



Be Your Own Health Hero: Learn the 5 Steps

Guest: Partha Nandi

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Dr. Mark Menolascino: Welcome to the Women's Heart Health Summit. I'm your host, Dr. Mark Menolascino, medical director of the Meno Clinic's center for functional medicine. This is your chance to hear from the world's experts on how to achieve optimal health, optimal vitality, and prevent heart disease.

We're joined today by Dr. Partha Nandi. Thank you so much for being with us, sir.

Dr. Partha Nandi: hey, Dr. Menolascino. Thank you so much for having me. I appreciate it.

Dr. Mark Menolascino: Great. Let me tell our viewers a little bit about you. You have a strong background. You're doing a TV show that's in 100 countries. You're really getting the message of functional medicine, integrative medicine, out to the entire world.

Dr. Partha Nandi: Thank you so much.

Dr. Mark Menolascino: Dr. Partha Nandi is a full-time practicing gastroenterologist and internal medicine physician. As an active holistic health practitioner in that field, Dr. Nandi is also the chief health editor at WXYZ ABC Detroit. At the age of 16, he completed his high school education

in Columbus, Ohio, and was awarded a fulltime academic scholarship to Ohio State University and the University of Notre Dame.

He then traveled to Detroit, Michigan to obtain his medical degree at Wayne State University. He was a Rhoades Scholar in Ohio state prior to that. He graduated Alpha Omega Alpha honor's society medical school at the top 10 percent of his class. He then completed internal medicine residency at Wayne State University. He was intern of the year, and did a gastroenterology fellowship at the University of Michigan in Ann Arbor.

Dr. Nandi practices gastroenterology in Detroit, Michigan. He's the author of several publications and peer reviewed journals. He's a national/international speaker, educating physicians on various topics in medicine. He's a patient advocate. He's empathic in his patient care. He treats the whole patient, both body and mind, as a passionate, empathetic, dedicated physician to his patients and his community.

Dr. Nandi is also host of the Ask Dr. Nandi Show, the creator of a medical lifestyle talk show that's won the National Academy of Television Arts and Sciences Michigan ME awards. The show utilizes Dr. Nandi's experience as an active holistic health practitioner and patient advocate. It has reached 95 million homes and is now in 100 countries worldwide.

Again, Partha thank you so much for joining us.

Dr. Partha Nandi: Dr. Menolascino, thank you so much for having me. It's such a pleasure. You've done amazing work, and it's my pleasure to be part of this.

Dr. Mark Menolascino: We're very fortunate to be this community of physicians that are looking at medicine a different way. Most of us have a story that something happened to ourselves or someone we care about that got us to look at medicine differently. Do you have an experience like that?

Dr. Partha Nandi: Absolutely. It started pretty young for me. I was 6 years old, and just like every other boy, driving my parents absolutely crazy. I was in India. I was born in India, and I came to the US at age 9. So I was in India, in a city called Bangalore, which is the south of India. I was doing my thing, and all of a sudden, one day I started having some joint pains.

That progressed on, and what I started having was the ability to really do nothing. I wasn't interested in doing anything. I lost my appetite. Lost my

energy. And in the beginning, my parents were like, yes, finally, we've reached a breakthrough because I wasn't bugging the crap out of them. But then when it continued on for a while, they were concerned.

So we spent many, many visits to doctors trying to figure out what was going on. I even went to alternative medicine doctors because in India, that's part of mainstream. We're a little behind here in the sense that we don't talk about alternative or functional medicine or using all the modalities. I was actually covered in garlic for an entire day to suck the poisons out of me. It didn't work, but anyway.

Eventually I was seen by a pediatrician who was really my savior, Dr. Shaker. What he did was he diagnosed me with a condition called rheumatic heart disease. And that almost took my life. I was hospitalized for 10 days. And you know, I was 6 years old, so I was terrified. But that saved my life. And that began my journey towards medicine.

When I look back at it, I wanted to be just like Dr. Shaker who saved my life. So that started my journey in medicine.

The second event, what happened was I then went into medical school. Was practicing, and doing really well. And my dad, who I call my first hero in my life, he had a devastating stroke. And I had to then become the patient care provider. I became the family. And what I realized was how little I knew and how little I could advocate for him. Sure, I knew medication. And I had a pretty good job, and I thought I was empathetic. But when I was in his shoes, and I was the family member, it was amazing how little I knew.

I'll tell you, the doctor, the first day he was admitted to the hospital in a rehab facility, the doctor came in, and my sister and my mom were there. And what he said to them was, this man, my dad, he was a PhD Dr. Nandi. He basically has no chance, and we should just ship him off to a nursing home right now. Or he is just not going to make it. And he did that when I was gone.

When I came back, I couldn't believe it. My family was distraught. And what had happened was the doctor realized, looking at my dad, was that this person would be a lot of work. And I realized that there's a system called DRG, where you get paid the same amount, it doesn't matter if you spend 30 days or whether you spend 2 days. And I could not believe that this was happening to my own father.

