

Women's Vitality Summit

**Dr. Keesha Ewers Interviews Dr. Sachin Patel**

April 2017

**DR. KEESHA EWERS:** Welcome, everybody, back to the Woman's Vitality Summit: Caring for Yourself, Body and Soul. It is my pleasure and honor and privilege to introduce you to Dr. Sachin Patel, who is the founder of The Living Proof Institute. Welcome to the summit, Dr. Patel.

**DR. SACHIN PATEL:** Thank you so much for having me. It's my pleasure.

**DR. KEESHA:** You know, we run a lot in the same circles, and I love the work that you're doing; it's why I invited you on the summit this year. I really want to introduce you to women who are looking for that place where they can go where they become the proof, which is one of the things that you talk a lot about. And one of the things that you and I agree a lot on is the concept of the doctor of the future, and I would love to have you introduce that concept to our listeners.

**DR. SACHIN:** Sure. So, essentially, the doctor of the future is not who we might think; it's not the physician of the future, it's the patient themselves. We've already been born and been blessed with the most advanced technology that's ever existed, and in fact, I remind my patients and I remind people that follow me that even if one human cell, or one cell from your body, of which you have sixty to seventy trillion of them, if even one of them was found anywhere off of this planet, it would be the greatest discovery of mankind. And so people don't realize, but they haven't discovered themselves. They haven't discovered their own healing potential and they've been told their entire lives that healing occurs outside of them or it's at the bottom of a pill bottle or it's at the pharmacy, and that's really not the case. And I think what I've seen over the last few years is there's been a shift in medicine and people are going more towards what we call green medicine, but they're not changing the paradigm.

**DR. KEESHA:** Right.

**DR. SACHIN:** The same patient that went to see their doctor, handed over their file and their results and, essentially their health, to that practitioner is now not seeing that results in that paradigm and then they're going to see a natural practitioner who operates essentially around the same paradigm, which is, "I'm going to fix you. I'm going to take you from this level of health to this level of health," and these

are promises that practitioners can't deliver. And specifically in functional medicine, I've seen a shift where it was doctors treating the lab work and then we would just give patients a whole bunch of supplements on their lab work and not realizing that the lab result is a result; it's a result of their friendships, their relationships, their self-image, their subconscious programming, their environment, their diet, their activity levels. All of these things are what result in that patient's lab work, so if we don't change the precipitating factors, then we're never going to actually change the result. And certainly we can use drugs and certainly we can use herbs and natural supplements to make people feel better, but that isn't the goal, and certainly we can make people's blood work and lab work look better, but are they actually better? Are they able to produce a different result because they've changed the behavior that created the initial result in the first place?

**DR. KEESHA:** I call that green allopathy, right?

**DR. SACHIN:** Exactly.

**DR. KEESHA:** And now you're just trying to decide, well, are you treating the lab work, which is exactly what we do in Western medicine: match the drug to the symptom, or are we matching the supplement to the lab result? It's the same exact thing. So, that's really wonderful what you're bringing up here, and you have some pillars that you talk about in your approach to this, and I would love for you to go through those.

**DR. SACHIN:** Sure. So, there's six pillars that we've identified, and of course there are sub-pillars within those pillars that you can identify, but the first one is mitochondria. If people want to feel better, they need to have energy. If they want to heal, if they want to repair, they need the mitochondria to be working properly. So, mitochondria, for those of you that might not know, are the little engines that could. They're the engines inside of our cells that don't make energy - we don't make energy, we convert energy - so they take our food energy and get signals from our hormones, and they turn that food energy, the calories from our food, into ATP, and that ATP is then used to drive functions of the cell.

The next pillar is detoxification and oxidation. So, detoxification occurs not just in the liver, as we've kind of thought about, but it occurs through our skin, through our breath, through our urine, through our digestive system, and the liver is probably one of the most important detox organs, but the liver was designed, and these internal organs were designed, to help us detoxify and eliminate our

own waste products, not waste products from industrial fallout, not waste products from the food that we're eating. So, we've increased the burden on our detoxification systems and this creates a hormonal disruption, because the liver's responsible for also eliminating unused or excess hormones from the body as well. So, a liver that's overworked or not detoxifying properly cannot detoxify hormone waste products that we need to as well.

