even in the Bible, as, "In the beginning, there was the word," so, the word is, 'mantra,' Omkar.

The idea is that these sounds, there's really no origin to them, although in Eastern philosophy, again, we named them as the original four Vedas, emanating from this original Omkar of Rama, but the reality is there's no specific personality identified with the Vedas. From this original four Vedic literatures came supplemental Vedic literatures - the Upanishads and the Pranas, et cetera, which began my interest in Ayurveda, actually not 30 years ago, but 40 years ago; I studied Sanskrit for a long time much longer than I've studied-- I don't know, I've studied Ayurveda for 20 years and studied the original Vedas for 40. These original four Vedas became what we know, and one of these original four Vedas became a component of that original four Veda - became known as the Ayurveda - and that Ayurveda was commented upon and that comment is known as the Charaka Samhita, and, of course, there's other Samhitas, which simply means treatise. So, these treatises - the Charaka Shamhita - has some 8,000 verses, and these are sort of the basis of Ayurveda. So, I just wanted to lend some context so that people understand this is not a vacuum that we're dealing in and it comes from a very rich tradition. I hope that makes a little bit of sense, Keesha.

DR. KEESHA: Absolutely. So, when we talk about Ayurveda, we're talking about a very old philosophy that says that every human is not the same, and when we start working with herbs, then we're talking about balancing our innate nature and when we have a symptom that shows up such as extra congestion, a cough or a fever or weight gain or fatigue, any of the things that are biofeedback from our bodies telling us that we're out of balance, we can use herbs to help as some of the lifestyle measures that we take to put us back in balance. But, there was a study that was done several years ago that keeps getting rolled out again and again and again talking about the danger of Ayurvedic herbs, and the study went into general drug stores, discount stores, and took Ayurvedic herbs that were being sold off of the shelves, took a look at them and found that a lot of them had toxicity and heavy metals in them, and also didn't match what was on the label.

This has happened when people - independent researches - take any kind of herb off of the shelf in Costco and other discount stores. When it comes to herbs and supplements, this is a real interesting subject, because a lot of people will say, "Oh, well, supplements aren't regulated, and therefore they're dangerous," if they read that article, but, in fact, what the takeaway on that is that you really do get what you pay for and that you have to be cognizant of where things are sourced and quality control, and what the company is doing in order to ensure that quality. So, I wanted to talk a little bit about that to start us off, about what Tattva's does to maintain that quality, because we use your products in our clinic, and I'm a stickler for quality; this is really, really important to me, and so when a study's done that takes really cheap herbs off of the shelves that are filled with toxicity and then says, "Well, all Ayurvedic herbs are bad for you," we need to unfold that a little bit and talk about it.

PETER BOWES: You know, that's a critical point, and it's become even more exacerbated with the advent of Amazon.com. Amazon.com has taken so much marketure - they're so large that they've taken probably 40-50% of the marketure off of, say, my website or your clinic or

Aayurherb.com, et cetera - so, Amazon is just simply a goliath, and that's a good thing, because people like the delivery, they can trust it, they know they're not going to get ripped off when they pay Amazon, et cetera, so there's so many pluses to Amazon, and they deserve it; they built a better mousetrap, so people come to the mousetrap.

The downside to that, especially in a confusing-- it's fine if Amazon's selling the Mercedes S Class over here, versus the BMW 5 Series over here; it's pretty clear what you're getting, right? But when you're selling a product called Curcumin - that your listener may have heard is good for arthritis, good for Alzheimer's, good for cancers, et cetera - just type in the word 'curcumin' and you'll be bombarded with, literally - and no exaggeration, here - more than a thousand brands of curcumin, and the tendency in human nature is to try to get more - like you said, you get what you pay for - the tendency is to get just the opposite: to get a great deal. So, that tendency is exploited by many unscrupulous providers of not just Ayurvedic herbs, but herbs in general, and using Amazon is forum, so it's really disheartening to folks like me who - and I'm up on Amazon, just by dint of Amazon's power - but for people who-- it's an incredibly tricky concept, the idea of an extract versus a whole herb versus a raw herb. Why is one better and what is an extract? I mean--

DR. KEESHA: Well, let's talk about that. What's the difference?