I went back to the doctor, and I said, listen, we as physicians are supposed to

really be the advocates for our patients. What happened to that? So that led me on a journey saying we need to do more to educate our patients. Not only about preventing disease, learning about integrative medicine and functional medicine, but also to really learn the health care system and navigate it. So that was the beginning of my advocacy.

I started a television show, and it went to one channel and one station in Detroit. Now, as you mentioned, we're in over 95 million homes and 100 countries because it's the same message you're carrying. To be your own advocate. We call it being your own health hero. To really being an advocate. I did it for my dad. He was in the hospital, or rehab facility, or nursing home for a year, and I spent every night with him because to me it was important, I realized nobody would advocate for him if I wasn't there.

So that really began my journey. We're very successful practicing functional medicine, but that wasn't enough. To me, it was really about making a difference in the lives of the people that we care about.

Dr. Mark Menolascino: Every time I've heard you speak, now, it's been amazing. You have this passion, and this is where it comes from. I didn't know that story. Especially being a gastroenterologist. In traditional medicine, there are so many things of the digestive tract we're not very good at. But when you take this integrative functional approach, you really have a lot to offer. Women, especially, really deal with a lot of digestive difficulties.

How are some of the ways that you help teach women how to take care of their own bodies?

Dr. Partha Nandi: That's a great question, Dr. Menolascino. I think that guys in general, we are terrible at talking about anything. I'm not kidding you, most of the guys that come to my office, their wives have either threatened them, dragged them in, or their girlfriends have threatened them or dragged them in.

So in general, I think the difficulty is we also suffer. But you're absolutely right, women suffer so much from many diseases, including gastrointestinal diseases. What I tell them is this, clearly, traditional medicine definitely has a role. And I practice traditional medicine. But there's a role but we're fielding many, many people.

What I mean by that is so many of my patients have come to me after seeing an array of docs, who have done procedures, medicine, the whole gamut. And then they come to me and they don't really have a good solution. And so what

I tell them is you have to look at your entire body as a whole. It starts with the gut.

I'll give you an example. I had a woman who came with an ulcer. We did a procedure called an endoscopy, where you take a lighted scope and it goes into the mouth while you're sleeping, and it looks at the stomach. I asked her, afterwards. I talked to her, and I said, I can fix this problem. But we've got to fix what is going on with your entire health.

First of all, I simplify it down to 5 pillars. What I mean that is, to me it's got to be simple. It cannot be difficult. It can't be, here, today you can buy this for \$19.99, and this is a 15,000-step formula. No one is going to do it. The person who is selling it loves it, but I try to boil it down to five simple pillars.

What I talk about is, the pillars are finding purpose in your life. Number two, as you know, Dr. Mark Hyman has talked about the most powerful weapon we have against disease is the fork, right? Pillar number two. Number three is movement with purpose. Not always just going to the gym, but having purposeful movement. Have you talked to Ben Greenfield, he's a fitness expert, a really good friend of mine. He talks about the next level in fitness is really about purposeful movement.

The fourth pillar I talk about is spirituality, right. If you have ever done an interview with Michael Jordan or Kobe Bryant, they'll tell you. The biggest tool they've had in success is learning about spirituality. For them, it was meditation and mindfulness. For you maybe it's something else. I'm talking about whoever is watching. It could be prayer, it could be yoga.

And the fifth pillar I talk about is tribe. If you really put those together, it will be great. I'll talk about each of those just in brief. Finding purpose in your life to me is so important because I couldn't do what I'm doing. Right now, without having purpose in my life. I get up every day, I bounce out of bed. Just like you do, Dr. Mark. And the reason why is because I get juiced about making people's lives better.

If you can find a purposeful life, why that matters. Why that matters in medicine. Whether you're a woman suffering from gastrointestinal disease, or a woman suffering from cardiac disease. Or somebody just having chronic headaches, is this. When you have a purposeful life, something in your body changes physiologically. That's the cortisol level. That's the epinephrine. Those are all of your fight or flight responses.

And those are the hormones, for you who have not seen or heard about this, that really leads to increased inflammation. And inflammation is the beginning of all disease. So if you could do some simple exercises, finding purpose, that's number one.

Dr. Mark Menolascino: Dr. Partha, if I could interrupt you for just a second. Let's take some time to go to your five pillars because I love how you lay them out. Let's just slow it down a little bit. I love how you connect purpose to inflammation. I think for a lot of people, that's a hard bridge for them to walk across because they don't see purpose in life.

We'll talk about your other four, but this idea of having a purpose. With you, your patients, your family. How do you help people find this purpose in life? Because you can tell it to people, but how do you help them to find that?

Dr. Partha Nandi: I've written a book about this. What I talk about is this is how you use simple, every day exercises. So, I tell you go to your bathroom or kitchen, and on a board, whiteboard or piece of paper. On the left-hand side, you put down the things that you feel are purposeful. You think really mean something. On the right-hand side, the stuff that you have to do.

