Transform Your Health
Guest: Amy Shah

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Dr. Menolascino: Welcome back to the Women's Heart Health Summit. This is your host, Dr. Mark Menolascino, Medical Director of the Meno Clinic Center for Functional Medicine in beautiful Jackson Hole. This is your chance to hear from international experts on all the topics you want to know about, optimal women's health, preventative heart health, and how to be the best you can be. We are super fortunate today to be joined by Dr. Amy Shah, one of my colleagues and friends. Thank you so much for being with us today, Amy.

Dr. Shah: Thanks so much for having me, Mark.

Dr. Menolascino: So, I'm going to tell our viewers a little bit about you. We've known each other for a while now and you're one of the gurus in integrated medicine. You've worked hard to get to the spot you're at. You're so knowledgeable. But I think the way you interact with your patients and the way that they want to get better by doing a journey with you is something that I see you bringing to every visit that you have.

Dr. Shah: Thank you.

Dr. Menolascino: Let me tell you a little bit about Dr. Amy. Amy Shah is a double board certified MD with a certification in internal medicine as well as allergy and immunology from Cornell, Columbia, and Harvard Universities. She was named one of the MindBodyGreen's Top 100 Women in Wellness to Watch in 2016, and has been a guest on many national local media shows.

She helps busy people transform their health by reducing inflammation and eating more plants. It's all about food as medicine. As an immunologist, she realizes the power of the microbiome to help digestion helps women to achieve natural hormone balance and to assess for food sensitivities to achieve optimal wellness. Again, thank you for being with us, Amy.

Dr. Shah: Thanks so much for having me, Mark.

Dr. Menolascino: This is quite a journey you've been on. You've really done your homework to this spot. What's been the hardest part of your journey for you to get all of this knowledge in one spot?

Dr. Shah: The hardest part of the journey really was the fact that it's so hard to integrate nutrition and wellness into western medicine. And every step of the way I was trying to figure out how to do that in the traditional sense. And it was always difficult, because I was a nutrition major as an undergraduate. I went to medical school to teach people how to get healthier through food. And I was frustrated when I came out of internal medicine and felt like I couldn't do that. So I specialized in immunology.

And in America, allergy and immunology are combined. And thinking that I could incorporate more diet and wellness that way. And it was really frustrating to see that not only do we talk very little about nutrition in the western medical sense, but we're not rewarded or given the time to really talk about wellness, nutrition, anti-inflammatory eating. All the things that we need to be doing every day to prevent hospitalizations, to prevent heart attacks, to prevent diabetes, to prevent cancer. We're neglecting all of that.

Dr. Menolascino: So, when women come to see you, and other clients, where's the starting point of the journey? Is it listening to their story? Is it the testing that you do? Where do you find the most information for you?

Dr. Shah: For sure, it's their symptoms and their story that they tell. As you know, medical testing is not great. A lot of it is not validated, especially in the realm of inflammation, gut health, hormone health. There's a lot that we are still working on in terms of getting the testing right. But we are very good at knowing the symptoms, a list of symptoms I can tell people when they have gut problem, when they have an inflammation problems, when they have a problem that can be helped with nutrition. I can pretty much help with their story.

Dr. Menolascino: So, there's a relationship of inflammation, the hormones, the heart, the brain. Does one have more control of the other? Are they all working together?

Dr. Shah: So, inflammation is kind of a hard thing to define. Inflammation is basically like a fire that's burning. It could be a good thing in an acute setting. So you get a knee injury and there's acute inflammation. But we're talking about the bad is the chronic, low-level inflammation. And that can originate often from the gut. It can originate also from the foods that you eat. It can also originate from the lifestyle that you lead, the thoughts that you have. So, it can come from many different places. But a lot of it stems from the gut, which is, the biggest needle mover, I think, in inflammation is changing your diet from the gut.

