



Interview Notes

Please check out [Fe's Facebook page](#) which details all of her amazing products – you can buy them from her and I highly recommend you do!

Felicia Robey. Connection. Mind Body Soul Earth

I use the coffee substitute and it is so, so good as well as the immunity blend.

Here is the info on coffee and the coffee substitute we discuss in the interview:

Felicia says: now might be the perfect time to give up coffee - if you're isolating, an essential worker working more, homeschooling, lost your job etc. coffee is definitely not serving your nervous or adrenal systems.


I used to drink 3 double coffees a day which contributed greatly to having chronic illness for years, my adrenals completely shattered, my autoimmune disease unbearable.. so what is the Ayurvedic perspective on coffee? Well, like most things, Ayurveda considers coffee to be both medicine for some and poison for others, at certain times and in certain situations. Energetically, coffee is hot, light and dry in quality, a carrier of the Air and Fire elements. It encourages the emptying of the stomach and stimulates bile secretion, the effects of coffee can lead to anxiety, twitching, irritability, inflammation and over time, disease. Chronic issues, like adrenal fatigue, hormonal imbalance and insomnia, can develop and if left untreated, will go on to create even more serious conditions like arthritis and digestive dysfunction. How many imbalances in your body/mind are actually caused by this hidden culprit?

Here are some more things you may not know about this apparently innocent, liquid alarm-clock:

1. Caffeine is actually a pesticide

The coffee plant uses caffeine as a poison to paralyze and kill insects that eat its seeds. It also kills surrounding plant to provide the coffee plant with greater access to sunlight and space to grow larger.

2. Coffee depletes the body of vital energy According to Ayurveda, coffee causes vital energy in the body to move upwards (Udana Vayu) and outwards (Vyana Vayu),



depleting the body of the sustenance and nourishment of this energy (Ojas). This torrent of energy moving up, towards the head and out of the body sends the nervous system into fight-or-flight mode and produces the ever-reliable, post-caffeine crash when the body finds itself depleted of its vitality and life-force.


3. 'The fight-or-flight response is activated for 3 weeks after 1 cup of coffee 3 weeks!' The limbic system of the brain, which captains our emotions, sex-drive and survival instincts, is thus turned all the way on, reducing our brain capacity to that of a caveman. With the sympathetic nervous system activated, the brain is bio-chemically fooled into believing that danger is imminent. This is why so many of us spend our adulthoods in the fight-flight-or-freeze mode, behaving like children and incapable of making rational decisions. It's no surprise then, that anxiety and disorders of the nervous system are all too common in our modern and very coffee-addicted society.

4. Coffee is just as brain-damaging as alcohol and cocaine. According to psychiatrist Daniel Amen's book, *Change Your Brain, Change Your Life*, the effects of heavy and long-term coffee-consumption can be equal to those of drugs, such as cannabis and cocaine. By narrowing the blood vessels in the brain, proper blood supply is cut off and cognitive functioning becomes limited. This level of intake can eventually produce holes in the brain. How much of your thoughts, feelings, and behaviours, your depression, concentration issues and poor memory are in fact, a direct result of your daily caffeine jolt, and not of 'free-will?'

5. Coffee might be the reason you can't lose weight. With the body in a constant state of fight-flight-or-freeze, it eventually turns to fat as its primary fuel source, because fat contains 9 calories/gram as opposed to sugar and protein's 4 calories/gram. Energetically, a nice layer of fat serves to protect the body from the barrage of imaginary threats that the brain has been wired to expect after years of coffee enslavement.

6. The brain can heal! The good news is that, because the brain is plastic, cutting down or quitting your coffee addiction will allow the brain to recover and heal over time.

Not convinced yet? Well, if you are going to drink coffee, make it organic, limit your consumption to 1 cup/day and only after a meal, never on an empty stomach. Have your drink between 6-10am, during Kapha time, to counteract this Dosha's heavy and sluggish qualities. Sprinkle a bit of cardamom powder into your cup to neutralize the acidic and stimulating effects and thus, reduce the aggravation of Vata.- by Lisa Power. I created "YEAH, NAH" Aussie coffee alternate with roasted dandelion and chicory root (full of digestion goodness) Australian wattleseed (full of minerals and vitamins) and Ceylon



Cinnamon (nourishing, grounding and lowers blood pressure) simply grind it, plunge it, (or I can grind, you can just strain) add milk and enjoy your coffee ritual without coffee side effects but a whole heap of benefits. Literally the best thing you can do if you suffer from anxiety, fatigue or insomnia. Always Hand-made, organic and blessed with mantra.