For example, I don't know, you have to pay a bill. Or you have to do something that's just a rote exercise, which you don't really want to do. And you do that for a period of time. After a while, when you start to become conscious about things that you feel are purposeful. It's not going to be the same thing for everybody. Your purposeful moment, or your purposeful activity could be very different than mine.

So when you do that on a regular basis, then you start developing a pattern. Then you start understanding the things in your life that you do that add purpose.

Listen, I'm in the real world. I know there's some stuff you're going to do that you have no choice. If you have a family of four, and you're a single mom, and three jobs. I get it. But you can still find moments and hours in your day where you can say, this is purposeful. You have to do that. It's one of the most difficult things you have to do.

Dr. Mark Menolascino: That's great.

Dr. Partha Nandi: Every single day, that makes the first step in doing purposeful activities. Then you do short and long-term goals. And when you

can do that, then you plug in which of your activities meet your short term and long-term goals. That's how you develop a pattern. That's what I do every day. I think to myself, is watching my Ohio State Buckeye team play Michigan state, or play Michigan, does that serve my purpose, versus something else. And if it does, hey I'm going to do it. It's a conscious decision. When we start doing it, it becomes something you do almost all the time.

Dr. Mark Menolascino: I love how you're so full of these actionable, easy to do tips. You really put those difficult concepts into actionable words that people can actually latch onto. What's your second pillar that you talk about?

Dr. Partha Nandi: The second pillar, Dr. Mark, is we talk about what can you do to have a meaningful food experience. So it's not always about a diet. I can't stand the word diet because diet to me is a ploy for failure. It's like, oh, here's my diet. Take it and you'll do well. But really, not a single diet ever works. So to me it's about a nutritional plan. And it's a nutritional plan that can work well.

I have some simple tips. What I talk about, and you've heard this before. It's eating whole foods, but allowing for life to happen. So how does that work? I have an 80/20 rule. I talk about during the week, 80% of the time, you do the right things. You eat whole foods, you eat organic whenever you can. You try to avoid processed foods. Do the things that you know that can really help your health.

But 20% of the time, you've got to go. My 6-year-old just had a birthday, so I have to go and have a piece of cake. Please eat the darn piece of cake. There are people that are so fixated on their food plan, their diet, they produce more cortisol worrying about a damn piece of cake. So what I tell them, allow in your life to have some room. So the 80/20 rule.

The other one that's been practiced by, and you know this very well, Dr. Mark. Is the blue zone theory. Dan Buettner, for those of you who don't know, you should look this up. The blue zone theory where many, many cultures around the world have folks living to 100 or more. And what they notice is in those folks, they eat not until their gorged. We're not talking about a Chinese buffet. We're talking about going to the point where your stomach is about, what, two-thirds full.

And if you can do that, the problem is that the signal to your brain lags. So by the time you know you're full, it's a little too late. If you can just practice

eating until you're not engorged, and do the 80/20 rule. Eat whole foods, try to avoid things in a box or a can. And prepare your own food.

There's a lot I can talk about, but in my family, I insist that my family, my kids get involved in cooking it. Two reasons, number one it's the best tasting food they've ever had because they made it. And secondly, they realize the importance of real food at an early age. So that's my second pillar.

Dr. Mark Menolascino: Yeah. And you've talked a lot in the past about this eating with people you care about. How that socialization of nutrition may be more nutritious than the nutrients in your nutrition.

Dr. Partha Nandi: Absolutely because it brings in my fifth pillar. And I'll transition right to that. The fifth pillar is your tribe. The fact for me, I couldn't do anything that I'm doing and I couldn't enjoy any of the success that I've had without my tribe. My wife is my number one. My kids. My sister. My mother.

And then, I've got the tribe of my practice. So where I practice my traditional medicine, there's 50 people that I see every day. 8, 9, 10 hours a day. And then, when I do my television show, then 150 people that I'm acquainted with. So these tribes do something enormous.

And I'll talk about the Roseto effect. I don't know if those of you have heard it, but the Roseto effect is an incredible example. So Italian immigrants coming in to the United States in the 50s. And at that time, in the 50s, people died of heart attacks left and right. Eating burgers and fries, malts, all kinds of crap.

So what was noted was these Italian immigrants didn't eat a lot better than their counterparts in the next county, but they did something very unique. They ate together. They cooked together. They played together. They talked on their way home. And that tribe, that amazing idea of a tribe being together did something to protect them. Hardly anybody had a heart attack until in their 60s, 70s. People did not die before the age of 80. This was the 1950s.

That protective effect of the tribe is what the doctor is talking about. When you eat together, that protective effect of your tribe. Human beings are social creatures. We survived when dinosaurs did not, and all kinds of other creatures have not survived. And a lot of that is because we worked together.

In western society, my opinion is that we have really emphasized individuality. Me, I did it. Me, me, me. We've forgotten the power of community. And that's

why it's a crisis of social isolation right now. As we've done this small interview, at least 10 people have tried to commit suicide in our nation. so that is a tragedy.

