

EmbedAIde

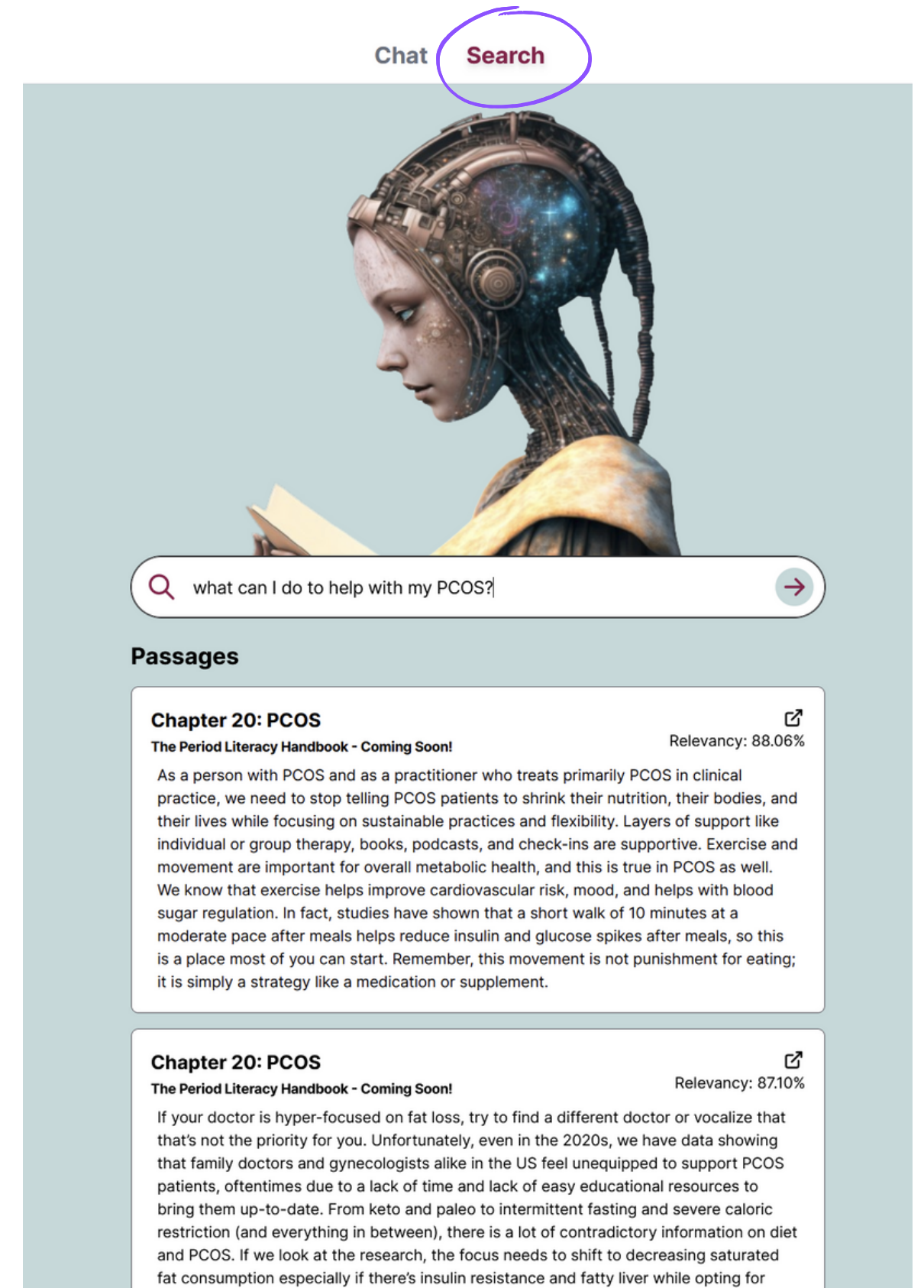
GPT Vectorized Embeddings Bot Template

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Search Mode



- Vectorize the prompt to find the most relevant embeddings
- Selects the 5 most relevant embeddings using Open AI's Embeddings API and Supabase
- Displays these 5 results as passages with links to the sources.
- All data must first be vectorized using Open AI's Embeddings API and stored in a database compatible with embeddings.



