



# *The* ARCHITECTS *of* DESTINY

## PODCAST

*EPISODE 3: Combining science,  
spirituality and nutrition for optimal  
health with Vanita K. Gupta*

AERON LAZAR: Hello and welcome to the Architects of Destiny Podcast. Where we bring together conscious leaders, spiritual teachers, entrepreneurs, and creators whose mission is to be way makers for the new earth. Our intention is to equip you with the energetic tools you need to step into your divine role as an Architect of Destiny to create the life of your desires and to co-create the world we can all be proud of. In each episode, we and our guests will share wisdom and experience as well as practical tools you can use to expand your awareness and accelerate your spiritual

*In 2019, Vanita K. Gupta took the biggest leap of faith in her life. She walked away from a successful corporate career to focus on her passions in life: food as medicine and new ways of thinking in health and wellness.*

*Vanita holds a PhD in Molecular Biology, an MBA in pharmaceutical marketing, has 3 years of post-doctoral training in oncology, 8 peer reviewed publications and was a Medical Director leading scientific strategy in science communications for high profile institutions over a decade.*

*Vanita combines the world of science with deep spiritual knowledge and shares with us how to activate our bodies inner wisdom to reduce stress and anxiety, make better food choices and love the body we live in.*

*In this episode, we talk about how science is an integral part of the holistic approach to medicine and nutrition and how simple food choice can make a huge difference in our overall health and wellbeing.*

RIYA LOVEGUARD: Thank you for being our guest today. The reason we decided to invite you is because you are very interesting person who is a bridge between the world of science and the world of let's say, woo. Thank you for being in our podcast.

VANITA K. GUPTA: Thank you so much for inviting me here. I am so excited. I love what you two do. It's just been kind of wonderful to be able to blend the science with the woo. I'm just very excited to be here.

RIYA LOVEGUARD: How did you make a transition because obviously I know you've been pursuing spirituality for a very long time since you were young, and you have also been investing in your education and career development. How did this tool will merge before you decided to kind of leave the 3D matrix behind and start your own venture? How did it happen?

VANITA K. GUPTA: It's a beautiful and a difficult story all at the same time. Obviously, my soul mission coming here to Earth was to blend these two. My parents are both doctors, my dad is an gastroenterologist, my mom's a pediatrician, all my aunts and uncles, almost all of them are doctors, my cousins my brother. I just come from a family of doctors. So I was born into a family of medicine and Western Medicine, specifically. My heritage is Indian and my parents came over to the US to pretty much live the American dream and the idea was to really practice Western Medicine.

Unfortunately or fortunately, I mean depending on how you look at it, my background was not the easiest. There was a lot of trauma there, violence and abuse, and a lot of things happened that made me realize that the world isn't what it seems to be. It woke me up at a very young age. On top of it, I had a brother and sister who were born with neurodegenerative diseases. It's an extremely, extremely rare disease. It's actually only found within India within a specific Caste System. To top this off, the disease was actually discovered and named by Nazi scientists.

So this wasn't the type of thing that you could even talk about in the general public. So you know already having this kind of background where I was questioning my reality. I have a brother and sister who are passing away, there's a lot of abuse that's going on, I can't even talk about this disease, I don't really know what's happening to them because we're not talking too much about this.

And to add to this, my parents sent me to a Catholic all-girls school. So I'm also you know having this Catholicism kind of put on me. Being Indian, I was told I was going to hell 'cause my parents believed in God that had elephant heads. And you know ,so I was already in hell. I just didn't know how there could be existing something else that was worse than my reality.

So while most kids were learning to ride their bike, I'm like questioning the meaning of life. I'm just digging deep in asking questions that most kids don't ask at that age, and it set me on a path very early on where I was reading anything I could get my hands on across religions.

I studied astrology, so it was just thing that was in me. I was sitting in the library, reading books on tarot, and I was hiding it in other books because I didn't want anybody to see me doing this. It wasn't accepted, this wasn't normal but I was also entrenched in the 3D World.

I was physically watching my brother and sister pass away. I was dealing with this trauma that was happening. My parents were very abusive towards each other and to me, and it was something I had to also deal with. While I didn't really believe in Western Medicine because there was the stuff that went around medicine. It wasn't just the treating of patients, it wasn't just the medicine, it was the you know the propaganda, and pharmaceuticals companies really like winning and dining my parents. You could see this stuff happening and it was something that really turned me off, but at the same time my brother and sister were able to live lives that had a lot less pain and a lot longer than they would have been if they didn't have these medicines. So I kind of saw both sides of this very early on.

