

Women's Vitality Summit

Dr. Keesha Ewers Interviews Dr. Eric Grasser

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DR. KEESHA EWERS: Hi everybody, welcome back to the Woman's vitality summit. Caring for yourself, body and soul is my great to introduce you today to one of my friends and colleagues DR. ERIC who does what I do. Integrates Ayurveda and functional medicine. He is one of the world's foremost experts on integrative medicine, and founded his integrated medicine and Ayurveda practice in Santa Fay New Mexico.

He hosted the Ayurveda summit in 2015, the largest ever online Ayurveda event. He is the founding member of MyIU. An online venue for Ayurvedic knowledge, practice and research. He serves on the board of directors for the national Ayurvedic medical association and offers online programs and consultations throughout the world. Welcome to the Woman's vitality summit Dr. Eric.

DR. ERIC GRASSER: Thank you Dr. Keesha for having me.

DR. KEESHA: You know what? It is a delight to have you on this program because we are a couple of rare birds out there, that are in the functional medicine world and Ayurvedic world and bringing this wisdom from both together, to create this really beautiful way of approaching healthcare and imbalance in our time. And so I always start with this word vitality because it is the Woman's vitality summit and I would love to hear your definition of vitality, and then we will talk about ways that we can enhance it from this perspective.

DR. ERIC: Yeah I think a lot of people when they hear the word vitality they think in our language of Ayurveda maybe the Pitta dosha or they think about an outward sort of like I am vital therefore I have strength and energy and I am conquering the world. But really I think vitality can just mean balance. It can just mean that you feel good about your life, about yourself, about your relationships. I mean if you feel rested, if you feel like you have good digestion if you feel like there is fulfillment in your work.

That to me is vitality and it doesn't have to be that you have a certain amount of strength or a certain amount of success or attractive. It just that your vital being that you have homeostasis, you have balance, you have health, you have wellness.

DR. KEESHA: Great, so what do you see as one of the largest things that is draining women's vitality in this day and age?

DR. ERIC: I mean I think the problem, the thing that is draining women's vitality is the disconnect between women and their unique nature compared to men I suppose you could say. And societies demands on women, society's expectations of women. What we have seen in our life time is a real shift perhaps in the expectations upon women. It is a movement from a traditional gender role if you will to a society where we want equality and we want that politically and socially but at the same time, men and woman are not the same. They shouldn't be the same; they shouldn't try to become the same.

So, I think that is an extreme challenge for women now is that they don't really know what message to believe or message they should tap into in terms of how they are supposed to behave, how they are supposed to act, how they are supposed to be in the work world and the home world and then this balance between the work and home life. I think that is tough, even looking at my mother; one generation above me there wasn't an expectation necessarily for her to have a career. But she wanted to have a career so then there was this struggle between, do I need to have a career?

Am I supposed to have a career? What career am I supposed to have? How much am I supposed to contribute? Versus in really in a large way wanting to be home with my brother and myself raising her children.

DR. KEESHA: You know this is an interesting thing that has happened. I always say we have painted ourselves into a corner where we have to bring home the bacon, fry it up in a pan and look hot at the same time. It is kind of the super woman complex. But you know often times it is women themselves that are placing these expectations rather than society. We place our expectations on our self to over achieve or to succeed and be the best in each of the roles we take on. Or, we spread ourselves too thin you know?

So then we have a hard time keeping up with whatever it is we have put on our plate.

Too many plates in the air right? And so I think women I see in my practice at least, feel very over scheduled and over stressed, they have their kids on that same if they are mothers on that same hamster wheel also, keeping them over scheduled and over stressed. I talk to a couple of

pediatricians who say that is what they are seeing in their pediatric practices are children that are over scheduled and over stressed and burnt out because they are so calendared. So I think as a society we have ourselves in this productivity model you know? Where we have to produce in order feel good about ourselves. So I appreciate what you are saying, I think it is right on and it is definitely what I see in my practice, and what I have run into for myself to. It is a constant state of trying to achieve balance. And I think that is what the beautiful thing about Ayurveda is.

So Ayurveda of course, some people, our listeners may be new to that word. So I would love to have you introduce Ayurveda medicine and you know, you threw out Pitta let's talk about the different body constitution or doshas so people have kind of a working understanding of what we are talking about.