When you talk about having the tribe protective effect, the same ideas that I talked about with purpose, is when you have a protective tribe, this was shown in the Okinawans, one of the blue zones, then you actually can decrease a lot of the stress hormones. A lot of the fight or flight hormones, which, again, results in decreased inflammation. So hanging out with people that you love can actually result in less heart disease. That's what the Roseto's showed back in the 50s. That's how we now know.

What I love now is that modern science is actually studying this stuff with the language that the western world understands. Decreased cortisol, looking at inflammatory indicators like CRP levels. And you can look at all of these blood tests actually getting better. And all with simple concepts.

Dr. Mark Menolascino: That's the beauty of the science. What you feel in your gut, and I'll say the heart. I think the gut and heart are the same. What you've always felt, even before you became a scientist, a clinician, a father so passionate with your books and TV. You knew this was real, but now the science supports it.

So you talked about having a purpose in your life. About using your fork to choose, and making food medicine. You talked about hanging out with your tribe. Share with us your last two pillars in this five-pillar approach to optimal health. I love what you're saying.

Dr. Partha Nandi: Thank you so much. One of the things I talk about with my third pillar, I'm in this medical building where I see my patients, and also perform procedures. One of my favorite hobbies is what I call vulture watching. And people are like, what the heck are you talking about? You're in Detroit, how do you see vultures?

The vultures I see are, I'm next to this mega fitness building where a thousand people workout. And I always enjoy watching the vultures, which are these little cars with the little BMW or Tesla signs, kind of circling the parking lot, like a vulture, looking for that parking space right next to the gym because it is not time to workout, darnit. I only workout when I'm in the gym, and if you could carry me from my car into my treadmill.

Dr. Mark Menolascino: Or have an escalator up to the...

Dr. Partha Nandi: Exactly. Exactly! So here's the idea in Western society, we've not convinced ourselves the only place you could have purposeful movement is in the gym, which is absolutely not the case. Every study that's been performed shows that really what helps, not your six pack or your bikini body. What really helps your longevity and your health is movement that you incorporate into your real life. That means that if you are in a desk job, you stand several times a day. You walk. If you are a person that has a large family, you walk with your kids.

What we do is we bike with our kids every night for an hour. Heck, I spend time with the boys. My heartrate is up. I'm enjoying myself. So you have to be able to incorporate that movement. If you're not doing that purposeful movement, am I saying you shouldn't go to the gym? Absolutely not. But if that's the exclusive movement, then it ain't going to work. You can't go to the gym three times a week, and then sit your buns on the couch for hours on end, saying, "I work out." That's not going to do it.

And if you could try to do something that achieves a purpose. Like gardening. That is why, in the blue zones, gardening was such an important thing because you actually achieved something while you're moving. If I walk with my kids, or bike with my kids, I'm achieving something. If I'm doing something that is already something I need to do, but do it with activity.

Dr. Mark Menolascino: I love how you incorporate your kids, Partha. That's so important to be the model for your kids, for your family. Incorporate those people that you love. That's cross-cultural, isn't it? In all cultures, it's a universal truth.

Dr. Partha Nandi: For me, it's really what keeps me going because if I have to exclude myself from my family to do more activities. To me, charity starts at home. I have to really give as much of myself to my family as I do to my community. To me, that's just being fair. If I can do both at the same time, it's phenomenal. So that whole idea to not just movement, not just having your buff body and things you can show.

Listen, nobody hates looking good. That's a fact. But what you have to do is look beyond that, and say, how can I increase my longevity? That's my goal.

And my last pillar is spirituality. So whenever I say spirituality, people go, oh. I'm not religious, doc. I can't do this. I tell them, it's not about prayer. If it is about prayer, that's great because I'm religious. But if you're not religious in the strictest sense, then you know what? Anything that allows you to

understand that you're a part of a large system, the universe, god, whatever you call it. Then that helps you again because of the same principle.

I talked about Michael Jordan. Michael Jordan did not win the championships he did until he understood how he could be part of a larger system where he didn't have to dominate. He didn't have to score 60 points. The moment you relinquish, then what happens is you're able to perform at your optimal best.

So if it's optimal best achievement in athletes, not all of us are going to become NBA superstars. But we are going to be superstars of our health. And that's what spirituality allows you to be. It really allows you to take away the noise, number one. Number two, take away all of the factors that are again promoting disease.

If you look at studies on depression. Studies on heart disease. Studies on stroke. Any disease state. If you add spirituality, you can decrease your medication and often eliminate it. The crisis of drug abuse in our country. The narcotic abuse and the opioid crisis. Right now, every three weeks, the same number of people that died in 9/11 die of opioid abuse.

If you add just simple meditation, you can decrease the dose of opioids by 50%. Expert meditations up to 90%. This is the real deal. If we use spirituality, you can then change your life.

If you ever ask my kids, Dr. Mark, about who is your dad's superhero, they'll have one answer. It's Batman. And people say why Batman? It's not Spiderman, it's not Superman.

Dr. Mark Menolascino: I'm curious too, why Batman?