Dr. Menolascino: You know, I've listened to several of your lectures and talks and you really have so much real-world advice to give. You take difficult concepts and make them easy for people to implement. Are there some kind of go-to pearls you have when you see your clients that you find really help them a lot? Or some pearls you could share with our viewers?

Dr. Shah: Yes. One of the biggest things I think I try to teach women and people that I've worked with is there's a big mind-body connection. It's something that we don't talk a lot about in western medicine, that mind-body-thought connection. And that our thoughts and our stress levels and the things that we do with our mind have a big effect on our health. That's one thing that I think there's a big disconnect in the knowledge. That people, really, are shocked. And even I was in some ways. When somebody told me that, hey, you have to bring down your stress level to fix your hormones, I was kind of surprised. Like how does my worry, my stress, affect the rest of my body or inflammation?

So, the brain-gut health connection is a huge one. Trying to really have some more body awareness. Know yourself a little bit better. And I also talk about food. That's one of the biggest areas, we said, like, it's a big needle mover. Lots of things you can do with your food to improve your health.

Dr. Menolascino: So, I have a lot of people asking me about bone broth. And that seems to be, again, one of those low-hanging fruit that everybody can make. It's easy to do. It's inexpensive. It's hard to do it wrong. And it seems to really help so many different areas. How would you help someone kind of get started looking at their food? I love that you incorporate the mind-body piece. You know you're one of these doctors I love that you walk the walk as you talk

the talk. You practice mind-body medicine yourself. You espouse it with all of your patients. You try to teach everybody a little bit about how to take care of themselves. How would you make a recommendation for incorporating that on a daily basis? Going to yoga every day? Going to meditation class? What are some easy ways people can get started doing mind-body medicine?

Dr. Shah: The thing that people get wrong is it doesn't have to be a 90 minute yoga class. If it is, great. Good for you. But it can be 10 to 15 minutes. It can be a nature walk or a walk with your dog, your children, with your loved ones. It can be playing outside in the sun. It doesn't have to be organized workout activity. It's just quieting the mind. Getting out of your to-do list for even just a few minutes a day can make a huge difference.

One of the big tools I teach sometimes for people is if they're trying to really reset their circadian rhythms, which actually helps with inflammation as well, and also bring down their stress level and gain mind-body connection, you do it first thing in the morning. You go outside before the hour of 10 o'clock and you get some sunlight. This is hard in some parts of the world and some parts of the U.S. There are some lamps to do this. But nature is ideal.

Our brains are wired to see and hear nature sounds and see sunlight. And if you can get that 2 to 3 minutes in the morning, first thing, that, I think, is the ideal scenario you'll notice an improvement in your energy levels, in your inflammation levels, in your sleep quality, and your gut health.

Dr. Menolascino: Well, you know, the circadian pattern in this routine we need to get in and with sleep, sleep seems to be so elusive for so many people. How do you help someone get into this pattern and develop a routine to get into that circadian rhythm? Are there certain patterns of insomnia that you look for that may tie into more of an inflammatory cause or more of a gut cause or more of a hormone cause?

Dr. Shah: So, we know that there's like a circadian clock actually in every cell of our body. And so when you're off on those circadian rhythms, it's not just affecting your sleep/wake cycle, it's affecting so many genes in your body including inflammation genes. And so what I say is almost everybody, 90%, maybe 95%, of the world, actually, of the world's population has a very similar circadian rhythm.

And if you can go to bed between the hours of 9 and 11 p.m. at night and wake up around sunrise or a little bit after sunrise, you have ideally synced your body to circadian rhythms. So not only is it going to help your sleep,

wakefulness, your attention, your brain health, but it's also going to help these inflammatory factors which can lead to diabetes and heart disease and cancer.

Dr. Menolascino: So, this circadian rhythm, really, every cell has it. They talk about the clock genes. So it runs every cell, every moment all the way to a menstrual cycle of a woman over a 28 day lunar-type cycle. It's interesting how they're all tied together. Do you see these patterns with all of your advanced training? That the more you learn, the more patterns that you see?