When I went on to figure out how I was going to get out of this house ,and make my life, and do what I needed to do, really science was something that I was naturally gifted. And so I went that direction. Medicine was the thing that my parents wanted me to do but then when I discovered I could be in science without doing medicine directly. I went that route.

So I got my PhD in molecular biology and then when I realized that research was something that was really difficult to sustain cause during that time, this was when there was a lot of money cut by the Republican Government on here in the US to certain funding groups that I would be getting my funds from, I couldn't do research that was actually science, that was actually curiosity, that was really exploration. Now, it was all about what was lucrative, what was going to make money, what the government could use.

So I left research and I went into something I said I would never do which was pharmaceuticals. You know, there's a reason for everything. I needed to be in there. I needed to learn. I needed to experience it. I also needed to prove to myself that I could do it, and that it was me choosing not to.

So I ended up getting my MBA in pharmaceutical marketing and I was in scientific communications for over a decade. So this was my life, but it wasn't who I ever was you know. I was the one who was kind of the psychedelic sheep in the office. I didn't really kind of fit into the norm there. I was always very different from everybody else and they would explain it as me being the "science nerd" but I knew that it was because I did have a meditation practice at home, I did believe in self-care I did eat my vegetables, I did some of the basic things in life and that really separated me from the crowd.

AERON LAZAR: If you look on Earth and how the systems are sort of set up on earth and you know you kind of look at everything from the food system, to Western Medicine, pharmaceutical industry, and it's all designed to keep us sick. Just treating the symptoms rather than the cure for this and actually, when we realize the Gaia, Mother Earth grows everything we could possibly need to stay healthy, it actually makes you realize when you compare sort of Western pharmaceutical, what a racket that is for these companies.

VANITA K. GUPTA: I wholeheartedly agree, in the sense that we don't have a system of health care. We have a system of sick care. That's really what it comes down to. We wait until things are

wrong and then there is something to take something, to treat. But if you talk about preventative health, if you talk about really maintaining the systems of the body the systems, of the mind systems, of the soul, Western Medicine doesn't even consider anything except the physicality. They don't think about anything else, and that's a problem. But there is a benefit to Western Medicine. I had a brother and sister who were born with a very difficult to treat disease, and that's something that their soul chose to do, but it's nice to know they could live a life with less seizures or they could live a life that was less painful for the short time they had there to complete their mission. So there is a use for it. It's about a balance, and unfortunately, we're skewed to this idea of "take a pill and everything will be better. Oh everything is not better? Take another pill. Why don't we add another pill to that?"

AERON LAZAR: why don't we add another pill to that yeah it's just like a it's like a conveyor belt of treatment I guess you know and as I certainly so much over in America where you know you you all from you know you're living in LA Los Angeles and you know the American sort of healthcare system it just boggles me sometimes I mean I I we come from you know I come from the UK where there's a socialist healthcare system the the National Health Service and you know it just I remember that I was just shocked because right at the start of the pandemic or you know COVID-19 right at the start of last year I saw that there was this elderly gentleman who'd been on a ventilator and I've been admitted to hospital because of respiratory problems and they treated him and all the rest of it and it was all on social media and nurses and doctors were clapping him as they were Wheeling them out and then I read I think it was less than a month later he got he got a medical bill for \$1.5 million from that hospital and I was like "Oh my goodness" said obviously you know I don't think if he had insurance or whatever but it just puts it into perspective how much money there is within this sort of healthcare system in America.

VANITA K. GUPTA: is that it's unfortunate because we live in a time where health is expensive no matter how you look at it to be able to get like organic produce or to have a garden to grow your own food or to be able to make choices in your life that are really sustaining your help this this is an expensive system that we live in then and as you said you know it's almost designed to keep us sick and then when you get sick what do you do because how do you pay those bills you're in debt forever

RIYA LOVEGUARD: so question is awesome question is because we call the podcast architecture destiny and we wanna talk about a better world the new earth how do you see these problems that we talked about fixed how you envision this new earth from the perspective of medicine food system or how would you like it to be

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VANITA K. GUPTA: this is a really important question and i'm so glad you asked this because so often we focus on what's wrong instead of focusing on how are we going to create this new world together, how are we going to create this new earth, and I think the first thing is that we have to recognize that everything is interconnected. That we live in categories and isolation and

you know just breaking things up into their component parts rather than looking at it as a whole. You know even in western medicine, you go to a gastroenterologist, cardiologist, to psychologist you know you might have a nutrition you might even have a fitness trainer, and everybody is looking at their individual function and it's great that there are people who are specialists in this but who's looking at the whole?

And then when we take this even further you've got our food systems. I mean there's most doctors don't consider food as part of medicine when this is probably the most important part of medicine.