PETER BOWES: Anybody even heard of the word extract prior to this conversation? I doubt it. And extract really is a methodology by which Ayurveda and or the food industry tries to lock in the Shakti - the Prana, the potency - of the herb for longer than its intended shelf life [chuckles]. So, in a perfect world, 5,000 years ago in the Ayurvedic village of India that existed prior to the advent of Kali Yuga, there were small farming villages and there'd be A doctor there picking the herbs on a specific night, saying certain mantras, and delivering those herbs within a specific time frame - a week, or maybe two weeks - generally in combination to their patients. Those herbs would contain what's known as Prana - the life force - what is an herb? You know, why is turmeric good, why is ginger good, why is tulsi good?

These herbs actually take the energy from the sun and transform it, so they take the light from the sun and through God's gifts to us are able to transform that energy into different healing modalities for different doshas, as you describe. So, turmeric may be good for a specific dosha - for Kapha and Vata, but might be heating for Pitta, right? So, turmeric's great, or it might be considered tridoshic - so many herbs are considered tridoshic - or, you know, if it's given in too high doses with other things like Pipli or Bioperine - which is a standard these days - it might be harmful. 5,000 years ago it was delivered and through what's called the Sampradaya Disciplic Succession in such a way as that you could trust the person who was delivering it. Today, it's being delivered via Amazon and Bartell's and Walgreens, so what's a person to do?

DR. KEESHA: Well, I think find the best quality that they can and set those intentions that it's going to do what it says it's going to do inside their own body and get their own body ready to receive it. So, what are some of the different-- I know that extractions are done differently, and that's another thing: just like what we're talking about with quality of herbs, you can also talk about quality of extractions, and if it says extract on it, that doesn't necessarily mean from one bottle of turmeric to another that it's going to be the same quality, so talk a little bit about that.

PETER BOWES: Yeah, I want to talk a little bit about that, but prior to talking a little bit about extractions and the different modality or technologies for extracts, I want to go back to the idea of a raw herb versus an extract. Why is one better than the other? And there's many companies - many, many popular companies, well-known companies - in the United States that simply sell whole herbal-- raw herbs; very large companies, very popular companies. So, why is that a bad thing? Why is that not a good thing? It sounds good, doesn't it?

DR. KEESHA: Sure.

PETER BOWES: Yeah. The problem with it is that when you extract that live product from Mother Earth on day A, [chuckles] right? It's like extracting-- it's like harvesting a tomato, right? Or a mango from the tree, or an apple. So, there's a certain shelf life to that - what I'll refer to as Shakti, as opposed to Prana - but the life essence of that plant. I mean, how long is a mango going to be good for? A week? 10 days? If they treat it with preservatives, and it's a genetically modified Monsanto, maybe a month [chuckles]. So, the point is that the herb or the live food has a shelf life. The problem is these herbs are grown in India. They're generally grown in South India - some herbs are specific to Northern India like Amalaki or the Arjuna tree, which is very good for cardiac support, et cetera. So, herbs are grown in different parts of India and Southeast Asia and turmeric, by the way, is available in Costa Rica. New Chapter, which use the technology that we use - supercritical extraction - got all of their turmeric from Costa Rica. So, my point is there's a shelf life from the time you extract that herb and - no pun intended - from the time you pick that herb; the time you harvest the herb to the time it goes into your mouth, some six, eight, twelve months later, you pick it off the shelf at Whole Foods, right?