Dr. Shah: Well, you know, it's funny that in medicine, Western medicine, we're just learning, for example, in my immunology fellowship, we were just learning the patterns of hormonal changes in a woman. And the immune system changes. Even though we know that the immune system changes, so much changes during menstrual cycles and women's hormone changes, but just at the beginning in medicine, learning about how women's hormones change the immune system, I feel like it's stuff that, maybe in ancient medicine, they've taken for granted and talked about for thousands of years that we're just uncovering now. It's crazy.

Dr. Menolascino: So how is that relationship of the immune system to women's hormones? Does the immune system protection change over a woman's menstrual cycle?

Dr. Shah: Yeah, actually, so when they talk about this in terms of, we looked at a few diseases when I was in my training. We looked at a very specific condition called chronic urticaria, which is a hormonally idiopathic, you would call it, because there's no known cause, where women get hives every day or every few days with no known cause. And we found that the allergy cells and immune cells that produce an allergic response were much more active during the week before someone's menstrual cycle, kind of like, the low-hormonal state.

And now we're finding out so many more things. We already know that pregnancy in one-third of patients makes their asthma much worse, and one-third makes it much better, and in one-third it stays the same. So it's kind of variable in terms of what the immune response does. But we do know that illnesses happen more often the week prior to the menstrual cycle indicating to us that your viral defense mechanisms are likely blunted during that time.

And it doesn't, like I said, there's not as much knowledge just yet, but we do know that the immune system fluctuates depending on the hormones. Just

like inflammation fluctuates depending on hormones. If you have chronic hormonal imbalance, it's going to affect your immune system. It's going to affect your gut. It's going to affect your brain. It's going to affect inflammation. All of those things at once.

Dr. Menolascino: You know, that's fascinating. One of my European physicians has told me how he has patients with Multiple Sclerosis that went into remission during pregnancy, then came back with a vengeance after birth. So there's something magical about that.

Dr. Shah: Yeah, in pregnancy you tend to really suppress your autoimmune diseases, because naturally during pregnancy your body's autoimmunity goes down because there's a fetus, which is foreign, and you don't want to start attacking that foreign fetus. And so your body's autoimmune, everybody who has autoimmune disease often gets a feeling of remission during pregnancy and then it comes back after.

Dr. Menolascino: So, they were using progesterone actually to try to treat M.S. in Europe for a period of time. For Multiple Sclerosis.

Dr. Shah: Interesting.

Dr. Menolascino: And does progesterone seem to be the magic hormone or is it the interplay of all of them together? What's your thought?

Dr. Shah: Honestly, it's the balance between estrogen and progesterone. So we think that in a typical American woman, often, they're estrogen dominant, and so progesterone can help balance that imbalance. But that's not always the case, but often the case.

Dr. Menolascino: I appreciate you mentioning estrogen dominance, because I was going to ask you about it and to kind of help our viewers understand estrogen dominance. What causes it, and how do they find out they have it, and how do they address it?

Dr. Shah: Estrogen dominance often shows up with people who will have hormonal symptoms, very bad PMS. They will also have weight gain, especially in the hips and thigh area. They will have heightened PMS headaches. It's hard, because there's so many things that overlap with estrogen dominance, but a lot of people will say they get very bad periods or severe PMS and then painful periods. And they will also have very severe symptoms at that time of month, because they're supposed to have an estrogen progesterone ratio. And

because we're around all these plastics, because we're drinking all this contaminated water, because we are getting estrogen from some of the foods we eat, we actually have a very estrogen dominant environment right now with the BPAs and all these kind of phthalates and all these chemicals in our environment that are actually pushing us towards a hormonal imbalance. And so you end up seeing a lot of people that have symptoms that sound all the same, but nothing comes up, say for example, on typical GYN testing.

Dr. Menolascino: Well, that's the beauty of the background you bring to this, Amy. You have the immunology understanding, the hormone understanding, the nutrition. You're passionate about mind-body medicine. I think there's very few practitioners out there that can tie all this together like that.