What we put into our body is what's going to create this body that we have and how we live. So I think the first thing is to recognize, that everything is interconnected. We ourselves you know as in our human body I think Riya you listen to my talk where I talk a lot about this, where physically, this physical matter is only 1% of who we are we are 99.

It's actually 99.9% space so we're less than 1% human physicality. Everything in this physical world is really composed of space but we live in this third dimension, and so we see it as density. This is a low vibrational density and our bodies are meant to be in this lower vibrational density so that we can have this physical interaction that's why we're here on earth. Well on top of it, we are only 43% human we are mostly composed of non-human cells and so when we start to think about the fact that what we consider being human is actually not really human.

It's mostly microbes in space well then we have to start to think about the fact that we are looking at the way we treat ourselves as being something that we're not.

We shouldn't be treating the physical human cells, we should be treating the total system. This is the energetic system, this is the microbial system, this is the interaction of the microbial system with the human system within us and when we start to look at ourselves as being these complex systems of networks that are composed of human cells. Microbial cells, all the microbes and viruses and everything that compose who we are. And that this is mostly space, then, we can actually start to see the health of the earth the same way because we are made of the earth.

We are microcosms of the earth, and so when we start to really understand this like the unity consciousness that exists within us, we can see the unity consciousness that exists within without us, outside of us, and this is going to allow us to better understand how to take care of

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ourselves. And it really comes down to the basics. If we don't start with the basics, we can't get to that point right?

So the basics being taken care of, your body taking care of, this physical vessel is the way we are going to do anything that we want here on earth or in other realms. So we need to be able to take care of this and so that's you know, getting the right amount of sleep, reducing stress, eating good food made of the earth -- that's high vibrational food.

Just doing some of these basic things and also really working with the mind 'cause the mind and the body are so interconnected that you can't have one without the other. So it's really about programming those subconscious thoughts to be thoughts that are directing our consciousness towards creation of something that is good versus first like focusing on what is wrong.

AERON LAZAR: I think that's amazing. The thought of consciously living in tune with the planet. You touched on sort of higher vibrational food. I'd like to talk about that, if that's OK, and you know I could probably get some tips from you, and I'm a working progress when it comes to my diet. So I'm not perfect, I'm trying to raise the vibration of what I consume but obviously would you say you are vegetarian, vegan? What sort of diet do you consume, Vanita?

VANITA K. GUPTA: I'm gonna first start by saying that we're all a work in progress. There's no perfect diet and there's nobody who's perfect so you know this.

We're all just get better and better and better at what we do and there is no perfection and we all are also evolving, changing beings that are changing because that is the natural progression of this time space that we are here on earth, but it's also the evolution of the earth herself and what's available to us.

So this is always going to evolve and change and because of that, we have to evolve and change. So it's remembering that there is no perfect system it's about being in tune and in harmony with your body, where you are in that moment.

So myself right now I can tell you that I am vegan. I don't drink, I don't you know eat anything that is going to harm me, but this is like 25 years in the making. This is not something that you know I have done overnight.

I became vegetarian 25 years ago because that's when I first began experimenting with my body. I was studying Ayurveda, and that's when I chose to use myself as an experiment and you know I started just testing foods on my bod. This is before we even had like food testing and elimination diets and I I'm sure they were around but that wasn't like the norm, and I was just

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you know testing things on myself. And I realized that like meat just wasn't something that I could digest I just this wasn't sitting well with me, but I was a junk food vegetarian.

For years before I even knew, I was like pizzas vegetarian for so long, but what happened is over time, as I began to like really just develop that consciousness – and when I say body consciousness this is not about how you look.

There's a problem that we have in today's society where we equate skinny with being healthy. It's not being healthy.

There's nothing to do with weight and that it's about being comfortable in your body, where your body feels good and so as I developed more body consciousness, that I began to realize what my body needed for it to feel good.

I've been vegetarian for 25 years. I became much better in my vegetarianism but then just last year, while we were in lockdown for so long that's when I started to play with veganism. I've been playing with it for about 15 years but that's when I decided to go full force into being vegan because my body said you do not need the dairy, you do not need the milk, you don't need you know, the cheese all the stuff that I loved, and honestly, it's been the best thing for me.

Growing up, I had severe allergies, asthma skin conditions. You know, I went through lots of eating disorders but there was just so many physical problems that I was going through. The irony of this all is my dad's a gastroenterologist and like nobody ever suspected that it had to do with gut issues.