Ask/Chat Mode

- Finds the 5 most relevant embeddings to the query using Open AI's Embeddings API and Supabase - just like Search mode.
•••
- Injects the 5 embedded passages to the prompt and use prompt engineering to instruct the GPT-4 API how you want the response to be formatted.
- For example, AnneAI's prompt is engineered to give an informative answer with direct, sourced, references to the provided passages.
- Another example is PlatoAI, where the prompts are engineered to respond with a multi stage dialogue between Plato, Socrates and the user.

The screenshot shows a chat interface with a search bar at the top containing the query "what can I do to help with my PCOS?". Below the search bar, the word "Chat" is circled in purple. The interface displays an "Answer" section with a list of 8 steps for managing PCOS, and a "Passages" section with two relevant passages from "Chapter 20: PCOS" in "The Period Literacy Handbook - Coming Soon!".

Chat Search

Q what can I do to help with my PCOS? →

Answer

To help with your PCOS, consider the following steps based on the provided passages:

1. Focus on sustainable practices and flexibility in your lifestyle, and consider seeking support through therapy, books, podcasts, and check-ins (Passage 1).
2. Engage in regular exercise and movement for overall metabolic health, such as taking a 10-minute moderate-paced walk after meals to help regulate insulin and glucose levels (Passage 1).
3. Prioritize a balanced diet that includes lean proteins, soy protein, flax seeds, antioxidant-rich foods like pomegranate and berries, and healthy fats like olive oil and omega-3 (Passage 2).
4. Consider incorporating herbs like licorice root, white peony, chaste tree, and spearmint, which have shown improvements in PCOS in studies (Passage 2).
5. Explore acupuncture, therapy or counseling, and connecting with others with PCOS as part of your care plan (Passage 2).
6. Consider supplements like myo-inositol (2-4g per day) and N-acetyl cysteine (NAC), which have shown benefits for PCOS in research (Passage 3).
7. Be consistent with supplementation and give it time to see results.
8. Decrease the consumption of advanced glycosylation end-products (AGEs) found in red meat, charred animal products, and other foods that impact inflammation and cardiovascular disease risk (Passage 4).

8. Create a nutritious foundation in your diet, allowing for flexibility and enjoyment of foods that bring pleasure (Passage 4). Be mindful of dairy consumption, as it can aggravate acne and Qi flow from a Traditional Chinese Medicine perspective (Passage 4). Remember, it's essential to consult with a healthcare professional before making significant changes to your diet, exercise, or supplement regimen.

Passages

Chapter 20: PCOS [↗](#)
The Period Literacy Handbook - Coming Soon! Relevancy: 88.05%

As a person with PCOS and as a practitioner who treats primarily PCOS in clinical practice, we need to stop telling PCOS patients to shrink their nutrition, their bodies, and their lives while focusing on sustainable practices and flexibility. Layers of support like individual or group therapy, books, podcasts, and check-ins are supportive. Exercise and movement are important for overall metabolic health, and this is true in PCOS as well. We know that exercise helps improve cardiovascular risk, mood, and helps with blood sugar regulation. In fact, studies have shown that a short walk of 10 minutes at a moderate pace after meals helps reduce insulin and glucose spikes after meals, so this is a place most of you can start. Remember, this movement is not punishment for eating; it is simply a strategy like a medication or supplement.

Chapter 20: PCOS [↗](#)
The Period Literacy Handbook - Coming Soon! Relevancy: 87.08%

If your doctor is hyper-focused on fat loss, try to find a different doctor or vocalize that

Potential Applications



- PlatoAI and AnneAI are just the beginning. Two other ideas I wanted to get going but didn't have time to finish yet are DogAI and BabyAI - handle questions about dogs or babies and get advice from the top books in their fields and give references similar to AnneAI.
- AnneAI and PlatoAI were used to create an easy-to-edit template for starting new embedding projects. I can use this template to offer an embedding bot creation and data scraping/vectorization/embedding service. I can also offer the template to developers.
- Pricing of the service would depend on the amount of data, how it needs to be formatted, and how well it is already formatted.
- Could offer other services like Prompt Engineering, Image Generation, regularly updating embeddings for podcasts/blogs/books/inventory additions/whatever the client needs.