The third pillar, and probably the most important one, is mindset and also brain health, and brain health is-- there is a biological component of brain health, but then there's also a programming component to brain health. The way we think about ourselves, about our environment, our perception, all of these things matter, and so we need an intact brain. A healthy brain, as we say, makes healthy decisions.

The fourth pillar is diet and digestion, not just what you eat - there's lots of people, especially people who are taking the time out of the day to watch this, they're probably pretty conscious when it comes to what they're eating, and what you're eating is probably the easiest thing to change, in my opinion, because there's no shortage of information on how to do that. There's tons of cookbooks you can buy, there's tons of blogs that you can follow, so changing what you eat is actually not very difficult, but there's lots of people that change what they eat and they still don't feel better, and the reason is is because they're not changing how they're eating. So, you always have to do what's called autonomic pairing: you have to pair your physiology with the task that you're trying to accomplish. So, if you're trying to eat a meal, you can't be in a fight or flight state. So, we focus with our patients on what they're eating, but also how they're eating, and we call this the Choose, Chew, Chill principle. So, you choose the right foods, you make sure you chew them because your stomach doesn't have teeth, and the third one is you chill out. You have to be parasympathetic in order for them comment.

The fifth pillar is stress hormones and inflammation. So, stress is a big, huge, huge boulder in many people's health issues and a huge pillar, and that affects our hormone signaling. And inflammation is a big stressor on the body as well, so that's all paired together.

And the sixth pillar, which is a little bit more difficult to quantify, but comes out in our analysis and history of the patient's environment and lifestyle is lifestyle and environment.

So, these six pillars essentially influence cell health and cell signaling. What I tell my patients is putting rocket fuel in your car or increasing the octane in your car doesn't make you a better driver, so changing the food that you eat doesn't make you healthier necessarily unless you're changing how that food is utilized, because once you eat, there's a whole intricate sequence that has to take place. You have to digest that food thoroughly, your immune system has to meet and greet that food and mount a response or not mount a response, or at least mount the appropriate response to that food, and then you've got to have all the cell signaling and hormonal signaling that takes place to tell your body what to do with that food, and if that isn't working, then those healthy choices that you're making aren't going to pan out the way you expect them to.

So, by looking at these six pillars, we change not only the health of the cell, but we change the signal that we send to the cell, so we make people better drivers, if you will. And cells collectively make up organs, organs collectively make up systems, and systems collectively make up our state of health, whether it's good or bad. So, in our model of health care, and I'm sure the model that you're practicing as well, is cellular-focused. It's not organ or system-focused, which is traditional allopathic care; it's going to be more cell-focused, because the worst thing I could do for a patient is fix their diagnosis. If I fix their diagnosis, then I assume a couple of things, and these are dangerous assumptions. The first assumption is that there's nothing else wrong with this person and the only thing that was ever wrong with them was that diagnosis. That's very dangerous, because the same blood goes everywhere, so the same blood that created this issue for them is the same blood that's going throughout every part of their body and probably degenerating it in some way. Now, what I've also done is by eliminating that diagnosis and not changing the patient's behaviors, I've essentially given them a pass so that down the road they might develop another chronic health issue because I haven't changed the behaviors that initially produced that result.

**DR. KEESHA:** This is a really great-- I want to come back to this, because in Ayurvedic medicine, we know that there's digestion, but it's not just digestion of food, and you're actually bringing this forward from ten thousand years ago, which is what I love is when we start seeing modern science meet this old, ancient understanding. And Ayurveda looks at us as seven different tissue layers and if you eat your food, you metabolize it, and you digest it really well, it goes into the cells and gives it the nutrients; we get rid of what we don't need. It then moves on to the creation of the next tissue layer, so the seventh one is your reproductive system, which is where our hormones, our libido, our semen, our

fertility, the ovum-- that's all created in that space. And you can tell, if somebody has fertility issues, that there's some stuff upstream that hasn't gone well.