But as I've refined my diet and as I have found what is optimal for me in this moment of now, I'm no longer on any medications. I'm no longer taking anything. Animals that I'm allergic to I can tolerate much easier it's not that I can you know, just you know snuggle a cat, but I can handle it much better than I could have

AERON LAZAR: One of the first things that you know I kind of transitioned from really, I remember it and it's you know we're talking about dairy here and I remember when we came to Australia and back in the UK obviously you've got you grow up your own you know British tea with cow's milk and all the rest of it.

And that's just like a normal thing of yogurts and all this kind of thing and I'm just kind of got used to kind of consuming that stuff but when we came to Australia, everybody was having a cappuccino with soy milk, and I thought you know what?

I'll give that a go and I thought initially I thought it sounded a bit fancier soy cappuccino. I got used to the taste and we kind of transitioned into that and I remember the first time I had a

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cappuccino with cow's milk and probably six months later, how heavy I felt in my stomach afterwards just from consuming cow's milk.

I was like Oh my goodness me. I couldn't comprehend that when you constantly consumed it 'cause you don't know how you can feel how we how we can feel any different but what a difference that was moving away from cows' milk. The only the only thing is I can't give up

salted butter.

VANITA K. GUPTA: In the end when it comes down to salted butter all you need is a little bit of oil and salt. It's amazing how it'll change things that you don't realize how easy it is. It's just it's a mind the attachment. It's the ego attachment that has to let go of eating that food because we have attachments that are stored in our body because there's an emotion stored with that and that has to do with a memory. There's a memory that you have somewhere of what butter is, and what it does and how it feels and what you like about it and there's nothing wrong with having that and you'll let it go when you're ready to.

It's really like when you truly let it go is when you've broken through those attachments, but you know there's nothing wrong with eating what you need to eat as long as you're doing so consciously.

I'm choosing to eat this are butter and allowing your body to recognize that OK this is what I have to do, this is what I'm choosing to do, and the more you bring that consciousness to it, you pay attention to how it feels in your body and then you might be like -- you know what? I don't know if I like that feeling anymore. I don't know if I want that feeling, it's as you did with the soy milk with you know the cow's milk.

That's a vibrational energy that you're feeling when you're eating any sort of animal product. We're getting the emotions of an animal, I mean plants have emotions too, don't get me wrong. I don't wanna, I don't want to disregard plants and their emotions, but because we are animals, we have a closer relationship to those animal emotions and therefore we can feel that a lot greater.

We just we have a sensitivity towards that and honestly unless you're having like the most nurtured cow from that farm that you know is really well taken care of, most likely they're not having the greatest emotions of having their milk taken away from them or the way they're treated and so that is all being fed into us and then those become our fears, those become our emotions, and that's a lot of that density that we're feeling with it

RIYA LOVEGUARD: that's incredible. about talk about with with regards to emotions I heard about it I've I've been kind of never really consciously made a decision I'm not a vegan vegetarian moment never consciously mega scission it just happened to me. I just stopped kind of stopped resonating with me and it started from it was a weird transition from the biggest

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animals to the smallest. So it started with like beef lamb, then for a long time with chicken, and tofu.

It just moved move the full circle but what I want to talk about is those attachments that you've mentioned because that also is connected with emotions how does that work because we see that I remember you mentioned in one of your posts a while ago about being addicted to



certain foods or to certain ways of eating and I feel a fascinating because when we think of addiction we only think of these kind of you know heavy substances like illegal drugs or alcohol or something really kind of unhealthy but you can actually get addicted to anything how does that work with detachment the food?

VANITA K. GUPTA: this is something that we don't often think about too often I think when people think of addiction with food, they often think sugar, or they often think alcohol those are probably the two things that people associate with it. But really, what happens is that so biologically we produce these neurotransmitters all our happy neurotransmitters: serotonin, dopamine all these happy molecules that people want

90% of that is actually produced in our gut. It's not produced in our brain it's actually produced in our gut by our gut microbiome all those little bacteria that live in our large intestines, they're responsible for a lot of our emotions. And it's what ends up happening is that it doesn't really matter like if you're taking cocaine or if you are eating food you're producing a response to what you are putting into your body so it used to be that if you looked at you know the neurochemistry of something like cocaine, you would see that you know the system is flooded with all these neurotransmitters and when you look at it with some sort of food there's the neurotransmitters there, but the system is not flooded.

Food has been processed and changed to be made more addictive so that we are actually eating it and addicted to it the same way we would be addicted to something like a drug like cocaine and it's flooding our system so that we actually crave more.

Now there's other things that happen in the food industry which are unfortunate, but this is all for profit. This is something that is done in order to keep us buying the food but they take out the nutrition from it so that we actually continue to have the hunger feeling, that we don't feel satisfied, we don't feel nourished, and so we don't feel nourished, we are now eating more of it and then we're eating that thing that we're creating also an emotional connection too.

