



IBS & SIBO SOS™ Summit

The Big Picture: 5 Key Steps To Healing Your Gut and your Life with Dr. Partha Nandi

Shivan Sarna: Hi everybody. Dr. Partha Nandi is here. And that is a thrill for me. And I think you're going to be thrilled too.

He's an Emmy Award-winning host of his own television show, *The Partha Nandi Show*—90 million homes across the states and across the world ninety countries. As you may know, if you've worked with me in any of these summits before, you know how excited I am about the international reach that this work is doing.

So, thank you Partha Nandi for all of your work—a gastroenterologist who is helping us with all kinds of health.

But today, we're going to particularly be discussing gut and inflammation. And also, I really have a couple of questions about your new book about GERD because I think it's one of the most misunderstood conditions out there, but everyone thinks they know about it. So let's talk about that.

Thank you, Partha Nandi, for being here.

Dr. Partha Nandi: Yeah, thank you for having me. It's such a pleasure to be with you. And thanks for the work you're doing because so many of my patients come in with really no information on SIBO or gut health. So I appreciate you taking the time. I know you're super busy in doing this.

Shivan Sarna: Well, right back at you, sir.

Okay! Let's talk about the correlation between another huge buzzword—let's go big picture—which is inflammation and gut health. I mean they say sitting is the new smoking and all that jazz. But isn't inflammation like one of *the* most important things we need to be taking care of no matter what our lifestyle may be.

Dr. Partha Nandi: You got it! I mean, here's the thing. Inflammation is the beginning and basis of really all disease—heart attack, stroke, we're talking but cancer, malignancy. It all begins with inflammation.

And so, when you talk about inflammation, we talk about every single specialty of medicine. So I'm a physician. I treat patients mainly in gastrointestinal or gut diseases. But when I see patients, they have every disease on the planet. But they all have one common factor, which is inflammation.

And inflammation means this, your body either attacking an organism or a bug or something that's foreign and causing inflammation, or it's attacking itself. And so when it attacks itself, even in a microscopic level that you can only see under a microscope, that's the beginning of something called cortisol and all the hormones that are increased with it. And that's the beginning of disease.

And so, what we try to do is say, “Okay, where does it come from?” And we now understand that the gut—and I'm biased because I'm a gastroenterologist, and I love the gut, right? But it looks like the gut is where it all begins.

And so, what does that mean? The gut is the last place we really don't have any barriers. I mean the skin has a barrier, your lungs, your heart, everything else. But the gut, you take a piece of whatever you eat , just put in your mouth, and your body has to do this, it has to digest the foods. But all of the stuff that comes from the environment and all the bugs and critters that are on the food has to be handled by your intestinal system.
[02:51]

So, as many of you know, the difference between poop on this side and blood is one cell layer thick. And we're talking about it's intensely small—very, very thin. However, incredibly tight. So you can't get past that barrier *unless*—it's like being in a club in Miami—unless you got a pass, you got to have this, you got to have your name on the list. So, if you're a protein, you have to have a receptor. If you're a carbohydrate, you have to have a receptor.

But then when you start damaging that barrier, that one cell layer of barrier, guess what happens? You start getting little holes in it, holes that you and I can't see. But guess what? The little particles that you're eating go through, and they start causing a reaction.

We're talking about every single defense system in your body goes there. It goes into that barrier and says, "Something's happening." And so, you've got your FBI, your CIA, ATF, local police, your volunteers. They're all going there. They're going into the defense system in your body. And so, it's attacking something that really is not something that's

foreign to you. It's not something that's going to kill you. But that inflammation that begins starts the process of disease.

And here's the thing. If you eat something that causes inflammation or cause irritation once in a while, it's probably okay. But what's happening in Western society (and now most of the world now because the world's following the West right. We are the leaders), it's happening every single day, hundreds and hundreds of times a day.