So, that Prana, that life force, has-- if it hasn't completely extended itself, it's certainly limited in its potency, therefore - Ayurveda understood this 5,000 years ago, and processed the modern-day extraction called Decoctions: they would cook down herbs and try to extract the essence of the herb and lock it in, such that it would be available to you one year from now five years, and in the case of Chyawanprash, they would make Chawanprash and bury it for 50 or 100 years [laughs.] It was considered the elixir of the gods, like summeras, you know, if they could find Chyawanprash buried over 100 years, and that's because of the potency of [ghi? 18:14] to preserve it, but that's an extreme example. The point I hope your listeners can take from this is that you're dealing with a raw food here, you're not dealing with a chemical, you're not dealing

with some synthetic product - the pharmaceutical - you're dealing with Mother Nature, so, how to preserve that? That's the necessity for the extraction process.

DR. KEESHA: Right? And then the ways that extraction is done.

PETER BOWES: So, the ways that extraction are done is also critical. First of all, you need to understand that when you're shopping for an herb, you need to look at the label, [laughs] just as if you're shopping at Whole Foods or you're shopping at Safeway, you need to look at the label: is it organic, what does it mean, who's talking to you, who are you buying it from, et cetera, just as you buy anything else. In the herbal world, there's raw herbs and there's extracts: if you're out there looking for Triphala or turmeric or whole-leaf basil, et cetera, you need to look at the label. Is it an extract or is it not an extract and who's the company representing it and what's the reputation and what's the price point? Et cetera.

You need to be a discerning customer, that's all. So, herbal extracts have certain shelf life and herbal products, in general, have a shelf life, herbal extracts, in general, don't really have a shelf life - I mean, it might be five years, et cetera. So, the different technologies involved in extraction get a little bit-- it might be-- well, I'll just go through them: they're water extraction, they're ethanol extractions, there's ethanol, there's alcohol extractions. So those-- let's just stick with those three. Those three will extract a specific component from a plant, which is the water soluble or hydro component of the plant, and every plant, every herbal plant - actually, everything in life - has two components: one is water and one is fat - or hydro and lipids. The problem with hydro extraction and ethanol extraction and ethanol extraction and alcohol extraction is that they only go for-- they only will extract that specific water soluble component of the herb, and you completely miss the fat soluble - the lipid soluble - component of the herbs, and I think that might be best explained if we talk about turmeric or curcumin.

DR. KEESHA: All right, so let's talk about curcumin. Curcumin is one of my very favorite herbs.

PETER BOWES: Yeah, so curcumin really put Ayurveda on the map. When I started this business in 1999, there was probably four other companies [laughs] in the country, one I think was Maharishi - they pretty much owned the market -and I think Banyan was out there, but most of the companies were like Dabur and Bodhi and Himalayan - great companies, of course, and large companies, but they were coming into the American market - so there was a dozen, or less than a dozen companies. So, I came in and I said, "Hey, I'm not quite sure I really am sold on the performance of these herbs, let me try to do a little bit better," so that was my focus in 1999 and 2000. So I came in and offered what, at that point, was a better product for a number of different reasons, but the main reason is that-- let's go back to the study that was done at MD Anderson.

I think around 2004 was a five-year double blind clinical study at MD Anderson Cancer Center - which is one of the most prestigious cancer centers in the United States - by Dr. Aggarwal, and he's an oncologist and he wanted to present an alternative to chemotherapy, and he was approached by a large company in India to use their product - generally, that's how studies are funded. So, that particular study was funded by a large company - a very large company - in India that produced a product that was simply a water ethanol extract without the lipid component of it - without the fat soluble component of it - because at that time, the technology was too expensive; the CO₂ or supercritical technology, which extracts the lipid component, or the fat soluble component. So, the study basically was funded at MD Anderson by a prestigious doctor there and the results were shocking; they just were off the charts, and Dr. Aggarwal presented them to his peers and then to the world - I mean, he was on Larry King and Oprah, if Oprah was around back then, I don't know - he was everywhere.