Here is the info on the immune support we discuss in the interview:

Main ingredients = Bee Pollen, Ashwagandha and Rosehip powder.

All anti viral, anti microbial, antioxidant, anti inflammatory. Bee pollen is the magic combination of flower pollen, nectar, enzymes, honey and bees wax. It contains over 250 active substance including nutrients, amino acids, vitamins and lipids.

The Chinese have used bee pollen medicinally for thousands of years. Records of its use also show up in ancient Greece as far back as 2500 years ago - Hippocrates prescribed bee pollen grains for healing.


An immune system builder that enhances vitality. Also a great brain booster, lifting brain fatigue, improving alertness and helping concentration levels over an extended period of time. Rich in the B vitamins; B1, B2 and B3 – these are essential for a healthy nervous system. They are often referred to as “anti-stress” or “morale” vitamins - when the nervous system is working optimally anxiety and stress can be greatly lessened.

Renowned for enhancing athletic performance, the German natural scientist Francis Huber claims that bee pollen is "the greatest bodybuilder on earth". As such, it is used by Olympic athletes and bodybuilders to increase strength and endurance.

Bee Pollen benefits sufferers of allergies, including hay fever, by reducing histamine levels in the body. It helps alleviate nausea, sleep disorders, stress and anxiety by bringing the body into nutritional balance and well being.

Withania somnifera (Ashawagandha) is a revered herb of Ayurveda. In present studies Ashwagandha was screened for antiviral activity showing the inhibition of virus at maximum 99.9 % in its highest non toxic concentration. Being a powerful adaptogen, it enhances the body's resilience to stress. It also improves the body's defence against disease by improving the cell-mediated immunity. As well as possessing antioxidant properties that help protect against cellular damage caused by free radicals.

Rose Hips (Rosa Canina) are one of nature's most potent sources of ascorbic acid (vitamin C) used for centuries in Herbal Medicine, also high in vitamins A, B, D, E and K,



bioflavonoids, rutin, pectin, selenium, manganese, magnesium, phosphorus, potassium, sulphur, silicon, iron, beta carotene, fibre, omega 3 and 6 fatty acids. New research is also finding great results treating obesity with rosehip.

The elixir also contains Alma: Gooseberry a strong anti viral and antioxidant. Kakadu Plum: Gubinge - the worlds richest source of vitamin C, ethically sourced and supporting indigenous communities in Australia. With a hint of Ginger and Cinnamon.

Directions: at night, add two teaspoons (one for children) into a cup of 1/2 boiling water, 1/2 milk (or mylk) add honey to taste if need.

Not suitable for pregnancy or anyone extremely allergic to bees.

And finally some notes on the 'vegan conversation' in relation to Ayurveda we had:

Fe and I discussed our conversation afterwards. She wanted to clarify the following:

- ♥ She is not sitting in judgement – we are offering some ideas and thoughts not judgements.
- ♥ Fe's main point is veganism isn't always healthier or more ethical than a non-vegan diet – it all depends on the choices 'within the labels' we make.
- ♥ Original ayurvedic scripture isn't vegan in it's dietary recommendations but it can be modified (e.g. coconut oil for ghee)
- ♥ Katie adds: Just to clarify if you're wondering after listening to this interview I am totally vegan inclined in my ethical thinking and 95% plant based in my diet (with a tiny bit of egg and ahimsa dairy in the remaining 5%). I support vegans and believe it is the most healthy and ethical diet if it's practiced mindfully and thoughtfully.

Fe clarifies: Ayurveda is not vegan, a fact that is very mislead in yoga world. In traditional Ayurvedic texts when you study it clearly uses animal products for all doshas and illness... especially vata.. a true Ayurvedic diet is not vegan, that would just be a very modern modification of it.. all my teachers in Ayurveda use animal products for their clients however so just good to know that vegan is not Ayurveda per say and vice versa. The practices of Ayurveda can be used however you want to eat but- biggest meal of day, increasing agni etc. by to really benefit from an "Ayurvedic diet perspective" veganism is not in-line. Ahimsa yes but not veganism for optimal health in Ayurveda .



Substitutes options;

- ♥ ghee to coconut oil
- ♥ milk to oat milk (most ethical) is a good start
- ♥ hard to substitute yoghurt but I guess just using
- ♥ plant based / vegan alternatives

Main thing I would add nutrient wise is to add more sesame seeds for calcium and vegetables, herbs, spices, nuts and seeds in general and always supplement B12,