So, any of our diagnoses that we have for people in our modern age actually can be looked at in this way, and you're bringing a modern way of looking at this concept, and I think it's really important that everybody understand this mindset thing. I just read a book called *The Autoimmune Mindset* - it's so important that we understand that we're not just digesting our food; we're digesting our thoughts and our emotions and our feelings, and whatever our beliefs that emerge from that, whatever those come out, they drive our behaviors. I'm sure you've seen woman after woman come into your office and say, "I'm too busy to take care of myself," right?

**DR. SACHIN:** Well, that's what brought them in in the first place.

**DR. KEESHA:** Exactly. Exactly. So many women with autoimmunity. 80% of autoimmune disease is diagnosed in women and I get them sitting across my desk from me saying, "No, I can't do that because I'm so busy," and that's exactly what you have to say. Well, that's the definition of insanity, right? Doing the same thing, expecting a different outcome.

**DR. SACHIN:** Well, they're not doing the same thing; they're going to a different doctor.

**DR. KEESHA:** Right, and continuing with the same mindset in front of...

**DR. SACHIN:** They're in the same paradigm. They just think, "I'll go to this different doctor and that's going to change everything."

**DR. KEESHA:** Right. "They're going to have the answer for me. If I go to this one, my friend said that they fixed them or my sister or my daughter, and so now if I go to them, I'm going to get fixed too." And that's one of the things I always try to say is, "Well, what if you're not broken? What if actually nothing's wrong, it's just feedback from your body and you're not listening really carefully?" So, I think that that's kind of this participatory model of medicine that you and I are practicing is whoever's sitting across from us has to participate. I was telling you I just interviewed James Maskell who wrote *Evolution of Medicine* and he was talking about this idea that Silicon Valley has come up with for the new medical practice model. Are you familiar with that?

**DR. SACHIN:** I might be, but you can remind me.

**DR. KEESHA:** Well, it's four Ps, and so personalization and participatory are two of the Ps, which is functional medicine: it's Ayurvedic medicine, it's Chinese medicine, it's homeopathy - all of these that have been practiced for eons of time that require that the person that's sitting there is part of the team. You are your own best doctor. You just have to listen to your own body, and all of the stuff that's going on is just simply feedback, right?

**DR. SACHIN:** Absolutely. We need that feedback. In fact, we try to suppress that feedback, and of course it just doesn't make sense. It doesn't pan out in the long run when we do that.

**DR. KEESHA:** Take an Advil for your headache.

**DR. SACHIN:** I got this from James Chestnut, and what he says is he's never met a patient with an Advil deficiency.

**DR. KEESHA:** Right.

**DR. SACHIN:** Not necessary. Maybe if you've got an important meeting and that headache's throbbing, you might need it, but of course, long term, we want to find out why.

**DR. KEESHA:** Right. Or a Zantac deficiency or a Prozac deficiency, or you can name any of them. All of this is all about trying to figure out how to get back into balance again and listening to the feedback. You and I both know if we don't listen to the story, we can't help solve those clues. I call myself a medical detective - that's what I do is put together clues for people. I don't fix them, I just help them see the map. "This is where you are, this is where you came from. Where is it that you want to go, again? Well, here's how to get there."

**DR. SACHIN:** Right.

**DR. KEESHA:** Yeah. So, being really clear about what your goals are too, because sometimes people want to stay in their position that they're in. You've probably seen that plenty of times, right?

**DR. SACHIN:** Well, you know, we've become very selective with who comes into our office, so we have a pretty good-- I don't want to say filtration process, I don't think that's the right word, but we've got--

**DR. KEESHA:** You say vetting?

**DR. SACHIN:** Yeah, let's say that. So, we've got a good vetting process, because our intake form is forty-five pages, so I don't want someone to fill that out and then come into our office, they spend a few hours filling the form out, spend an hour in our office to find out this isn't the right fit for them, so we actually offer a complementary coaching call with one of our lifestyle coaches, and that way the patient can kind of understand what their role is and if they're actually ready for care. What we've also done is then if they're not ready for care, then we've got a thirty-day program that's all online that they can follow and start and it's free for them to do that so that they can at least start making some of the initial changes on their own. Because if they become a patient of ours, we're going to tell them to do these things anyways, and if they're not willing to do those things and they're paying us, then I don't want them coming back and blaming me for not getting better.