DR. ERIC:

Yeah we can do a little Ayurveda 101. Ayurveda are the wisdom systems from modern day India that are thought to be at least 5000 years old. Some of these texts have survived. Many of them probably didn't survive but we now have a textual basis to understand the foundation of Ayurveda. Ayur means life and Veda means knowledge or wisdom, so it is the knowledge or wisdom of life. It is based on foundational principles that come from orthodox Indian philosophy as well as what I like to call just the laws of nature. So it is a poetic codification of how these ancient wise people saw the world operating, and then within Ayurveda you have medicine.

So there are chapters in ancient text about diagnosis and treatment. Some of the foundational principles of Ayurveda include the five elements. The theory that all things distilled from five elements and those five elements in Ayurveda are ether, air, fire, water and earth. I like to describe them in that order because ether is the most subtle, it is the most tangible and earth is the most solid and most tangible. From the five elements you have the three doshas. The Doshas are the constitutional types or the body types. Each dosha is made up of two elements and again, they go in that order. Vata is ether and air, pitta is fire and water, kapha is water and earth. If you only had to use one word to describe the three; Vata would be movement, pitta would be transformation and kapha would be structure. And so everything really if you think about it is in a mostly structured form, meaning stable, not moving like a mountain. Or it is in a mostly mobile form like the wind or the weather changing. And if it's going between mobile and stable is transforming and that is where Pitta comes in.

So these three doshas are something that all of us have in a ratio, all born with an inherent constitution with the three doshas in a ration. I like to say think of three glasses filled with water at a certain level and everybody is born with the ratio, maybe you have mostly Vata and a little bit less pitta and very little kapha. But then life happens and it comes in, you have relationships, what you eat, where you live, the weather that you are exposed to, experiences and traumas. They come and perturb the doshas. They alter that balance and that is where you become in a state of imbalance if you will, or a state of imbalance that is unique to you.

Dosha interestingly and this is where the wisdom of Ayurveda is means that which can be perturbed. And so Ayurveda sears understood that life will come in and it will try to perturb our natural balance. Keep in mind that the beauty of Ayurveda is that you balance and my balance is not the same. You may be one constitutional type and I may be another. So it is silly for treatment or for trying to make me like you or you like me if we are not meant to be the same. That is really been the fallacy of western medicine is that as you know if your falling standard of care western medicine get 100 people with the same diagnosis you start with the same medication with 100 people. Guess what? It doesn't work. Why? Because we are not the same.

DR. KEESHA: Same with the exercise, diet programs. The whole idea that cross fit and paleo is the way to go for everybody now. Before that we had everyone being vegan and running marathons.

DR. ERIC: If there was one diet meant for everyone there would be one book, we would have all read it and it would all be over.

DR. KEESHA: Right. So it is an interesting paradox we have ourselves in with this the food pyramid and one size fits all. Evidence based medicine are the gold standard of care means we are all pretty much the same and things are supposed to behave the same. Yet when you see a medication and learn about it the side effect profile is really long, and of course.

DR. ERIC: Not to mention that and we probably would have gotten to this but if you want to talk about western medicine and how much it has failed women. If you go back 20 years almost none of the trials on pharmaceuticals included woman in the trials. So all these medications are being studied on men only and we are expecting for them to work on women. They would

actually make the argument that well we are not going to study on women because women have hormonal cycles and women have menstruation and that screws up our trials. Or women are on contraceptives, we can't include them in the studies.

So evidence is pretty weak for a lot of things we do in western medicine anyways despite the effort to make it evidence based. If you look at women there is even less evidence for a lot of this stuff. So that is where I just encourage both men and women to just can we use few pharmaceuticals? Can we use lifestyle practices instead? Can we use herbs and supplements and compounds instead of pharmaceuticals? Because truthfully we don't even have that great an evidence on a lot of this stuff.

DR. KEESHA:

Well that you know, before we move into this I want to mention that you can do the same thing with supplements. Everybody wants to take this particular herb let's say Ginseng is great for energy, so everybody is on Ginseng because of this. We have these super foods and super supplements. It doesn't work; it's the same way as the pharmaceuticals. We are not the same and these things interact with us differently. Just because it is a herb or a supplement doesn't mean that it is right for everybody, the same dosage etc.

So I love Ayurveda for this reason because it really helps us understand, we have our own unique blue print that itself changes throughout our life span. We have you mentioned the doshas being altered or perturbed by all these various things in our lifestyle. But we also have our life span and those change as well age.