So we have the physical connection through our biology, we have the lack of nutrition that's coming in, and then we have the emotional connection, because that's coming through you know advertising, you know you see the Coca Cola with like oh this will make you feel good like just drink a coke or yeah you know this is gonna you know you're gonna have this abundant life when that has nothing to do with Coca Cola or like any of these other things you.

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The happy meal at McDonald's like this was all early marketing but you can still see it today but these are all emotional attachments that are created to food now this is actually getting marketed into a lot of the health foods because what ends up happening is that they know that this is where the trend is going so they just move it over so we have you know how many times do you go to the grocery store and you're like wow this has got prebiotics and probiotics and you know vitamin this and vitamin that this must be good for me and you just pick it up so they're appealing to what we as consumers think that we know we want and so they're just

they're they they know what they're doing they know what they're doing when it comes to it so there's an addiction that's created that's you know emotional that's physical that's mental it's coming on all levels of our psyche and our biology and so it's really having to deprogram ourselves from this because we've forgotten our bodies. Our bodies are hardwired to remember how we eat food, but we have forgotten from our ego perspective how to eat food.

RIYA LOVEGUARD: One of the things that kind of plays into that addiction if I can just follow that thread is there's also what happens after so let's say I don't know I have 5 squares of chocolate there is then a cycle of guilt and shame, where I don't know I've devoured a bar of chocolate and I know it's not good for me, I didn't need it. Sometimes ice cream, even vegan ice cream, sometimes you just do this disgusting feeling like the heaviness etc. and then the guilt and shame kicks in. How do you get out of this vicious cycle?

VANITA K. GUPTA: This is the hardest part it really requires conscious deep programming and reprogramming because so many of our dietary changes are only focused on the physical removal of foods or you know the physical foods themselves, but really, it's the emotional aspects that we wanted to be dealing with.

I think that what happens is too often we are we're making large changes that we can't integrate into our body so it's like, "I'm gonna remove all sugar. I'm not gonna eat any sugar anymore," and then you have a bad day and you're like "OK I'm just gonna have a little bit of ice cream."

But because you haven't had that sugar and because you haven't had that bad day your psychology is gonna say "You know what? I'm allowed to have a little more. That was a really bad day, I can have a little bit more." And then soon that you know you're at the end of the pint, and you're like "What have I just done?" and then you go through the cycles of guilt and shame because you were telling yourself you're not gonna do that because you shouldn't be having sugar, etc. So it's the stories that we're creating for ourselves.

So I'm gonna tell you I ate a pint of ice cream just like I don't know four days ago or something. You know this is something that I was like, "You know what? I'm going to the grocery store." Never go to the grocery store when you're fasting #1. I went to the grocery store and I was like you know what that ice cream that's a really reishi mushrooms, it was dark chocolate there was so little sugar in it. It was like my kind of ice cream and so I put it in the freezer and I was like OK I have this ice cream.

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Now that I bought it, I like how am I going to consume this? I know how am I gonna consume it so I made a conscious choice I was not gonna eat it under any sort of emotional duress, and I was also going to choose that if I tasted it and I liked it, I was going to allow myself to eat the pint without guilt.

You just have to change the narrative around the food because if you go in with this idea of "I'm not gonna do this, I shouldn't do this, this is not good for me," you're going to just

program yourself into cycles of guilt, and honestly the guilt and the shame is worse than what you ate that's actually doing more harm to you than what you ate so just it's a consciousness that we need to apply to this.

AERON LAZAR: you also feel like you're kind of depriving yourself as well which you know isn't the case so it's like oh actually if i don't eat the whole pint xx actually if you kind of do a bit of mental gymnastics flip it on its head, I can make this last longer so therefore I enjoy it longer.

Just to touch back on what you were talking about before with these sort of how these brands are sociate themselves with and sort of healthy images and all the rest of it and it's interesting when you look at things like the Olympic Games or the FIFA Soccer World Cup you've got the likes of Coca Cola, McDonald's -- All kind of advertising and branding across these things because we associate and you've got these athletes kind of performing and therefore it must be good for us etc xx

If you can speak into that facility amazing is about really kind of you producing some amazing sort of recipes and stuff. Like I said we went through a period where we were really trying to eat completely vegetarian but then became sort of devoid of interesting things to cook and I was thinking oh goodness me, I can't cook the vegetable lasagna yet again. And it comes down to that but you've got some such amazing plethora of interest in like the chocolate brownie or whatever that just looked to die for that us on social media, where do you get those?