So, for me, I'm happy to give them information, actionable steps that they can take, so they can start their own healing journey, and if those people get better - usually 80% of those people, if they follow the program that we've laid out, get better and don't need our care, because they've taken care of themselves, which is what we want them to do anyways. 20% who follow through and didn't see the full outcome that they wanted are now much better qualified because they're already doing the daily routines and the things that they need to be doing on a daily basis to be healthy. Now as a practitioner, we can run the right labs on them and we can take them to a whole other level very quickly.

**DR. KEESHA:** Like you said, I think all of us see that 80% can be taken care of by the information that you could get on the internet and out of our programs quite easily that are offered. There's free information everywhere; this summit is one of them. But then there's going to be that 20% that has something going on with their genetics that needs to be looked at quite carefully and what is it that we can do to help mitigate that, and that's precision medicine; that's going in and really knowing exactly what you're going after, and you have to first do that first bit to know if-- can food work? Always start with food.

Well, that's really great. So, I want to know, this is taking care of yourself - Woman's Vitality Summit: Caring for Yourself Body and Soul. You have a wife and you have a son, right?

**DR. SACHIN:** Yep.



**DR. KEESHA:** So, what are some of the self-care activities that your family engages in and that you recommend to your clients?

**DR. SACHIN:** Oh wow, great question. So, I'll start from the moment we wake up in the morning. The first thing my wife and I both do is we try not to wake up to pure blue light, so we have salt lamps on our nightstands, and we turn those on so it's a more gentle way of waking up. If time permits and if our schedules permit, usually two or three days out of the week, we'll do a guided meditation together, and the other three days of the week, I usually work out first thing in the morning. So, I get up, start my routine, but we start with exposing ourselves to the light frequency more in the red spectrum, so it makes a natural sunrise, and then we both write in our gratitude journals, and then, like I said, three days out of the week we'll usually meditate together as a guided meditation, and then three days out of the week I'll start off at the gym. And so, we try to live our entire day in a state of mindfulness, and what we've realized through this practice is that when we kind of do things much more mindfully, they tend to go much smoother. Miracles start appearing in your life, and the right people and the right circumstances come into your life because you're, essentially - I hope this isn't too out there for some people - but you're vibrating at the right frequency. You're vibrating at the frequency of service and so you attract people who are ready to serve you and help you and help you move your mission and purpose and day forward.

So, I think starting your day off right is very, very critical. We always have a breakfast in the morning - there isn't a day that goes by where we don't have breakfast - and we prepare our lunches in the morning. She does more of that, so I'll give her credit for that, but she prepares a homemade lunch five out of six days of the week, and so it's our goal to try to eat at home as much as possible. Our son goes to private school where they serve his lunch, but we actually are the only family that brings their own lunch to the school, because hey, if you're spending all this money on his schooling, you may as well feed his brain, right? So, we prepare his lunch every morning as well.

My wife and I work together, so that really helps. I usually walk to the office when weather is permitting in Toronto and she'll drop my son off. We'll take turns dropping him off, but as we're dropping him off, we're doing things that are mindful with him as well, so we try to tap into our inner child when we're driving our son to school or when we're spending time with him. Children are our



greatest teachers; they teach us so much, and they usually tell us what we need to do, right?

**DR. KEESHA:** Absolutely.

**DR. SACHIN:** So, my son will almost always tell me, "Hey Daddy, get off your computer," right? Or, "Dad, come play with me," and I look at it as God's way of communicating to us. We look at them as kids, but they're little messengers for us. "Hey, maybe it is time for me to get away from my computer. Maybe it is time for me to be a little bit more grounded and not in my head so much and play and have fun and enjoy myself." So, my son is a very important part of my life and I look at him as my guru, as my teacher, because he's always giving me the right advice. It might not always be what I want to hear or what I'm ready to hear in the moment, but being mindful of his messages is very important to me as well.