So, that inflammation builds and builds and builds produces lots of stuff that's not great for you. And I talked about cortisol. And that's the beginning of what we call small remnants of the fight-or-flight reactions.

So, my patient says, "What does that mean, fight-or-flight?" [05:01]

Dr. Partha Nandi: Well, when we used to be hunters and gatherers, right, Shivan Sarna, we would have tigers chasing us or whatever animal. And we were ready because the fight-or-flight got us the energy, and we were active and alert. And that prevented us from being lunch on an animal's plate. So it was great!

But now, we don't have animals chasing us, your body is still pretty primitive. When you've got this inflammatory response happening all the time, your body is gearing up—gearing up all the time for this action.

And it's small amounts of the same reaction that produces cortisol, epinephrine, all of the mediators, all the ways that your body can get inflamed. Then eventually, the inflammation builds.

And by the way, in that barrier space in your gut, the cells, all of the stuff that is causing this inflammation, guess what, they talk to the cells in the brain, in the heart, in the lungs. We now know that they actually have special communications directly to these cells and the whole body is in a state of inflammation.

People don't understand, "Well, how could I have psoriasis in this elbow area from the gut?" It's because those cells that are getting inflamed in your gut are talking to the rest of your body.

So, that's why all really begins in your gut. You got to take care of that gut.

And so, how do you do it? The number one thing—and Mark Hyman said this too—the most powerful weapon you have against disease is the fork. The fork is the most powerful weapon you have in the fight against disease.

And so, it's really important to really understand that and give yourself whole foods. And whole foods—

Shivan Sarna, can I stop for a minute. Are you able to edit?

Shivan Sarna: Yeah, yeah.

Dr. Partha Nandi: My battery just went low. I apologize.

Shivan Sarna: No problem, okay.

And we're back.

Dr. Partha Nandi: You know, Mark Hyman talked about that the most powerful weapon you have against disease is a fork. And I so agree with that. And what that means is what you take from your fork and put in your mouth is so critical in how your gut health and your body responds.

So, what do I mean by that? If you keep eating processed foods and crap, crap in is going to give you crap out. Your body, we have never seen in human history the kind of stuff that is being put in our bodies. There are no receptors for it. Your body has never, ever seen some of these chemicals that you and I can't pronounce and most of the population doesn't even look at.

So, when those chemicals, when those things come through in the right individual—now this is really important. It's not every single person on the planet, *in the right individual*. It's kind of like an amazing combination of factors, a perfect storm. You've got somebody with the right predisposition, which means that you are already ready for that inflammation to come right, and then here comes all these foreign substances. And so your body attacks—attacks with all its might. It's trying to save you and save your gut. And when this happens again and again, stuff that you don't know what's in it—and that includes eating in restaurants.

And this is something that people don't understand. You think that this is

just happening to populations that are low in resources and are either poverty-stricken, they're eating bad stuff or fast food. It's also in populations that are really, really wealthy. They eat out all the time. Guess what? When you eat out, you don't have a single clue what they're putting in there. They're putting in simple sugars. They're putting in stuff that's going to make you buy more and cost less.

So many of our friends, neighbors, brothers, sisters are doing this. They're going out to eat because that's a sign of what? Affluence. And that is just as going to your neighborhood fast food restaurant and getting the crap there.

So, in order to preserve your gut, number one is what you put in your mouth. But there are others that are not as obvious. I really believe—and this has now been proven—that spirituality is so key.

We all know that if someone hits you every single day and is pounding on you physically, that stress builds up. But what people don't understand is the barrage of emotional stress that they have is just as damaging.

So, what I mean by that is when that guy or gal drives past you in New York or Boston or Philadelphia, wherever you are, and gives you that finger and upsets you, or your boss yells at you and you say, “Well, it wasn't my fault,” or your spouse or your boyfriend or your girlfriend or your family member or your friend, that emotional stress gives you that same response I just talked about, that inflammatory response.