VANITA K. GUPTA: I mean I think cooking is in my blood I definitely do feel like it's one of the gifts that I was born with and I think being born Indian you're kind of born into the gift of spices which is something tha is life changing and palette changing. You want that mouthgasmic food you create you know you just use a lot of spices. But you know it's just learning how to really just – I think again once again it's listening to your body.

So a lot of my recipes start out of my cravings I have cravings or things I mean it doesn't mean that my cravings go away. I might still crave something like pizza. You know I'm vegan and you know I can find vegan pizza but you know it's not necessarily the same feeling as having, like for me it's like a slice of New York City pizza. Like the perfect slice of New York City pizza is like my thing. So that's something that I thought that like I would never be able to give up because that would be you know that would be my Achilles heel.

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Well, I've been actually presented with that several times, and I find that my body doesn't want it so I'm asking like what does my body want? And when it tells me what it wants I'm just recreating those kind of sensations those flavors those feelings that I'm desiring. Sometimes it's sweet right? But it's not just having a sweet like I could go out and like have all sorts of different chocolates, but there's usually a feeling that I want, there's a texture that I want ,there's something...

'Cause I wanna be able to bite down into it, I want it to have like you know a softness or

truffle... sort of crunch. So a lot of it starts with that desire that I'm looking to satisfy, and then I'm building from there. I also look at what's seasonal, I also try to like you know stay with Whole Foods as much as possible and I also give myself permission as you said, restriction is the worst thing that we can do to ourselves. If we restrict, then we are withholding and who lives in restriction and lives a happy life? It's all about what am I moving towards? So rather than saying I can't eat this it's I want to feel this.

So what do I want to feel? I wanna feel happy afterwards I don't wanna feel tired the next day. I don't wanna feel tired after the meal so I'm using those kind of feelings and emotions to create it

I also let the vegetables speak to me, honestly, like you know you go to the farmers market you can just let them inspire you do something new. And I mean we live in the world of information at our fingertips you can sit there on your phone at the farmers market and Google a recipe that you're like, I can try to do that. For me I've had enough experience with cooking that I can like create these things with a little bit more inspiration and not necessarily needing as many recipes. I look at recipes to get me inspired and give me ideas. I always say like the most important thing that we can do for our bodies and to include diversity, so you wanna be eating like a wide range of things. Try a vegetable or try a fruit that you've never had before and quickly Google it and come up with an idea. Let's see what happens. The worst thing that can happen is you don't like it and you put it into your compost and you give it to the Earth.

RIYA LOVEGUARD: Because obviously I am not naturally gifted to cooking Aeron can witness to that. Thankfully he is. I've had a history of doing things like burning pasta or I don't know what else I've done. xxx Also there will be listeners who are perhaps short on time and I literally I feel like there's two things that are stopping me from eating my optimal diet and being in optimal health and I believe that a lot of people will identify with that, so if we can touch on both of these things.

Well, number one, there almost seems like there's too much information where you don't know, I've asked myself this question many times, what is optimal health for a human being? And number two is convenience and laziness and basically like you know it's easy to go through the motions and pick up the same ingredients and make the same three or five dishes from your

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repertoire that always works so if we don't speak about both of these things what is actually optimal for us and then how do we get around this convenience?

VANITA K. GUPTA: Those are both really important questions. I think optimal health, I always say optimal health is mind body soul alignment in that moment of now. We're always existing in this moment of now and not that optimal health is gonna change because let's say you walk down the stairs and you slip and you know you break your leg. Well the idea of optimal health in that condition is gonna be very different from if you are able to fully exercise in what you do. So it's always about identifying what your body needs, and what your mind needs, and what your soul needs, because food is not just for our physical body if we're not feeding our soul and

we're not feeding our mind then we are not in our optimal health

And what I mean by feeding our mind just for listeners is that you know our emotions, our thoughts are... our ability to have clear thoughts actually starts in our gut. And so if we're feeding it very low vibrational food, and when I say low vibrational, I mean tons of processed, lots of fat lots, of heaviness. I mean, I don't think I think if you just you know, took different foods and you put them in front of you, you can feel the vibration off the food. Like there's there's energy that we can feel that we're getting from it and it's making sure that it's not our ego and our mouthwatering that's determining that that vibration but really truly understanding that vibration.

The best way to experiment with that is when you're not hungry, like play with the foods and just feel the energy off of them because this is the energy that it's giving your body. So you know when we're in our optimal health, we want to be feeding our physical body, we're feeding the gut microbiome that's in large intestine. This is what's actually going to be then producing all the happy molecules, all the connections in our body, strengthening our immune system, strengthening our mental clarity.

So you want to be feeding that and you want to also eat that are nurturing your soul.