So being able to change with the seasons and change with our aging process. Ayurveda gives us the wisdom to do that gracefully. 20 years ago menopause was not a thing. I see that is diagnosed as a disease, menopause with a disease code attached to it. Now we have this term perimenopause again, not a thing until our culture came along, our time and our era with this overscheduled over fanatic adrenal burn out recipe that we have in our culture.

So I would love to talk about this now, because as women are listening, helping them understand that they go through these different cycles along with their menstrual cycle and be able to follow those with grace and ease and move through these different chances in life, without having your head hit up against a brick wall every time. I am right in the middle of menopause right now. Just kind of in my first year of doing that and it is

just graceful, it's easy and I work with my patients and they are just suffering. I think ok, there are ways you can do this; it doesn't have to be tough. So let's talk about that; what do you do for you clients?

DR. ERIC: Well I mean I think part of the problem like you just mentioned is for one we are making it pathological, not a wellness thing. We are making it an illness thing. Why does a transition of life have to be a pathology, so we are pathologize menopause just like we pathologize menstruation and say that you have premenstrual dysphoric disorder or abnormal menses or what not.

So that is part of the problem is we are turning it into a pathology when it is actually a normal phase of life.

DR. KEESHA: If it is disrupted that is just a feedback from the body telling you something.

DR. ERIC: Absolutely.

DR. KEESHA: You have got menstrual cramps; it's not time for Advil, it's time to listen up.

DR. ERIC: That is one problem we make it a pathology. The second one is that society doesn't respect women in their differences. We don't respect when before menopause their monthly menstrual cycle when they should be allowed and supported in doing what they need to do for those days of menstruation, or those days leading up to menstruation. We also do not respect that women have this transition in life and it is the body speaking to women saying this is a transition, you should be shifting your lifestyle because your physiology is shifting.

But instead we say well you got to keep working, and we are not even going to give you a day to step back and say take stock of what is happening. The demands that are placed on women are the same whether they are 35 or 55. When in essence, historically women had the opportunity to change their lifestyle around menopause. They clearly the most physiological obvious reason or thing that is happening during menopause is you are losing fertility.

And so there is not going to be an expectation for women to become pregnant after menopause. It is not physically possible and that is by design. But what I find is a lot of how women handle menstruation does

fortunately or unfortunately depend on how they have been handling the years proceeding. Years and even decades proceeding. This is where if you follow a healthy lifestyle and a healthy daily routine and seasonal routine and annual routine which is what Ayurveda speaks so wisely about. You are much more prepared for the changes that are going to occur during menopause. What we do of course in western medicine is we try to block everything that is physiological either will delay your menopause by giving you hormones, or we will block the symptoms of menopause by saying we can take care of the hot flashes, we can take care of the mood swings. That is just not right, you were meant to go through this change.

From an Ayurvedic perspective you can get into how it is the release of the different doshas and the sort of like burning off of estragon as it depletes. All the different theories there about why the hot flashes occur and are they are good thing? You might hear about fever, is fever really a necessarily thing to fight a virus or bacteria? Should we really be knocking fever down with medications? Likewise with flashes they are estrogenic release and so shouldn't they be allowed to occur? And shouldn't women be given the opportunity to work through them in a supportive way? Rather than oh this is distracting me from doing my job I need to take medication to block hot flashes. I totally disagree with that.

DR. KEESHA:

Well as you said, this is a lead in. I always think of menopause as I used to be a marathon runner years ago and there is a finish line. Along the way there are these chunks during the race and along how you start your race is really important as how you half way through, and how you are when you get across the finishing line. As far as how you are going to recover to.

So I always think about it in those terms, it is a long haul, this is a woman's life span from when she first gets her hormones as puberty, until they start to diminish leading into final and all finished with fertility. So that process, those years, those are decades are really important to honour and respect each level, each month, each day, each minute along the way. Having those practises in place, we will talk about some of these lifestyle practises. But one of the things that Ayurveda talks about that I love is the seven different tissue layers called Dhatus and also disease progression. The way the Ayurveda talks about imbalance actually we have the doshas get perturbed and out of balance and they keep going deeper and deeper, in terms of that progression.