Dr. Partha Nandi: Because Batman really doesn't have any superpowers, right? He is a buff individual.

Dr. Mark Menolascino: With a nice car.

Dr. Partha Nandi: He's got a great car. All these belts and tools, right? And what does that do for him? He's able to defeat every criminal on the planet with that deep voice and all of his tools. And to me, a health hero is the same. You don't have to be an incredible super powered individual. The same skills you and I have, everyone who is listening can use to become the superhero of their health. Just like Batman.

So I like that analogy. And it's really true. You have all the powers in your hand to make a change in your life for the better.

Dr. Mark Menolascino: What I love about that, too Partha, in hearing you talk. I've always appreciated the way you share your stories and talk about your family. You walk the walk and talk the talk. And that's so important to see in a practitioner, and for people doing this work. With your TV show being in 100 countries, you're such a good symbol. And the fact that you do what you say in the clinic is how you live at home, how you share it with your family and with your clients.

You mentioned depression earlier. People talk about, there's more serotonin in your gut than in your brain. They talk about feeling things in the pit of your stomach, or how events can be gut wrenching. But there's such a tie to the gut and to the mood. How do you share with your clients that relationship of mood, depression, and gut?

Dr. Partha Nandi: That's a great question. You're absolutely right, 90% of the serotonin that's produced in your body is in your gut. And I also introduced to people the concept of a microbiome. So what that means in English, if you haven't heard this, is that there are trillions of little bugs in your gut that may actually turn out to be more important than your own cells. So let me explain.

We used to think that bacteria always are bad. So you treat them with antibiotics, and you get rid of the infection. And we've really been successful because people would die of infections, like pneumonia, etc. But now what we understand is that the trillions of bugs in your gut may really change things. It started with a journal called *Nature*, which showed that obesity, being obese, could really be related to whether you played in dirt or not. And resulting, what kind of bugs you have in your gut.

Now we know that what you just talked about, the brain-gut connection could be related to these hormones. These hormones that are produced in your gut. Guess what, they may actually be produced by these trillions of bugs. If you have the wrong concentration, you could have disease enhancing products created. If you have the right concentration, you could have disease protection.

So when you look at any disease that we have, including diabetes. Including diseases like rheumatoid arthritis, Crohn's disease. Now we're trying to find out the subtypes of the bugs that can really protect you. So the gut is really the last area of your body that is not protected.

So if you think about it, if you eat a piece of, whatever it is. A piece of vegetables, a piece of fruit. It's not sterile. It's full of whatever the environment is there. So when it goes into your intestinal tract, it's one cell layer thick. So I'm putting my hand up here, on this side is poop, on this side is blood. And it's one cell layer thick. That's how amazing the human body is.

However, if you continue to give your body a bunch of crap, which is my second pillar. Putting in bad things in your body, toxins. Then what happens is that that rock solid barrier starts to get little holes. I'm not talking about things you can see with your naked eye, but microscopically.

Why is that important? When you microscopically change that barrier, you have the beginnings of inflammation. Your body has never seen stuff that we've produced in the last 50 years, in the entire history of humanity. The kind of crap we're producing, your body does not know that it's not an invading agent. Some thing is going to come and kill you. So it starts developing inflammation. Little tiny attacks. Those attacks start to break down that barrier.

Once you start to break down the barrier, the inflammation begins because stuff leaks out. From the poop, into your blood. And once that inflammation starts, guess what? The cells in your gut are very social. They talk to cells in the brain. In the heart. In the kidneys. In the liver. And hence, begins systemic inflammation.

And it's hard to understand how a simple thing like getting your body and exposing it to not toxins once in a while. It's going to a fast food restaurant every single day. It's putting that cell phone next to your body every single day. It's bombarding your body with environmental toxins, or smoking every single day.

And what that does is your body begins to break down. That inflammation is not just a one time event. It's a daily event that happens thousands upon thousands. And eventually, it just gives up. And the inflammation starts to cascade. Your body begins to think it's under attack all the time.

So, is it a surprise that there's an epidemic of autoimmune disease? I mean, I saw a woman with Crohn's disease today that if you saw her, you'd think she actually has a terminal disease. She was skin and bones. From her own body attacking her. That's the crisis we're in.

So absolutely, when you feel that sensation in your gut. When you understand

intuitively what's going on, listen to that feeling. When you eat that pizza, and you feel unwell, please stop doing it.

Dr. Mark Menolascino: Stop and listen.

Dr. Partha Nandi: Yes! Your body is coming and telling you what's going on. So that's one. And I'll tell you, heart disease and heart attacks, as we've spoken. At least a dozen women have died from MIs. And we can prevent that with some of the simple techniques we talked about. It's the number one killer we have of men and women. And we can stop it in its tracks by just using some of the principles we talked about.

Dr. Mark Menolascino: You talk about autoimmune disease, it's a 10-times increased risk for heart disease if a woman has autoimmune disease. Partha, I love how you've explained this leaky gut, intestinal permeability. And how you visualize that environment. I just love when experience, talented physicians share that vision because everybody says it a little bit differently. And I really love the way you lay that out.