Dr. Shah: I think that's the future of medicine though. We all understand that we can no longer move forward with the traditional model of primary care and health care and women's care. Women, more so than even men, are suffering with so many conditions that are unexplainable by Western medicine. So it's kind of like, we have to be moving in that direction. We don't have a choice, because otherwise we're going to leave so much on the table when it comes to gut health, when it comes to nutrition, hormone health, mind-body health. I mean these are the areas that we have to push forward on with research. With doctors learning more about it.

I even talked to a lot of doctors, and I think you were there when we were talking about doing masterminds, other physicians incorporate this into practice so that we can actually have a change in the healthcare system as we know it.

Dr. Menolascino: Well, one of the most common illnesses in women is autoimmune disease. Is that correct?

Dr. Shah: Yes, exactly.

Dr. Menolascino: Is it 1 in 11? Or what's the current number?

Dr. Shah: Yeah, I think it's 1 in 10, 1 in 11. So the hygiene hypothesis basically shows that the turn of the 19th century until now, it has been epidemic proportions, basically, doubling every 10 years. And it's insane because we're trying to figure out what exactly it is. There's something, we think that the hygiene hypothesis is that there's something about the modern world and presumably the fact that it's cleaner. We're getting rid of the germs and the bacteria, but getting rid of that bacteria is also causing our immune

system to attack itself. Because as children we're not getting enough illnesses, our immune system is not getting enough training and that in turn starts to attack itself. So, autoimmunity, allergy, asthma has skyrocketed. And we think the hygiene hypothesis is the reason.

Dr. Menolascino: Well, it's interesting you mention that, because our treatments for autoimmune disease have gotten more and more aggressive, more and more expensive, and more and more dangerous. And there are times when we're physicians. We do use those medicines. It's so nice to be able to look at these other options. You mentioned an entity called chronic urticaria which is this hives issues and I've had several patients with it. It's one of the hardest things for me to address. It's a very complicated problem. And it's miserable. And I'm sure several of our viewers have it and have been to every doctor and no one seems to help it.

I'm fascinated that you find ways to stop this process and help women to address it. That's fantastic.

Dr. Shah: Yeah, it's a very frustrating when you tell someone, and in any case in medicine, when you tell someone that's there's no cure, that this is autoimmune or their own body creating this problem, it's very frustrating to hear as a patient. Like, "Well, what am I supposed to do then? How do I fix it?" There's no final answer like, "Hey, take this medicine for 7 days and it will be good." So that a lot of this autoimmunity that we're dealing with is very frustrating to patients and to doctors alike, because we don't have a lot of tools in our arsenal to deal with it, at least in an adequate way.

Dr. Menolascino: Well, I know for something like chronic urticaria, I also think of things like fibromyalgia, chronic fatigue syndrome. These are kind of the end results, but 10 women can come see us, they have 10 separate paths of how they got to that problem, like chronic urticaria, or to fibromyalgia. So really we have these disease and illness entities, but there's multiple paths that people can come down to get there. Is that right?

Dr. Shah: Yeah, especially with fibromyalgia, because we really don't even understand exactly the path of physiology. It's fascinating how many people are suffering from these same consolation of symptoms, but coming at it from very very different paths. I'm sure because you have such a specialized clinic where you see people who've maybe not gotten answers from traditional medicine, you see a good amount of that. Is that right?

Dr. Menolascino: I do and I think the tools that you and I both bring to our

clients really, we look at the thyroid differently. We look at the hormone balance differently. We understand toxicity. We understand the gut health. And I'm kind of still surprised how many people come see me that have never had any of that addressed the right way. There's still a lot to learn out there. And you're one of the world's great teachers. You're teaching so many people on a day to day basis. You're teaching doctors as well as patients.

Dr. Shah: As are you.