So, he put curcumin on the map, he put turmeric on the map in terms of cancer, so everyone was flocking - all the cancer folks who were open to alternative modalities were flocking - to turmeric. That was great, that's a good thing, generally, I think we would all agree. There's the upside, I mean, his study showed that there was very little cancers that were not responsive to curcumin in a Petri dish or in animal studies, although he didn't take it to the next level, because it was not funded - it was not fundable, or not approved by the FDA. There was really no money in it for the pharmaceuticals, so it didn't get to the next level, but that's a separate issue. The real issue is that there was a legitimate clinical study that was presented by a legitimate institution that showed that curcumin had the ability to negate, at the very least, huge carcinogenic effects in almost every cancer that he looked at, so that was big news. That was 10 years ago. So, the big news was there, right?

The downside to that, which was not advertised, was that you had a product that was almost a pharmaceutical; you had taken the turmeric plant and you extracted it with alcohol, ethanol, and possibly one or two other substances, and you got to 75% curcumin, which is just a specific slice of the plant; curcumin is just one little component of the plant. They think that curcumin is this really big heavy-lifter, and it may be, to a certain extent, in the fight against cancer, but it's like slicing a pie; it's like taking a 360-degree circle and slicing out 10% of that 360 degrees, and the way they do that is they have to use harmful chemical components, specifically acetone and or hexane or n-hexane to go from 75 to 95%. You simply can't extract-- you can't concentrate curcumin from 75-95 without using these harmful residues - they're actually carcinogenic products.

These hexanes have been used - even the pharmaceutical - hexanes and acetones have been used in the pharmaceutical industry, and the FDA knows about it, and in a very controversial pinion, the FDA chose to not regulate it. So, when you see disclaimers by the FDA around heavy metals, which hit the general American Medical Association probably five years ago, heavy metals like arsenic and various heavy metals found in Mother Nature that the FDA and the Journal of



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American Medical Society took to task, they don't mention the residue left from hexanes and acetones, which are the real issues. [laughs]

DR. KEESHA: Yeah, they are.

PETER BOWES: Yeah. Does that make sense? Am I going too fast?

DR. KEESHA: No, not at all. I think this is a really important thing for people to hear, and it isn't something that's widely talked about, and so this is great.

PETER BOWES: So, this is a big-- what I call the-- I don't know, I mean, it's difficult for me to talk like this, but it's just human nature to tend to cut corners and make money; it's just a fact of life. And I don't like-- I don't mind that, I mean, I understand that propensity in humans, and I acknowledge it - it's just parts of who we are; the tendency to cheat, if you will - but I really don't like it when people use Ayurveda [laughs] to cut corners and profit from, because Ayurveda, as we discussed-- and this is why I wanted to lend some context, and where my passion comes from.

Ayurveda's a very sacred text. It's coming directly from what we call the transcendental world - it's essentially the word of Vishnu and Krishna, I mean, these are sacred, sacred texts that should not be used in such a way as one profits from them. [laughs] So, it's really considered an apradh, or an offense to misuse these things. And it's not limited to Ayurveda, I mean, you've had nonsense gurus coming over here for 100 years now and making money on Indian philosophy, so it's certainly not limited to Ayurveda, but I was in a position to try to limit that, so that's why I started Tattva's Herbs. That's sort of the essence of Tattva's Herbs: to not cheat on the back of Ayurveda.

DR. KEESHA: Wonderful. So, let's talk about some of the herbs that you carry and what they do. We've got some serious problems out in the world right now, like with Lyme.

PETER BOWES: Yep, but I want to stay with turmeric for one second, if I may.

DR. KEESHA: [laughs] All right, stay with turmeric.

PETER BOWES: Are we running out of time? We got about three minutes left?

DR. KEESHA: I just want to make sure that we cover some of these-- that people will be able to hear about some of your amazing other things.

PETER BOWES: No, I know, but we haven't gotten to the punch line on the turmeric, and the point I--

DR. KEESHA: [laughs] Go for it.