It must be a fun time to be a gastroenterologist, now that the science is showing us what you intuitively knew for a long time.

Dr. Partha Nandi: Absolutely. And now, our journal of gastroenterology, that's the traditional journal. They're producing electron microscopes where you can actually see the stuff happening. The stuff that was dismissed as, I don't know what they're talking about, maybe a decade ago. Now is being published. That word microbiome I talked about, nobody even thought about it. Now, guess what? There's a world microbiome day. The American gastroenterology association. The American college of gastroenterology are participating.

Not only is it an exciting time to be a physician, but also a member that I know as a member of society the revolutionary changes we're going to have over the next decade is going to be incredible, in all of medicine.

I can look at somebody with simple tests and say, you may be 75 years of age, but your cardiac age is 42. You are an incredible human being, go for it. That stuff that used to be science fiction, now we can do it.

Functional medicine, integrative medicine, and technology, it is a formidable force. And I think that women for so long have had symptoms that have been atypical. Symptoms that have not been the same as for us men. And now we can take some of the tools that we have of functional integrative medicine and

technology to make it clear to somebody, this is a risk you have, and this is what you can do.

And what I love about the fact that you can be old and healthy, no longer are you shackled. No longer is it just about your genes, about your mom, your dad, your cousin, your aunt. It's really about the power is in your hand. Whether it's your microbiome, or your environment, or those five pillars. You can control your destiny, which, to me, is why I became a doctor. Not to just give you another prescription to get you out of my office. But really give you the tools to change your life. That's exciting.

Dr. Mark Menolascino: Partha, as a practitioner, a clinician, a teacher, a lecturer, a writer, with your TV show. You have such a presence in sharing this message of medicine. Isn't it exciting to see the consumer be empowered? Like the viewers listening. The women who are changing health care because it's really coming from them educating themselves. We're just providing the inflammation. But you find them coming to you. They're watching your show, reading your book, and they're empowered with this information to change behavior. So they're really learning from people like yourself.

Dr. Partha Nandi: Yeah. What they're doing is giving themselves the power back. As doctors, you know this as well as I do. For so long it was an intimidating environment where you go in, and remember, the director of my show said, Dr. Nandi the most comfortable I am in a doctor's office is when I'm driving away from it. It's just such an intimidating environment.

Now, you have the power back. I don't mean that in any kind of a formalized way. What I mean is, now, they're finding folks like us to be the conduit, folks like yourself, who are developing a community to share this knowledge with. We're a conduit for them to get the power back. And that's exciting to me. And that's the main reason why I'm doing these things.

Because now I realize, especially after my father's illness. Especially when I saw what he had to go through, what we had to go through. People need the information to prevent themselves from being in that situation. And if they are, how to combat it.

All hope is not lost. Less than 10% of your destiny is your genes. And that is a completely different story that was told to me in medical school. 180-degree turnaround from what I learned in medical school. Now it's happening today. Man, it's exciting. I can actually change my diet, my environment, and change what my gut produces for the rest of my body.

Dr. Mark Menolascino: It is exciting. You know, you talk about genetics being disempowering. Once we knew what your genes were, we all thought it was our destiny or our fate to be like our parents. And now you have tools that provide people the information to turn on good genes, and turn off bad genes. This whole epigenetics concept. What an exciting time to be able to share those tools with people.

Dr. Partha Nandi: Absolutely. I'm glad you brought that up. The epigenetic effect where people would think, and you know this, but for your audience. Think about these genes that were just nonsense, didn't do anything. Now we realize that, guess what? When you are playing great music in a happy environment, some of these genes turn on. Amazing! If you're with your community, and your family, you're eating, that turns on.

And the other thing we don't talk about. When you reduce your emotional toxicity. When you remove yourself from these toxic relationships. Where you want a tribe, but people that are supportive. You don't want yes people, but you don't want these toxic folks around you that change your entire pattern.

Another lesson is that when you empower yourself, it's not just with your fork or your movement. It's also the spiritual boundaries you create with people. When you don't take care of that, none of this will happen. So it can affect your genes.

Going back to your question, the stuff that you eat. The stuff that you talk about. The people you hang out with and how you do it can affect what your genes produce. And then, if you can change the trillions of bugs that are in your gut. Their products trumps your genes. Unbelievable. Those organisms, when they produce products that actually can change your entire body's inflammation. Change your own body's health, it's amazing. And when you find out that the mitochondria, which is the engine of your body, may actually have been originated from one of these organisms. One of these bugs. It blows your mind because then, everything shifts.

So the idea is not to really get bogged in the details. It's the fact that we are learning that there is so much we can do to empower ourselves besides taking another pill. Besides having another procedure. Besides, again, doing something that's just a stop-gap measure. You can change the entire paradigm of your life.