Dr. Menolascino: It's such a key for us. We have to kinds of raise the bar for everybody, because women need it. They deserve it. I tell a lot of women that you didn't do anything wrong and you didn't forget to do anything right. This is a natural evolution of something that happened to you that for you manifested this way whereas for your neighbor, it might manifest a different way. And so it's really root cause. Trying to get back to what's really at the core issue for them. How do you help people really get to that core root cause and understand all these different complexities when you're talking about so many different things? How do you help people walk away from your visits without it just being overwhelming for them?

Dr. Shah: Yeah, it can be really overwhelming. So I think, like I said before, I think that talking about food is very palatable to people. I think people at this day and age are ready to make a change with their food, but they're just not sure what to do, because there's so much information out there. It's not like there's not enough. It's like there's so much conflicting. "Should I be going keto? Should I be going paleo? What should I be taking out of my diet?"

And so, what I usually say is, "Hey, we're going to look into all of these things. We're going to be working on these things." In the meantime, let's try to figure out your food sensitivities. Let's try to figure out how your body feels when it's off the sugar, and when it's off the processed grains, and when it's off the soda and kind of detox out of your system. It's amazing, I'm sure you see this too, Mark. It's amazing how good people can feel just by making those initial changes to their diet.

Dr. Menolascino: Well, it's interesting. You're so right. Sometimes people make it so hard. And I don't like diets, because the first 3 letters are d-i-e and most diets don't work. I know you developed this personalized nutrition plan for people. What are some of the mistakes you see a lot of the people who come see you that they did when they tried to do this on their own? Or they use Dr. Google. Which, I love when people become educated. But they can get kind of down a rabbit hole and get sidetracked.

Dr. Shah: Yeah, the biggest problem with dietary advice in this day and age is that it's complete conflicting. Everybody's into clickbait. You know, the clickbait articles are just confusing people. Butter is good. Butter is bad. Avocado is good. Avocado is bad. And it's like, at some point during this Dr. Google search, you end up with everything's good or everything's bad. People ask me all the time, "What's safe to even eat? Like I thought kale was, oh you can't eat too much kale, because it's got oxalates."

And people say, "Oh I thought you're not supposed to eat that." So it's really, really hard to tell people, like, "Okay, you don't have to listen to everything out there on the internet. You basically have to go by the big, big, big needle movers, the things that everyone can pretty much agree on." And I usually tell people to [inaudible] Dr. Khan who is our friend, Joel Khan who is 100% vegan. Because I find that 90% of vegan diets, healthy vegan diets, healthy paleo diets, healthy Mediterranean diets all have the same factors. They all have tons and tons of vegetables and healthy fats and they take out the sugar.

Dr. Menolascino: Well, you know, it's interesting that you mention that. I met Caldwell Esselstyn who did the documentary Forks Over Knives, which everyone should watch. And I tried vegan and it didn't really work for me. And I thought it was because I ski and climb and I'm so active that he introduced me to a bodybuilder that was able to maintain a lot of muscle mass on a vegan diet. And that was impressive to me. And I think you're right. Joel Khan, he might be right for a lot of people. And it's not easy to go vegan, but it's an easy answer, because it seems to help so many people. It's a good starting point for people.

Dr. Shah: I think that you're 90% there and then if you want to add in some clean protein sources, animal-based, you're fine. I don't think you need to read every label. For most people I find that you don't have to read every label, go to every restaurant and tell them that kind of thing. I think that with very responsibly sourced organic free-range fish, for example, it can be very, very healthy.

And as long as the primary source of your calories are not coming from processed meats, which is my problem with keto, because I find that most people that do keto cannot sustain it on a clean, organic… They're often eating tons of processed foods and processed meats which are extremely bad for your health.

Dr. Menolascino: So, what's wrong with the hamburger from the grocery store or from the bologna or ham or turkey that's at the deli counter? Why are those

not the ideal choices?

Dr. Shah: Yeah, so, hormones. When you grill something, you create all these cancer-causing oils. They actually found that resistant bacteria coming from a cow was traced to hamburger meat and then traced into people's gut bacteria.