I don't think our 5D vibrational being actually really needs this physical food, it's our earth body that needs the physical food, so we don't wanna be so dense that we're kind of like contracting our magnetic xxx. And you know, we're staying inside ourselves, so we want something that's going to keep us alive but not everybody is built to eat a salad every day right?

So this is not something that we want to be saying that there's only one way to eat, and that's why I think it's really important that we're in tune with what our body needs in that moment. And I encourage people all the time, you don't need to label your diet you don't need to label yourself you don't have to say I am vegan. I can say this because I've been doing this for 25 years and i know that this is what my body needs, but when we start to create these labels in these categories we limit ourselves and this is where the cycles of guilt and shame.

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So if you say like I'm vegan and then you decide to have that piece of bacon, you're gonna send yourself down a spiral that's not gonna be good for any of you and you'll definitely not be in your optimal health. So I say label your meal, not yourself. So I'm gonna eat a vegan meal. So I'm gonna eat a vegetarian meal. I'm gonna have this omnivore's meal right now. Whatever it is, listen to your body if it decides that it needs a little bit of fish because it knows what it's doing. You don't always know why it needs that but it might be that it needs the fatty acids or it needs certain minerals or it needs something that you're not aware of. So there's nothing wrong with listening to your body and being like, "you know what maybe it needs this and allowing yourself to eat it "

Now what when it comes down to is quantities, and you know how often and how and making sure that it's not just purely ego, like I need those French fries every day. So like you have to watch that because it's a slippery slope.

But when it comes down to convenience and you know the idea of not getting bored with food, because this is I think the difficulty. People often get bored with food and this is where I say like you you have to do what you can, when you can and it's not about saying like, "OK I'm gonna have like a full week of vegan meals" and burn yourself out.

Start with a day. Start with like maybe two days a week, three days a week, whatever is right for you. If this whole idea of being in the kitchen then chopping all this stuff and like doing all this stuff is just way too much, I mean we live in a day and age where the lot of the stuff comes pre packaged or there are salad bars. I don't know what it's in other countries, but you can get these salad bars that have like pre pre-cut vegetables and like it's like you're going to make a salad.

Whatever shortcuts that you need in order to be able to do it. If you need to eat the same three vegetables because you just don't wanna dare and try something unique or different that's totally fine, but the idea is to like you know maybe by three spices there are so many amazing spice blends right now. You don't need to go out and buy individual spices, you can go out and buy a spice blend you know garden masala is one of the Indian spice blends xx that you can just you know take that and season whatever vegetable with it and it's amazing how it will change your perception of that food because you will think you're eating a different food just because you use three different spice blends on three different days.

The thing is that sometimes it's we have to train our bodies to actually start to like this. Unfortunately, because we live in a system of processed food ,with lots of salt sugar and fat already ingrained in the food. Our bodies have forgotten what this food feels like and that we actually enjoy it so it takes a bit of training and you have to give yourself leeway with that training. I always say just start by eating the thing that you know the vegetable first. If you really dislike vegetables just eat it, get it over with, and then go eat the rest of the food, because your body is gonna start to feel thatm and it's gonna start to feel like, "Oh yeah OK I like that" and

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it's the first thing that you're tasting when you're hungry, so you're actually learning to eat that when you're hungry rather than the thing... let's say the burger or whatever.

AERON LAZAR: I just know how delicious vegan food can be because there's in South of Perth and we went there it's a vegan restaurant and we went in there for lunch one day and I had the most amazing plate of food since I can remember. It was this pumpkin ravioli homemade pasta truffle oil and just some other bits. I was just like with vegan food can be like this I'm all in, I'm doubling down on this but it's from my perspective. This is why you know what you do is super interesting because you know I think you could probably share with the listeners. You're creating

programs and recipes and things like this, I'd love to learn some of these recipes from you.

VANITA K. GUPTA: it's been a lot of fun because coming out of all this health, I've realized that what I really wanna do is help people understand and identify their optimal health for them and so for me this is really a self-mastery program that I'm running.

I have a coaching program I do individual coaching, but like the group coaching is really where it's at because we learn from each other. You know there's so much energy that you put in when you're working together, and you don't feel alone because when you're trying to change your diet, I mean this is like one of the most intimate relationships that we have with ourselves what we eat is how we love ourselves and what we put into our body is what becomes us so it's really one of the most intimate relationships.

And so going about that alone or you know let's say you're trying to do it, maybe in your rest of your family doesn't want to do it. So it's nice to have a group where people are talking about this and working together. And what I do is I take people through a three-step program over the course of 12 weeks, and we're really looking at it from mind, body, soul, and because it's not one, then when we're when we're wanting to change the energetics of our body through what we eat, we have to look at our total body complex which is the mind, body, soul complex.