Ayurveda says we tend to not notice until out of six stages of progression we are at stage four. We have got these symptoms along the way in stage one. Our bodies have been given us quiet feedback. Telling us very quietly what is going on and I think things are so loud for us that the body has to turn up the volume so loud before we finally pay attention. That acne we got in puberty was one of those feedback mechanisms and Accutane is not the solution, or antibiotics. So all of this, I just want women to know that at 18 is influencing how you are going to be at 50.

DR. ERIC:

That is exactly true and it is to some extent where we as healthcare practitioners or we as coaches or advisors, mothers and fathers really have the responsibility because an 18 year old is really I don't think supposed to know what is right for him or herself. I say this to my patients about smoking for example. If I meet a 50 year who has been smoking their whole life, I said when did you start smoking? They say 16, well I say do you want to be responsible for decisions you made when you were 16? I sure don't. So stop blaming yourself for smoking because you started and got addicted to a very addictive substance at a very young age when you were immature and so now just get angry and realize your health has been hijacked by this substance. Same thing, we have the responsibility as the practitioners, the guides, those who empower the younger generation to teach them how to have balanced lifestyle practices.

So me as a physician it is so easy for me to just say to an adolescent female patient well we certainly don't want you to get pregnant and you don't want to either, here let me put a depo shot in you. Now I have just injected a high dose of hormone into a woman that may have side effects decades later. I think it is my responsibility as a healthcare practitioner to not just take the easy way out and say sure, I will prescribe you an oral contraceptive, or hormone contraceptive, or I will be a hormonal IUD into you without explaining that really we don't know what the long term side effects and actually in some cases we do know and it is not a pretty picture. For what it is doing and how it is setting women up for decades of hormonal imbalances.

And so it is very important to start early with that, it does just come back to the pillars of health. Sleep, diet, healthy relationships, surrounding yourself with love and movement. It sounds like a broken record and it may not be sexy and it may not be some technique I can do to a patient that I can charge them hundreds of dollars because it is the new fandangled this and that. It is boring but it is the real thing that is going to

help set people up for decades and a lifetime of wellness is the basic foundational lifestyle practices.

DR. KEESHA: Yes, and I teach this in my integrative medicine health coach certification course. This is the stuff, the juices, the secret sauce and it is not secret. We have been told this forever and it is not the magic pill theory. It really is what time you go to bed, what time you wake up in the morning, what you put in your mouth, how you deal with your emotions and your beliefs and digest those. All of that has an impact on what we are talking about; your hormonal balance. And so women will sometimes cry in my office when I take them off of coffee. I live in Seattle which is the land of Starbucks right?

So I take people off coffee constantly and they are having hot flashes so I say ok, this is something we need to at least try. That glass of wine every night, or the social time that you are having with your friends with alcohol this is contributing to your hot flashes. People don't wanna hear it, that just don't wanna hear that.

So let's talk a little but about these lifestyle factors that are so important for hormone imbalance from or for hormonal balance from basic teenage adolescence, having a period that is not going to drop you out of school for two days a month to menopause.

DR. ERIC: Yeah I mean in functional medicine we are the doctors and the practitioners that look at things that other specialists don't. That is one of the ways that I describe what functional medicine is. I say take western medicine; if I think you need If I think you have a heart issues, I send you to a cardiologist, if you have a liver issue I send you to a gastroenterologist whose job is to handle inflammation. Which specialist does autoimmunity? Which specialist handles nutritional biochemistry?

There really isn't one and that's where functional medicine has stepped in and said we are going to look at overarching functions of the body and processes in the body. We are going to piece them together like a spider web and we know if you pull on one part of the web the whole web moves.

So we are looking at things like inflammation and hormonal balances early on. We have so much good evidence now that these things and these balances are affected by lifestyle practices. Take sleep for example; you don't just sleep so you feel rested in the morning. You need sleep so that

you can regenerate during the night and your body can do reparative mechanisms and your body can create hormones.