Dr. Menolascino: Wow.

Dr. Shah: So, you can get these crazy bacteria form these antibiotic-laden animals. You know that antibiotics are completely overused. That resistant bacteria was found in their guts. In the guts of patients that were suffering with very severe infections with resistant bacteria. And they traced it back to the conventional meat that they were eating.

Dr. Menolascino: Well, I think 70% of the antibiotics used in America go to livestock. That's a shocking number.

Dr. Shah: Yeah, it's insane. And also the growth hormones that they give and even though they're banned in the U.S. there's still ones that are undetectable that people are still using. So, there's tons of chemicals and even if you don't believe in the ethics of it, you should at least do it for the hormones and the chemicals. And when we talked about estrogen dominance, this is often coming from hormone-laden meat and dairy.

Dr. Menolascino: How about farm raised fish? Is there something to be worried about there?

Dr. Shah: I think fish, honestly Mediterranean diets, if you look at really great long-living people, often they've had fish. Japanese and the Mediterranean diet, there is a lot to be said about wild fish that is not contaminated with tons of mercury and chemicals. But we just don't live in that environment anymore. And we live in an environment where a lot of the fish have concentrated contaminants in their bodies. And so you just have to know where they're sourced from.

Dr. Menolascino: So, the Mediterranean diet, I grew up in a big family and I think a big part of the Mediterranean diet is the social eating. Eating as a group and talking. Social connectivity. Is that something you tell your patients is to really get social?

Dr. Shah: Isn't it crazy that that's such a huge part of longevity? Like if you look at the longest living people of the world, they all have a huge aspect of

community and purpose and relationships, something that we completely ignore in traditional Western medicine.

Dr. Menolascino: So, let me put you on the spot. What do you tell your female patients when they ask you about drinking wine?

Dr. Shah: I'm a fan.

Dr. Menolascino: How about the limit? The government says one glass of wine per day for women. Two for men. 14 glasses of wine a week sounds like a lot to me.

Dr. Shah: Yeah, I say under 5 of each.

Dr. Menolascino: Under 5. That's a good number.

Dr. Shah: Yeah. I think when we looked at multiple studies, they looked at moderate, but there is a very fine line between the anti-inflammatory and the negative effects of alcohol, which we all kind of know about. And so I think having 5 or less a week is a good idea. That means you're not using it as a crutch at the end of your day to release your stress feelings. You're drinking it socially at dinner. Or you might not have any for the weekdays.

For example, I don't have any alcohol on the weekdays. I'm just too active. I don't want to feel tired the next day and I stayed up for social get-togethers on the weekends and I never really go past that. For me to go past that limit would be way too much anyways.

Dr. Menolascino: I used to keep a picture in my office until one of my female patients took it home with her, because she was mad at me. It was a glass of wine full of sugar. And so when I got asked how much they can have per week, I would just hold up that picture of a glass of sugar. How do you see a glass of wine and sugar? Do you see it as a sugar?

Dr. Shah: Yeah. When I talk to people about reducing their sugar, one of the biggest culprits is their alcohol and wine intake. So, we often have to talk about having like 50 grams of sugar a day is really difficult if you're having a glass of wine.

Dr. Menolascino: So, Amy, you're a board-certified allergist, immunologist, and internal medicine specialist. How do you share your thoughts about candida, this yeast that, if you're on the internet, everybody has it. We've both

treated people who really do have it. And it can be a game changer for some. How do you introduce it for some clients and how do you assess it?

Dr. Shah: This is a tough one for me, because a real candida infection, I tell people, "Listen, a real candida infection, candida in your blood, is deadly."

Dr. Menolascino: It's scary.

Dr. Shah: It's deadly. You would not survive. Most people do not survive a candida infection, because it's immuno-suppressed people. I'm talking about HIV and cancer patients. Those are the people who get bloodborne candida. Often what I hear people talking about is candida overgrowth in their gut and that is, to me, bacterial overgrowth, candida overgrowth, that is a diet and lifestyle problem that often gets better when you take out the sugars. You take out the processed food. You improve your lifestyle. I don't consider it its own entity as it stands on the internet. I don't know. What's your take on it?