Dr. Mark Menolascino: Partha, when I was hearing you talk about your five pillars, I was just seeing people who were taking those action steps. I was just

seeing those good genes turn on. I was seeing those microbiomes shift. So just by adopting the five pillars, I encourage every viewer to stop right now, rewind the tape, and go back to when he was talking about the five pillars. Or get one of the books he talks about it in.

These are those things in life that you can adopt yourself. They don't cost anything. And they're these lifestyle habits. And lifestyle self-treatment habits that you can use to help shift the outcome of your health. It's free. It's food as medicine. It's self-care. It's life-style. The power of lifestyle medicine, the way you share it.

When you do your TV show for 100 different countries, do you see there are some cross-cultural truisms? Things that across any culture are true? Like some of your five pillars?

Dr. Partha Nandi: That's a great question. Nobody really asks me that. The truth is that we all kind of want the same thing. You boil it down, it seems like there is so much division and everybody seems to be not agreeing with anybody. But when it comes down to it, we all want the same thing. And to me it's about achieving the best you can for yourself and your family. At every level.

I was in South Africa, and I was in Johannesburg doing a talk at the stock exchange and they asked me, doctor. Again, the same question. What is the best antioxidant? I told them, have you heard about blueberries? They said, wait a minute. What you do mean blueberries. It doesn't come in a box. It doesn't cost as much. I said that's the key.

When I did a talk in India, I talked to the Indian government about looking at ancient principles that really meet modern medicine. Countries like India are so engrossed, and this is a generalized statement. But there are parts of those country that want to establish western medicine, and you've got to do it, but they've forgotten the tools they had before, which is yoga, and meditation, which we now are starting to embrace.

So people all around the world really want to achieve the same things. They want the best for themselves and their family. And the same questions come about. It's just culturally, you have to think about, if you are in a certain part of the world, what types of foods are available? If I'm talking to a mostly European audience, maybe I'll tell them to add more sauerkraut. But if I'm in India, I'll tell them to do kombucha. If I'm in Asia, I might tell them to do kimchi. But it's the same concept. I tell them, what did we do?

I was in Poland just about two weeks ago. I told them, what did we do before we had refrigerators? They said, well, we used to pickle food. I said that's it! That's what you have to do. If you can just remember the stuff you had before you had refrigeration, eat more of that stuff and you'll do well.

Dr. Mark Menolascino: Love that.

Dr. Partha Nandi: But again, people want the best for their lives and their family. And that's the key. They want things that are actionable, like you pointed out. And simple. They don't want a 15,000-step thing that they have to remember. And nobody is going to do that. People want simplicity in their lives. That's why Apple has done so well because you just press this little thing and it works.

That, to me, is kind of the commonality of cultures. When it comes to health and wellness.

Dr. Mark Menolascino: Partha, I wanted to ask you about irritable bowel syndrome because so many women deal with it. So many women have been kind of shamed about it. They've been dismissed by their doctor. They live with these digestive difficulties, or just told they have to live with it.

How do you embrace the new way of thinking about irritable bowel? How do you share it with clients to help them transcend those stigmatisms and those biases that they were given?

Dr. Partha Nandi: It's absolutely right. It's probably the number two reason why people come to see me. And there are countless people that suffer from it. Here's a problem, though, when you go to a traditional medicine doctor. I'm one of them. But, if you go to a traditional medicine doctor, if you don't have something that you can provide a quick, simple fix, it's a problem. Not just for the patient, but for the doc.

When you're seeing a traditional doctor, you have to remember that. Sometimes, if there's not a, this is the test, it's abnormal. Here you go, procedure, medicine, or some fix. It's problematic because we've been trained that way. We've been trained to fix these problems in a short time frame. So that's the initial problem with irritable bowel syndrome. It is not just a lab abnormality, or something I do an endoscopy that you can find an abnormality on.

However, the first answer I'll tell you is, I tell them what the traditional

medicine evidence that shows there is something definitely wrong. Number one, it's the fact that many, many studies have shown that there are parts of the brain that light up in women and men with irritable bowel syndrome. But I see more women than men with IBS. There are parts of the brain that light up because of the gut-brain interaction. The gut-brain relationships.

When your gut is insulted, and you're feeling the pain or discomfort, it is real because there are parts of your brain that actually light up on functional imaging, like MRIs and CT scans. They light up.

So I tell them, number one, what you're experiencing is not imagined. It's not in your head. It's not some weakness that you have. I point to studies in medical students, when they talk they have groups where they actually have one group that's an irritable bowel syndrome patient, and the other one is not. And they have them both put some pressure on the rectum. They put a balloon. When they put a certain volume, the people with IBS are screaming in pain, saying, get it out! Where the people without are saying it's uncomfortable, but you know what, I think I can deal with it.

They take the same group of patients, and put their fingers over a hot flame. There was no difference in their tolerability. And why is that important? Because I need to establish number one that this is something that you are not imagining. This is not in your brain. You're not weak. You're not emotional. So I talk about that.