One of the greatest ways in men to drop testosterone function is to not sleep well, because you actually make testosterone after you have been asleep for a certain amount of hours. The same thing with your balance of cortisol or cortisol and insulin. The cortisol needs to rise in the morning. So if you are a teenager who is sleeping till noon a couple of days a week, then getting up for school at 6.30 against your parents will or they are dragging you out of bed to make it to class because you really stayed up way too late and you need to be asleep. Then you are screwing up the natural balance of your hormones. Throw in there then how the diet interacts with the hormones and the fact that you are waking up in the morning and that's when your cortisol needs to be high and your insulin prefer to be low, because the two act opposite each other, and you eating a high sugar, refined carbohydrate breakfast, which is the standard American breakfast. Then you are asking insulin to go up and cortisol is also trying to be up. The two prefer to be opposite of each other, it completely screws up your balance. Those have a trickledown effect on if you want to call them women specific hormones even though men have those two, estragon, and progesterone LHFSH etc.

So the lifestyle practices actually have a direct effect on the physiology and if you now we have the science to prove that, which some people like, they want to hear the science, they want to see the numbers. We can do testing to show them that, we can hold something in front of them and say, look now I have objective evidence of what is going on. It's not always necessarily; I don't always do a bunch of lab testing on people or functional testing. But it can help show them what is happening and what the rationality is behind what I tell them they need to go bed earlier, or that they need to eat earlier and stop eating after a certain hour etc. Or they need to eat a higher fat and protein breakfast instead of a higher carbohydrate breakfast. Push their carbs later in the day if they want to eat their pasta or whatnot. Eat it at night when cortisol is trying to come down and it is ok for insulin to go up a little bit more. Then you just get tired and go to sleep.

So these are just simple examples of how you can shape your day and your sleep and your diet and your exercise to naturally mimic what your hormones are already doing so you can take advantage of this. Our ancestors knew this, it was automatic. But we have lost touch with the laws of nature; we have artificial lighting, buying kiwis in the middle of

winter at Wholefoods. We don't have any idea anymore what foods grow when and what time it is we don't follow the sun, the moon and the planets and the star anymore. We follow our cell phones, or whenever we feel like eating, whatever tastes good or looks good.

DR. KEESHA:

I think this is the big part of why women are so disconnected is they are not following the moon cycle. It is rare to know what phase of the moon you are in and what that means. It used to be that it was part of what helped women navigate what was going to be happening for them and their bodies so it wasn't a big shock. Now you just watch the moon, you know what's going to be happening, your community is cycling around the same time you are. There is support and that tribal gathering of women together, knowing they are not all alone and I think, often times women will feel like not only are they isolated but they are broken somehow. I work with a lot of women with low libido and all kinds of different problems they believe are hormonal. They come in wanting hormone replacement for and I start scratching the surface and asking questions like how are your friendships? Do you like your job? Do you like your partner? I get so many tears in my office around this.

And so this is a really interesting thing I think we have come to where community is really, really important for women. I think it is for men to that for women this idea of cycling together, of being a community together and supporting one another. The red tent so to speak. It has been lost and people often times feel like there is something wrong with them and that is where the pathological stuff comes in from western medicine. We sort of support that, ride in on our white horse with a pill and say, yes something is wrong with you and I have the fix right?

DR. ERIC:

It's amazing to me how many male patients come to me and they want me to test their testosterone levels and they think actually that's they are almost hoping I find low testosterone and have a reason to supplement them with testosterone, which by the way it is not that simple. But they are a little bit surprised when I say testosterone is not much of a sex hormone.

It is mostly a mood hormone oh really doc? I am just having a hard time in the bedroom with the wife and I was hoping that my testosterone was low and you could give me a shot and everything would be fixed. It is just not that way.

DR. KEESSHA: Then you ask and they are drinking alcohol before they go to sleep

DR. ERIC: They are not sleeping well

DR. KEESSHA: Working hard, long, long hours and not taking time for themselves and not exercising.

DR. ERIC: Feeling de-emasculated and there was a study that shows men can raise their testosterone levels just by assuming male postures where they put their hands behind their head and put their feet up on the desk. They actually improved their testosterone just by doing that compared to a control group.

DR. KEESSHA: I have seen studies to, watching football, doing some of the tribal male things of competition and sport. Raises testosterone levels so that is a good time for women to exit and do their thing.

DR. ERIC: Do their feminine things that we love them for.

DR. KEESSHA: So we do tend to have this it must be my hormones, right? People are not realizing that underneath there is a hormone production system. There are different parts of that factory that when one part goes offline, the others try to scramble and take over they will do that for so long until that part goes offline too, then there is more scrambling until all of it is empty, nothing is online anymore and they are starting to notice systems.