Dr. Menolascino: Well, I love your description. And I trained in Phoenix and they were building a new hospital building next to the cancer center. And they stirred up all the dirt and actually gave the cancer patients coccidioidomycosis, a fungal infection.

Dr. Shah: Wow. Yeah, yeah.

Dr. Menolascino: So, you're right. Real fungal infections are different than this overgrowth. And I completely agree with you. If you get the gut balanced, it has a wisdom of its own to reset that. I think there's too much made of it on one hand and maybe not enough on another hand.

Dr. Shah: Yeah, I think you're right. I think that when it comes to candida overgrowth, there's so much misinformation, or over, but then on the other hand, in the Western medical world, they don't even acknowledge it. So I think it's somewhere in the middle that there's this bacterial fungal [inaudible] symptoms, but it's not necessarily as bad or on the other hand, it does exist.

Dr. Menolascino: So, Amy, I appreciate all your time today, your great knowledge. If there are 2 or 3 things you'd like every woman, of the thousands listening, what would you like for them to know?

Dr. Shah: Number 1 is that mind-body connection. It sounds like a very big concept, but it can be as easy as spending 2 minutes by yourself in nature in the morning. And that's all it takes. The second thing is ask for help. I think

women in today's world take on so much responsibility, and it's almost like you're programmed to take on more than you can handle.

And I think I want to tell women it's okay to ask for help. It's okay to get someone to help you with, maybe, your household chores. Maybe you get an assistant at work. Maybe you get a team to help you do what you do, because every successful woman that's also healthy will tell you that it can't happen on your own. Especially if you're trying to do career and you're trying to do family and you're trying to do health. You're trying to keep your sanity and your body at its healthiest state. I think it takes a community, a village, a group of people so don't be afraid to ask for help.

Dr. Menolascino: You know, it's interesting, one of my clients told me the other day that behind every good man is a good woman. Most men can't be successful without a good woman in their life. I call them their better half. And she also said behind every good woman is her best friend.

Dr. Shah: Yeah, support is so important. I mean everybody talks about this healthcare crisis women are facing, and I firmly believe that is because of the responsibility on their shoulders. It's that same thing. That mind-body connection. When yo're stressed out your adrenaline is going. Your cortisol is up. You don't have time to reset and repair and make all of those hormones and that gut becomes leaky. It's like so tightly knit there.

Dr. Menolascino: Well, Amy, this has been just so fun talking to you. I always enjoy it. I always learn something from you, too, so thank you. How do all of our viewers connect with you?

Dr. Shah: Thank you.

Dr. Menolascino: You're welcome. How do they connect with you, find out more about what you're doing and learn more from you? How do they find you?

Dr. Shah: You can go to AmyMDWellness.com. And I'm also very active on Instagram @dramyshah.

Dr. Menolascino: Great. What are you excited about in your work? Or what are you working on? What really gets you going to work right now?

Dr. Shah: So, right now I'm working on a practitioner course for a lot of doctors who want to do wellness, get out there on social media, get their

voices heard, especially when they're thinking of something outside the box. Really trying to impact other physicians to do that. And also working a lot, one-on-one with clients around the world using Skype and phone to hone in on their nutrition, fasting. I'm a big fan of intermittent fasting. And also how to really take charge of their bodies.

Dr. Menolascino: So for those listening, they can find you online and connect with you. And they'd all be very fortunate to have the opportunity to work with you.

Dr. Shah: Thank you, Mark.

Dr. Menolascino: The fact you're teaching the teachers tells me so much about your passion about the future of health. And you're a big part of it. I know you write for MindBodyGreen. You're one of the speakers at their annual conference every year, and I greatly appreciate your time today. Thank you so much, Dr. Amy Shah.

Dr. Shah: Thanks so much, Mark, for having me.