**DR. KEESHA:** That's wonderful. Nothing's going to be too far out there. The host of this summit practices and talks about and writes about mystic medicine, so there's not going to be anything that's too out there. I love that you're waking up with the salt lamp glow. We go to bed with that too, so that's really nice to turn down the day with it and--

**DR. SACHIN:** Yep.

**DR. KEESHA:** -- about our day before we go to sleep, so that's really lovely. So, mindful parenting, you know? I've heard you speak about your son, that's why I brought it up, and I think mindful parenting is something that's so very important. Because you've been so mindful, then of course your son has a voice to speak with to tell you your truths, right?

**DR. SACHIN:** Absolutely.

**DR. KEESHA:** Yeah. It's beautiful.

**DR. SACHIN:** And just a couple other things that I want to mention: yes, we do go to bed at night, that's our reading lamp. Our salt lamp is our reading lamp in the evening. We do have a far infrared sauna, so we use that three days a week, so it's a sanctuary for me and my wife; it's our way of kind of getting away from things. It's our digital detox, so we're not around our phones or our computers, we're not doing work, we're usually either meditating or we're having a conversation. That's so rare these days to have an adult conversation when you have a young

child especially, because those parents are attending to the child and they're not necessarily attending to each other.

**DR. KEESHA:** Each other.

**DR. SACHIN:** So, the sauna has been a great therapy for us and it's really rekindled-- not that we'd had a bad relationship, but it's rekindled our relationship in a sense that we get that adult time. We're spending that one-on-one time with each other. And part of it too, I think, we might take for granted that we work together, so we feel like we're around each other all the time, but it's usually not in that one-on-one type of setting like it would be in the sauna.

**DR. KEESHA:** Yeah.

**DR. SACHIN:** Another thing that I use is something called a biomat. So, I sleep on an amethyst crystal mat, and that helps with negative ions and it's also nice in the winters because it heats up as well and it emits far infrared light, so if I don't have time to go in the sauna and sit there, I can do this passively while I sleep. So, those are some of the hacks that we have, and we also eliminated all blue lighting in our home, so our light bulbs are more of an incandescent hue, so that way we're not exposed to that light that's disrupting our sleep and artificially raising cortisol at the wrong time of the day. So, there's a whole bunch of different things that we do, and we've actually outlined that in our thirty-day program. We send a short email to everyone every day for thirty days to show them behind the scenes what we do in our home, and then they can start implementing some of these healthy habits into their lifestyle as well.

**DR. KEESHA:** Nice. I have to say, Sunlightened Sauna is one of the sponsors of the summit, and I have a couple of Sunlightened Saunas too. We use them in our clinic and I use them at home. We watch a movie when we go in ours.

**DR. SACHIN:** Well, we do that too, sometimes, but we're holding hands when we're watching it.

**DR. KEESHA:** Yeah, same here. Something that's been really lovely is to be able to-- it gets my husband in the sauna more often, because he loves to do that, so we'll watch a movie over a couple of different sessions, so that's been quite a draw for him to get into the sauna.

**DR. SACHIN:** Nice.

**DR. KEESHA:** Yeah. Our kids are gone now, so we've got plenty of one-on-one time whenever we want it, so that's always this kind of neat, little-- get to go into the sauna and watch a movie. All right, well thank you. Is there anything else that you'd like to share with our viewers of this particular subject about becoming the proof and participatory medicine and very personalized journeys for wellness?

**DR. SACHIN:** Well, I think when we consider Ayurveda, a big proverb in Ayurveda is as is the microcosm, so is the macrocosm. And so, hormone and hormone signaling is a big problem for women, as you're probably recognizing, and has probably been discussed, I'm sure extensively, during this conversation, as well as autoimmunity, so the first thing I ask my patients is how is your macrocosm? So, how is your environment, how is your self-talk? If your body's attacking itself, where are you attacking yourself? If your communication - which is essentially what our hormones do - if your communication internally isn't good, how can you improve your communication with your partners, with your coworkers, with other people that you know? Where is your communication in your life broken? Because if it's broken on the outside, it's going to be broken on the inside. Vice-versa, if it's broken on the inside, chances are it's going to be broken on the outside, but sometimes the outside is easier to fix than the inside, especially because the inside is a result. And so, what I really tell patients to do is A: step into their power. Realize that their body built itself from two cells and all it's ever going to do is continue to rebuild and regenerate itself until the moment we die, and so we're constantly in a state of dying and/or being reborn. So, we're essentially a hologram, if you think about it. These cells are dying and they're being replaced, so we have this rebirth that's taking place constantly, so there's always an opportunity for us to be reborn.