PETER BOWES: Go for it. The punch line on the turmeric is that it's available in a non-toxic form via the supercritical carbon dioxide CO₂ extraction method. So, we can use CO₂ to extract the plant - the turmerones - which allow the curcumin to be absorbed by the liver, otherwise, you're with the other product called Bioperine or Pipli. Oh, does your product have Bioperine or Pipli in it? Oh my god, then I don't want it. Bioperine or Pipli is so heating to the liver, it actually tricks the liver into saying, "Oh, I recognize this 95%" nonsense. It's really actually damaging to the product, and there's no bioavailability; if you look at the graphs and the spikes, it's hardly available in the bloodstream for more than an hour.

So, it's really limited in its efficacy, these 95% products, and it's everywhere: it's a two billion-dollar industry in the United States alone. Everybody is buying 95% curcumin. [laughs] Our point is - and you'll see it in other companies such as New Chapter and Gaia, they're using supercritical extraction - there might be one or two other companies - they do CO₂ extraction and we do CO₂ extraction, and as a result of the CO₂ extracts, we get a component called turmerones. Turmerones are as efficacious as the curcuminoids, but they're fat-soluble. This is why they tell you to take-- you know, the product that you're buying, put it in coconut oil so there's some fat in it so the liver knows what to do with it, because there's no fat-soluble component in the capsule. So, we offer a product via CO₂ extraction called-- we call it Turmeric Curcumin, but it actually has both turmeric and curcumin that are bioavailable to the body. So, we do one extract of CO₂ and then we do a second extract of water and we give you 55% turmerones and 75% curcumin and it's completely bioavailable, I mean, we can show it to you on our graphs and videos on our site, et cetera.

So, the point is, there's a way to offer this product in a way that the body can accept it and acknowledge it, and in a way that Mother Nature almost designed it; it's a holist herb product. If you look at standard turmeric pulled from the ground, you'll see 3 - 4% curcumin only. 3 - 4%.

DR. KEESHA: Well, and just to be clear, in the studies that are done on a lot of these herbs - and we can use curcumin as an example for the oncology experiments - it is a gigantic pile of turmeric - if you were able to pull it from the ground - that you would be ingesting, and this carbon dioxide extraction process is making it so you don't have to do-- and you can't take enough in your cooking for it to make the kind of difference that's done in the science experiments that are then written up.

PETER BOWES: Right, you're talking about extraction ratios. So, you'll see an extracting ratio on a non- CO₂ product like-- I won't name any companies, but just pick anything off the wall and you'll see 95% turmeric and you'll see it's a 20:1 extraction ratio, or 25:1 extraction ratio. Pull our product off the shelf and you'll see 15 or 20 milligrams at a 250:1 extraction ratio. It takes us

250 kilos to make 1 kilo of CO₂ extract. It's an incredibly expensive process, and that's why companies simply don't do it. That's really the kicker. I mean, it's just an expensive-- and it's expensive and it's time consuming, and quite honestly, not very many companies have the ability to do it. I simply, through my 40 years in India, made really, really-- I was very lucky and made really good friends with really smart people and really great farmers in India, and engineers who knew how to do CO₂ extraction. I'm just lucky in that way, so I'm able to offer it to the world, although the world doesn't really know who I am. [laughs]

DR. KEESHA: They do now.

PETER BOWES: They do now. [laughs] Anyway, that's enough about curcumin, let's move on if we have any time left.

DR. KEESHA: Yeah, we have a little, tiny bit of time, and I want to mention the efficacy of Neem for Lyme, because Dr. Jay Davidson talked about Lyme disease in this summit and I want to offer this Ayurvedic perspective and this wonderful, very underutilized herb called Neem.