Then, I talk about what are the techniques we can do. They've already had all the testing to make sure nothing is wrong in the traditional sense. There's no colitis, there's no cancer. Lab values are ok. But we then have to talk about how do we then change the environment of the gut. I talked about this one cell layer thick barrier. We have to number one fix that. We have to give it the tools to be able to fix it so it's not porous. It's not full of holes that you can have toxins go through.

Because when you look at it, people with irritable bowel syndrome have microscopic evidence of inflammation that's there. Again, go back to what I said before. You are now taking somebody with a normal gut, when you look at it through the normal eyes and the scope, under the microscope they're getting small areas of inflammation. That inflammation can cause diarrhea. It can cause what's called dysmotility. What that means is the bowel doesn't actually contract. Meaning it doesn't do this, at the right time, or relax at the right time.

If you don't have that, you'll have bloating. Discomfort. Nausea. Pain. Constipation. Diarrhea. So first thing you have to do is restore that bowel gut barrier. And that gut barrier has to be restored.

Again, if you follow some of the pillars I talked about, give your body the right foods. In the beginning, it will be because your gut is already damaged. It will be a little bit of trial and error. But you have to give it whole foods, no processed foods. Simple carbohydrates are your enemy.

What does that mean? Potato chips. We're talking about bread. We're talking about candy bars. Anything that's a simple sugar. Complex carbohydrates, which are fruits and vegetables, are ok if you can give yourself those types of foods, as much as possible organic. I also ask them to avoid red meat as much as possible in the beginning.

Then, if you can start to get that gut, it's not going to be overnight. If you can get that gut barrier resolved and actually start to have the function again, you'll start to see the beginnings of the decrease in inflammation.

So, the concept being that it is not a short-term project. It's a project that can be resolved. We have to give these women the credibility they deserve because they've gone from doctor to doctor. Everybody said, we can't find anything. So you want to see a psychiatrist? You would not believe how many people just say, go see a psychologist.

Well, they don't realize is that the inflammation in the gut may be actually resulting in some of the behavioral problems they're having. And the change in the gut microbiome from the stuff that's been going on for decades then results in products that makes them anxious. Makes them feel the way they do when they're actually faced with a problem. So it's reversing the entire situation, and not ascribing blame to them or saying they're imperfect or weak in some ways.

So that's the beginning of it. And we give them tools to really, over time, develop that gut integrity. Let them know this is a physiological problem that can be resolved. And it can be resolved. And they can actually live a normal life. Wouldn't that be incredible?

Dr. Mark Menolascino: Partha, I'm just imagining a woman that's coming to see you, that has seen 10 other doctors, that's sitting in front of you, hearing what you just had to say, and being overwhelmed. I bet they start crying because no one has really ever understood them or listened to them, or known

that the way they feel is actually quite common. And that you know how to fix it. That's got to be so overwhelming to them.

Dr. Partha Nandi: And it's so rewarding for me. Listen, way back when, when I wanted to do what Dr. Shaker did is to fix people's problems, right? I was a kid, didn't know what was going on. The only thing I liked was listening to sports, that's it. That's the only thing, I didn't want to eat or do anything and this guy fixed me because he knew the right tools.

So I give these young women, these women that are suffering from these problems, and give them the tools to be able to say, ok. I have a shot here. It is hard to describe, these women know every exit that has a bathroom in every place in the entire city. They know everything. They choose jobs. They choose where they work and live and play based on their bowel movements. And based on what they can do to relieve these symptoms. It's incredible. Its' absolutely incredible.

And it's hard to describe to people who don't have it because oh my gosh, how hard could it be? It's incredible. So giving them some of those tools is really rewarding, and makes you feel as if you've accomplished it.

I tell my kids all the time, Dr. Mark, is that if you could make a difference in one life, you feel your life is worthwhile. And they will remember that. And that's how I feel. Every day I see my patients, and I can empower their lives. Or if I see a message on Facebook, or Twitter, or see something on social media or digital media, it empowers me because that's why I'm doing what I'm doing. That absolutely juices me every day.

Dr. Mark Menolascino: Dr. Partha Nandi, you've fixed many people one on one, and now you're reaching them by the thousands, potentially the millions. It's so exciting to see your work being expanded. If people wanted to find more out about you, how do they find you?

Dr. Partha Nandi: I think the best way is to go to my website. It's askdrnandi.com. You can find information about, we have a lot of tools, as well as our television show and books and everything else. By the way, thank you for doing what you're doing. Taking time out of your busy day to be able to share with folks just some knowledge from folks like me to be able to empower many, many thousands of people that you're following.

Dr. Mark Menolascino: Dr. Nandi, if they wanted to find your television show, how would they do that?

Dr. Partha Nandi: It's called the Dr. Nandi Show. If you go to your local listings, or if you go to our website it's there. But you can go to your local listings and find it, as well. We're on pretty much everywhere.

Dr. Mark Menolascino: I've watched it, and I'm an advocate of telling everybody to go find it, go watch it. Your work is amazing. Your heart is huge. Your passion contagious. Dr. Partha Nandi, thank you so much for your time.

Dr. Partha Nandi: Thank you for having me on, I appreciate the opportunity.