When I wake up every morning, I'm like, "Hey, billions of cells died while I was sleeping and billions of cells were reborn and I can change the signal that I send to these cells." And cell signaling is very critical. If I buy you a brand new car - or I won't say you, because I don't know how you drive - but let's say I buy a horrible driver a brand new car. That doesn't make them a better driver; they're just as capable of smashing it or crashing it into the wall, and especially this day in age, because all the signs and traffic signals are misguiding us. So, everything we've been told as a culture and as a society has misguided us, so we take these perfectly healthy, amazing vehicles, we reprogram the way people think and make them think that their body's broken in some way, so they're blaming their car, but then we also point them in the wrong direction. So, for the last twenty, thirty years, our government's been pointing all of us in the wrong direction.

Medicine, to a certain degree, has been pointing all of us in the wrong direction and promising cures when they haven't delivered, really, very many cures. We've solved some acute issues, of course, but the chronic issues you can't fix with a pill. Chronic issues you have to fix by fixing what is actually causing the problem at the root.

**DR. KEESHA:** Well, even better, preventative. We just don't even discuss prevention, and that's one of the things-- preventative medicine is often thought of as mammography and things like that, which is just screening for disease, and so we don't really talk about disease prevention in the way that is really prevention, and that is how you think. It's your willingness to have appreciation and gratitude for what is, even when it feels kind of yucky. So, that's that radical acceptance of, yes, everybody in front of you is God and whatever's happening in front of you is also god, and getting out of the judgment seat of categorizing it as good or bad. And that's one of the things I teach my patients with my long courses when they go in depth is what if there's no such thing as right and wrong and good and bad? What if it all is God? And if you can do that, then it doesn't send you into this flurry of upset, that sympathetic fight or flight, when something doesn't go your way the way you expected it to. That's one of the biggest pearls of wisdom I've received in my life is that every single expectation that was unmet for me caused me suffering in my younger years, and so what it realized is wherever I went, there I was with my expectations. And so every parcel of suffering I had, I was present for it.

**DR. SACHIN:** Right.

**DR. KEESHA:** I think that's the only thing I can change. So, that was my big wellness journey was really learning it from the inside out, which is why I always say this is all about healing from the inside out.

**DR. SACHIN:** Yeah. And just kind of reframing the word prevention I think might be worth spending a minute or two on. And one of the things I say is when I go into business, I'm not going into business to prevent bankruptcy; I'm not getting married to my wife and engaging the--

**DR. KEESHA:** Preventing divorce, yeah.

**DR. SACHIN:** -- to prevent divorce, right? So, even this idea of prevention, I think the word gets thrown around a lot, and there's a diabetes prevention diet, the Alzheimer's prevention diet, there's a heart disease prevention diet, and so then you're

basically boiled down to, okay, which disease do I want to have? While I'm trying to prevent this thing, then I'm going to have all these other things, right? So, you can't eat fifty different diets to prevent fifty different diseases. But really what we want to think about when we think about health is not prevention, because it implies that that's something that is supposed to happen, and so what we want to imply, more so probably in kind of the reframing of it, is what am I trying to create with my life? Instead of eating to prevent a disease, why don't I eat to create something, right? Create prosperity or follow my vision or my mission or my purpose in life, and that's what should fuel us every single day.