PETER BOWES: Oh, yeah. So, the Neem comes from the Neem tree in India. The Neem tree in India is called the village pharmacy; they're literally-- the Neem leaf is used generally, the Neem seed is used for Neem oil, the Neem leaf is used generally in terms of treating Lyme disease, or it's also used for colon - there's many studies on colon cancer and Neem. We're using it in conjunction with turmeric and Oolong now. Neem is absolutely the number one underrated herb in the world. I mean, in my opinion, Neem should be up there with turmeric, sharing the spotlight with turmeric, but nobody's talked about it; nobody understands the incredible saattvic value of Neem.

We have seen Neem, just personally, we've seen Neem - we being Tattva's Herbs - have seen Neem take people from completely debilitated positions of being wheelchair bound with having had Lyme disease four or five years, treated them over 90-120 days with high doses of Neem and then lower, lower, lower, and then sustained on Neem, and completely is Lyme-free - are Lyme symptom-free. Symptom-free. I have not seen a case where we have not been able to do that, and to add some punch to that, we private label to the largest Lyme disease guru, if you will, in the world. He speaks both in the United States and Germany and around the world, and he buys our Neem product [laughs] for the last seven years. You can detox people, you can get rid of their heavy metals, you can rebuild their immune system, but you gotta get rid of the Neem-- I mean, the Lyme. And Neem is unbel-- it's almost identical to Tetracycline under the microscope. Any time you think of an antibiotic, reach for Neem, because it will act as if it's an antibiotic without destroying your immune system. It's really, I mean, I offer my dandavats to the Neem tree; it's just wonderful. So, that's my pitch on Neem. Do I have any time for anything else?

DR. KEESHA: Yes. I want to talk about Capomo. It's one of my very favorite products on the planet, and living in Seattle - the land of Starbucks - coffee gets in the way of me trying to help people heal their adrenal glands, trying to get their inflammation down, helping them eat breakfast in the morning - where they're having breakfast instead of coffee - and so I'm always switching people over from coffee to Capomo, because - and I'm going to let you talk more about Capomo here - Capomo has got antioxidants in it, it's alkalizing, it doesn't have that acidity piece to it, so when I'm trying to help people get rid of a yeast overgrowth in the gut or a bacterial overgrowth in the gut or parasites, all of which love acid environments, coffee feeds those environments, Capomo doesn't. So, I want you to talk about Capomo, because this is a great product that I love.

PETER BOWES: So, Capomo is the only product that I'd ever introduced to the marketplace that's not from India. [laughs] I, actually, was very-- again, I'm-- for some reason, I'm misfortunate in this way: I was-- we vacation in Mexico in a small town called San Pancho, which is north of Puerto Vallarta - it's a small, little village town - and six or seven years ago, we were sitting in the hotel there on the beach and someone offered me a cup of something called Capomo, and I tasted it and I just literally lost my mind. I said, "What is this stuff, because it tastes just like coffee?" And they explained it to me and it was from a nut from a tree. It's actually a seed, but they call it a nut; it's called Capomo, it's referred to as Maya Nut, it's referred to as the Ramon nut, in Costa Rica it's called some other name, I don't even know. The Latin name is Brosimum something-or-other.

It's a tree that's indigenous to Mexico, Central America, and the heartlands of Nicaragua and Guatemala. I thought this product was just too good to be true, so I-- and it was saying this is too good to be true, so I-- you know, I spent a lot of time there, so I have a lot of friends, again, and I was able to make the acquaintance of a coffee grinder there - coffee roaster - who sells tons and tons of coffee - this is a Mexican market in La Piñita - and he agreed to roast the Capomo in such a way as it would be suitable for the American market. So, we take the Capomo tree seed that falls in January, the native women collect it, and then they harvest it and dry it for four weeks - generally sun-dried on a roof for four weeks - and then we crush it and then we grind it in heavy duty grinders; it's a very, very hard seed much harder than coffee. Then we roast it for five hours to make this beautiful coffee-like product called Capomo, and we ship it up here and we sell it all over. I mean, just to give you a sense of how popular Capomo is, we introduced it on Amazon.com about six months ago and we've gone from, essentially, zero, or last place, to we're number one now. If you type in coffee substitute in Amazon, you'll see us. I can hardly keep enough in stock. Actually, I can't keep enough in stock. [laughs]

DR. KEESHA: I know. You're always running out on us.