So I really take people through this journey and what's amazing is that the changes that they're making are actually not these revolutionary like, "Oh my God it became vegan at the end of this program," because that's really just not feasible. It's really an overhaul and this is when people end up swinging on a pendulum they go from one side, they're vegan for a month, and then they then they go and they eat all the meat they can get for the next month.

This is not really like what we're supposed to be doing. The idea is to reduce the pendulum swing so that the distance between the two swings is smaller and it's OK to have that little bit of swing, nobody is gonna be perfect but the idea is doing the best that you can for who you are where you are in that moment.

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Let's say you're traveling and you're in a new one environment you can't get everything that you've already used to have, and maybe your sleep is off because there's a time difference, maybe everything has changed, you have to re-acclimate. So what this is learning. I'm helping people learn is how to really be in touch with who they are so they can make changes to their way of caring for themselves through food and understanding the narratives that they have with food what they're doing so that they can make changes that are fully integrated into their body.

Like I said for me you know this has been a journey to get to where I am and I'm in the best health at 44 years old because I have really been listening to my body. So focus on the youth like the youth is where you know everything is, but the problem is with youth is that our bodies

are more capable of doing repair and doing it doesn't undo damage, but it masks the damage very easily and as we get older we're no longer capable of masking that so you want to be able to like really establish these systems no matter what age you are, to be able to take care of yourself in any environment.

So this group program is just like... it's been a lifelong journey to make this and I'm just so proud of it but with it, I offer a self-mastering program because again it comes down to reprogramming the narratives that we tell ourselves this, the stories in our mind, are subconscious programming because no matter what you do in our physical reality, no matter how you choose to eat, what you choose to do, how you choose to be, if you don't change those underlying thoughts within you, then there's nothing that's gonna be achieved because you're always sabotaging yourself and you're always going to then run back to that which you need.

So I have like a smaller container that's the self-mastery program, and then that feeds into this other container which is a little bit more intimate, and I do that the recipes all of this stuff, like this is stuff that I have fun with so like you know I like to do these YouTube videos with my daughter.

I post recipes every so often I am actually writing three different books at the same time right now one is looking at how we actually use food to align our chakras, and really getting into our body to clear the chakras, and actually doing it through food but it's not just like eat orange for your sacral chakra 'cause that's the color orange. It's really going into like you know it's really going in depth with like how these foods really know nourish that area, so we can begin to explore that area, and the blockages that we have there. And so how you can raise your consciousness through that.

And then the other two are a little bit more related to my life journey, one is about the intersection between evidence and intuition, and how we use our gut and our gut microbiome in order to really transcend the ego and be a channel for source consciousness and really raise our vibrations that way.

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And then the last one is a little bit more of a personal journey and all of them are going to include recipes and you know I have fun creating them. I have fun sharing them and every so often when I feel like I have time and inspired, I run these cooking classes online 'cause they're just fun to do and it's really fun to teach people how to incorporate not just plant-based food into their diet but ritual and honoring the food and respecting the food and one with Gaia.

AERON LAZAR: Like I said, I've seen I've seen some of your handiwork on social media and it looks divine I have to say. So for the listeners, where can they catch up with you, Vanita. Where can they find you where's the best place to reach out to you what would you recommend?



VANITA K. GUPTA: Not to be you know the easiest vessel vehicle to just like you know channel information out. So my company name is Food Alkhemix and it's a payoff alchemy. I have a lot more else in there, it was a vibrational combination of numbers and it was also a mix of the chemistry in there, and just lots of parts of me so that's spelled ALKHEMIX so Food Alkhemix.

I'm also on YouTube that's where I post all these videos. I sometimes post other things like sound healing journeys and meditations, and aside from the cooking videos. I do a documentation of my own experiment that I'm doing with myself. I got microbiome which is leading into my book and then you know I'm also on Facebook. I have a Facebook group and but those are the three main places. I also have a website [foodlcomics.com](http://foodlcomics.com) you can find a lot of information there there's you know there's all the different services that are listed there but I'm mostly engaging and interacting through Instagram.

AERON LAZAR: amazing, there's a common theme around the guests we because we speak to people literally in all walks of life all industries and it's the question I asked everybody is, if you could go back in a little time machine and go and have a conversation with yourself from 10 years ago what one piece of advice if you could pick one I'm sure there's lots, but if you could pick one what we one piece of advice you give yourself from years ago?

VANITA K. GUPTA: I think it would be self-love in the sense of love your body the way it is. There is no idea of perfection there is nothing that is wrong with your body is perfect way it is.

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