**DR. KEESHA:** To light up the world with your power in your own unique way. And that's the thing that's so important is that we all show up. That's one of the things on one of my medicine journeys-- you know, the symbol on your shirt, your logo, if you take that and make it very multidimensional and put some in the middle too as a geometrical grid, I saw that's what's holding our entire universe together is this geometrical grid with all these little bars of light that make this beautiful design network, and if we flicker and go out, then that weakens the entire structure. Each of us is actually required. This is not something that you have a choice about; you need to show up. You need to show up in your fullness and in your brightest light that you can, and so if you need to reclaim light from the trauma that's happened in the past, then you need to do that. And so, that's one of the things that is so important for each of us and it's kind of a message that I've been hammering on a bit for women is really show up. You've got to begin as the light. You can't just sit there and take care of everybody - your kids and your husband and whatever it is you're doing - and then put you next or last or never even on the list because the day got too short and you had to go to bed; you've got to light up first, and that's so important. If that's the case, you can be lit up with rheumatoid arthritis. You can be lit up with lupus. You can be lit up with MS. Instead of making it this, "I'm broken," no, this is something that is there as a feedback mechanism, and can you light up? It reverses when that happens. At least that's my story and a lot of my patients'.

**DR. SACHIN:** No, I've seen that as well, so I can definitely concur with that statement.

**DR. KEESHA:** Yeah, it's pretty important. So, any last bit of wisdom that you want to share?

**DR. SACHIN:** Well, how much time do you have? That's the question.

**DR. KEESHA:** We're getting to the end of our time, that's why I'm asking.

**DR. SACHIN:** Yeah. I think really the best thing for people to do is start believing in themselves and step into their power and recognize that nothing will fix their body better than it can fix itself, and instead of shopping around for a guru or a doctor, start doctoring yourself. Start becoming your own best doctor, and there you will find the light, there you will find yourself, and there you will be able to create an extraordinary life.

**DR. KEESHA:** Beautiful. You are your own guru.

**DR. SACHIN:** Yes.

**DR. KEESHA:** And so is everybody else outside of you. They're all God, too. And so is your disease, if you have one; it's your guru. It's all God.

**DR. SACHIN:** Yeah. It's your teacher. The moment is the teacher. Whatever is happening in that moment is trying to teach you something.

**DR. KEESHA:** Right. All right, so how do people reach you? We've got a free gift that you have provided generously that's on the bonus gift site of the summit, and I want to make sure that people know how to reach out to you, Sachin.

**DR. SACHIN:** Sure. So, there's a couple things that they can do. One is they can sign up for free for the 30 in 30 program - that's [www.30in30.org](http://www.30in30.org). So, the number 3-0- I-N - 30.org, and that's absolutely free. And the other thing they can do, if they want to schedule a consultation with one of our coaches, they can go to [LivingProofAPPT.com](http://LivingProofAPPT.com), and one of our coaches will be happy to answer any questions that they might have and at least point them in the right direction. I think that we can't help everybody, but we can point everyone in the right direction.

**DR. KEESHA:** All right, wonderful. Now, what's your definition of vitality? I'm going to end with this, because this is what the summit is, is about vitality.

**DR. SACHIN:** Well, I think vitality is being able to do what you want when you want. I don't think that having great health but not having time is a measure of vitality, and so it's very important for us to-- especially as business owners and those of us that are watching that are business owners - I always tell this to my coaching clients, and that is never build a life around your business; build a business around your life, and when you do that - or a vocation or an occupation, or whatever it is that you do - you'll be so much happier.

**DR. KEESHA:** I agree. So, what do you think is the biggest drainer for women in our era of vitality, then?

**DR. SACHIN:** I think women have it tough; they really do, because now they're working more than ever before and their role is so important. There's things that women do that-- I don't know why women fight for equal rights; they're vastly superior to men, in my opinion, but they just do so much and there's so much that's expected of women. I think the best advice I've ever give to a patient is to learn to say no, and second best advice I've given to my female patients is to quit their job. Magic starts happening when people are-- when people are misaligned with what they do forty hours a week and commute to that misalignment ten hours a week, then there's very little opportunity for growth. And most people do the same thing over and over again every day and they're not growing, and it violates one of the most important laws of nature, which is we must grow in some capacity every single day.

**DR. KEESHA:** Wall Street shows us that, right? It's not growing; it's dying. It's exactly how we are as humans. Beautiful. All right, thank you so much for sharing your wisdom with us.

**DR. SACHIN:** Oh, it's my pleasure. Thank you for having me.