PETER BOWES: I've actually got a ton coming up, but even a ton we're going through about a month, so I'm-- someone's contacted me from Nicaragua, so we're looking at different resources.

But I'm not simply trying to exploit these areas - we're starting nonprofit agencies working with the Maya Nut Institute and offering back a component, or a piece of our profits to these indigenous areas that really know how-- really need to know how to use Capomo as a flower, because it's a gluten-free flower that they can use to make cakes and tortillas, and people are starving in these areas, so the Spanish simply destroyed the product, as did most folks back in that area, back in that-- well, I mean, it's going on to the current day, but the British, the Portuguese, the Spanish, were very good at it. I mean, it's called the Maya Nut tree, because it supported the Maya civilization. [laughs]

So, this is an incredible find, it's growing in the front yard, it's growing in the forest there, and people are starving; they have no idea what to do with a Maya Nut, although, the animals are eating it all day long. At three or four in the morning, it falls and the cows and the hogs and everybody's out there - and the goats are out there - competing for the Maya Nut. It increases lactation in cows and in women 10-15%. It's unbelievable; it's a super food. It's just the most under-- again, it's like Neem - it's just like so many things on the planet need to be revived. I'm in an incredibly fortunate position to provide this wonderful product to you and to so many people on the planet, and it's being received with open arms. I mean, if anyone wants to look at our site or look at Amazon and read the reviews, I think you'll be shocked.

DR. KEESHA: Yeah, Capomo is fantastic. I am so excited that you've brought that here, because boy, has it helped the people in my practice to be able to gracefully and happily move away from coffee.

PETER BOWES: It's so easy, and, quite honestly, Keesha, as you know, as you chastised me, "Peter, you don't drink coffee, do you?" And I said, "Well, I confess I do," and that was six months ago, but you made me feel so guilty that I came home and immediately switched to Capomo and haven't gone back. And it was so easy. A lot of it is ritual - you get up in the morning and you want to make your cup of coffee - you just-- part of it is ritual. Part of it's you get a little boost, but 90% of it's ritual. So, you make the Capomo and there's a specific way that I recommend you make it: you take a quart saucepan, put in two or three tablespoons, simmer and bring it to a boil and then strain it and then add in whatever fun ingredients you might want to add - raw milk and raw honey, et cetera. [laughs] But Capomo tastes just like coffee - to your listeners, please try it. Please try it and buy Keesha's, Ashwagandha - which is mine - or Rhodiola, whatever, and rebalance and restore your adrenal glands.

DR. KEESHA: Yeah. All right, well, I want to really thank you - we are out of time, and I know that you're offering 15% off discount for people that go to Tattva's Herbs, which is a really lovely coupon that they can use, and the code on that is 'summit'. So, you can go to Tattva's Herbs and you can try some of these things out for yourself and really notice the difference that quality makes when you're buying your herbs. To me, that's the biggest take-home message is that you're looking at that quality and strength rather than just the name on the front of the bottle



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that you read was good for you and you go find the cheapest product - it's not going to do any good, and, in fact, it can do a lot of harm. So, very important to remember that.

PETER BOWES: I think I should rename the coupon to Keesha instead of summit.

DR. KEESHA: No, we've already got it all put together. [laughter]

PETER BOWES: I feel bad. I feel bad.

DR. KEESHA: No, no, no, it's perfect how it is. All right, thank you, Peter, and thanks for all the good that you're up to in the world, and keep on doing the good work you're doing.

PETER BOWES: Yeah, you too, Keesha. I appreciate the opportunity.

DR. KEESHA: All right, everybody, remember to live, love, laugh, keep on learning, and have a fantastic day.