All along all these different parts have been shutting down one by one. So I think this is important thing for people to hear is that yes it is hormonal, but underneath that the part of your body that was making hormones, manufacturing them right? That part has broken down for a lot of other reasons. This is not part of aging so to speak. The way that we are doing it.

DR. ERIC: Let's not forget, hormones get blamed for a lot of things. There seems to be this perception that everything in the sex realm and everything to some extent, the energy realm or weight mood swings, heat and temperature regulation you get this probably way more than I do even.

But can you please test my hormones? There must be something with my hormones, I must fix my hormones. We won't get into the challenges in actually testing hormones and how many ways there are to do that and

what a moving target it is, especially in women as they have more of a monthly variation than men do.

DR. **KEESHA:** Doing one blood draw is not giving you a picture.

DR. ERIC: Yeah one blood draw, one saliva test. Do you do urine? Do you do saliva? If we actually worked on these lifestyle practices we could most of the time forget about most of the testing, with some exceptions of course. We also forget, again the functional medicine concept of the spider web, there are multiple different systems that interact with each other. Then as the patient I would say, give your physician, even your functional medicine physician nurse, practitioner, PA whoever practitioner a break because we also we have your best interests at mind. We study long hours, we debate things with our colleagues, we go to conferences, we read text books and we see patients.

If we do not want to give you the impression that we understand the human body at that complex of a level either. That is why I just keep coming back to thinks like Ayurveda because it is simple and it is lifestyle based, and it may not be sexy, but it is so powerful when you can actually perform it, you can actually look at things. It's a great lens for me to look at patients to help them understand how they are unique and their treatment isn't the same as everybody else.

DR. KEESHA: Right, and the idea that we spend so much time, money and energy at conferences and reading and studying and being together supportively and trying to understand genetics and all of the things that are going on right now is because we are not all the same. It is because I have been driven back to school so many times because I have another patient that is in my office that I say ok here is something that is really complex and I need to know a little bit more.

To the point I have a ridiculous number of degrees and it is because of that. Everybody is different, it is an interesting thing that we run into where people will come in and say my neighbor's sister's daughter was put on this and it changed her life and I want some of that. Let's see where you are starting and what your context is, what your individual unique composition is and if people just take that away from this presentation of yours I will be so happy because that is exactly what we need them to know.

DR. ERIC: Sometimes people come in to see me and they you get this to. You are the 40th practitioner they have seen or something, have all this hope, to them it is like they have been waiting months to see us and they come in and they usually have a stack of paperwork like this.

There are times when I just literally want to tear it all up and say, forget all of this stuff. What is going on with you? What is really happening? Forget I can think of countless patients where you are just working them up for months and years for the fatigue, is it infectious? Is it hormonal? And then finally they let you in and you hear about the toxic relationship that they are in.

DR. KEESHA: That is why I became a psychotherapist. I just realized just a few months into practice that nothing is separated from the emotional, mental and spiritual world of my client. They just can't be separated and we strive to separate them in western medicine and we want to separate them so badly. It is not possible, and there are two mental streams of flow in there, two flows of mental right? I love that. You can go in and say ok, this is very fiery in this at birth it wasn't that way, so what's going on?

You can start a conversation about that so easily. Because, they go wow you saw that in my pulse? Then it starts a conversation. I think that is really important for people to understand that what is in your body is really just a record of what has been going on in your mind for years. I always say ridged mind ridged body. Really important that people understand that. Yeah I love Ayurveda for that reason.

DR. ERIC: Keep coming back to it.

DR. KEESHA: No separation. Alright so, how do people reach you, we have got some bonus material; we have got your contact information on the speakers area of the website. What is it that you want to leave with our listeners and participants?

DR. ERIC: Well just if they wouldn't mind signing up for my newsletter; just go to my website drgrasser.com and sign up. I send out newsletters and I basically consider myself a curator of information.

Or maybe what you would call an integrator, I like to be able to help people the information. I think we are in the post information age and we are back to one on one relations, communities, circles etc. So just sign up to my newsletter drgrasser.com and yes, I can do skype consults and other

things. But just get in a conversation with me so you can follow what's going on and would appreciate that.

DR. KEESHA: Beautiful. Thank you so much for the work that you are up to in the world Dr. Grasser and being such a great light for the integration of these amazing sciences, modern and ancient.

DR. ERIC: Thank you.