You're getting the same cortisol, the same epinephrine, the same mechanism. That same primitive mechanism that helped to keep us alive is now killing us because we're getting it so often. [10:06]

Dr. Partha Nandi: So, one of the biggest steps is having emotional stability and spirituality. I test all my patients this. They say, “Doc, you know, I drive a truck. I’m not going to go out in the mountain and sit cross-legged and go ohm.” And that’s the idea of people, right? And it’s okay if you do. But that’s the only idea of spirituality they have. Or they think it’s religion. It can be religions as well.

But I simply say you have to think outside of yourself and do something that calms the mind—walk in the beach, walk in the garden. Just take a walk and take a breath.

I mean, when I talk to my patients, Shivan Sarna, so few of them even ever stop to do anything that’s purpose-less. “I got to be doing something. I got to be active. I got to be... I gotta get something done.”

So, if you can just step out of that and just focus in your breath, meditate, pray, walk, yoga, anything you can, that calms your mind. It decreases the cortisol. It decreases that complete engine of failure. That engine, that’s going to continue to perpetuate itself.

So, that means relationships too. If you can, if there are folks in your life that are not contributing positively to you, then if you can, get out! Get out now. What happens is that that is going to cause disease and ravage your

body. And you can't do anything about it.

When you take ownership and have spirituality, we call it cultivation of the mind. You got to be able to take care of the mind.

The third thing I would say is movement. I mean we have engineered movement out of our lives. And what does that have to do with inflammation? We now know that when you move, and when you move with purpose—two things.

I actually practice, Shivan Sarna, in a building here. Next to it is a giant, giant gym. You know the gym where there's a thousand people. I practice this hobby. And people kind of laugh when I talk about. I call it *vulture watching*. I'm in Michigan, so I'm watching vultures. And they're going, "What are you talking about?" I say, "Well, you know, it's awesome that I watch these cars. And some with little T's on them, some with little emblems, some with the little Mercedes signs. And they are circling the parking lot in front of that gym... round and round... sometimes, five times. Why? Because they want to get that parking spot right next to the entrance of the gym because it is not time for me to move yet." And if somebody could pick them up from their chair, take them straight into that treadmill and plop them on it, that's what movement is.

Or you go on the gym, and you look for the heaviest weight you can, pull it up, you look left, and you look right, make sure somebody attractive is looking, and then you drop it to make that sound. That's what movement is in Western society. And then, you do nothing else.

Real movement, real purposeful movement is what? Walking your dog, playing with your kids, gardening, amazing stuff that we know from what we call blue zones in the world where they don't have diseases that we see. Movement with purpose actually decreases inflammation.

Changes to your microbiome. And I haven't talked about the microbiome. The microbiome is a hundred trillion bugs—bacteria, fungi, viruses, parasites—that are in your body, trillions of them. And you can change that with the movement that you have.

So, when you have movement, every single disease state that we know is reduced. And why is that? Because the basics of inflammation are decreased.

That's your third. You have spirituality as well as eating the right stuff, putting the right stuff in your body, and then movement.

But also don't forget your tribe. People forget how important your tribe is in inflammation. There's many, many, many examples. But the most potent example is the one that's in the United States, the 1950's, Italian immigrants that came to our nation. And they had the least amount of disease that anybody seen in the country.

So back then, people dropped dead of heart attacks and died quite young. But in this population, they did not have heart attacks until they were in their '60s. People were not dying—very rarely—until they're 80. And the

only thing that was different about them was that they cooked together, ate together. They played together. They communicated and really thrived together.

And that, we know, will help decrease disease, decrease inflammation. And so, we're talking about gut health. But in order to incorporate good gut health and good overall health have to have these other ideas. [15:02]

Dr. Partha Nandi: And the last one, the last what I call *pillar* of our health is having a purposeful life. Shivan Sarna, we were talking about this interview. She's got a purpose-driven life. And everybody who knows her knows that she is driven to have people avoid the same fate that she had. When you have that purpose, guess what happens? That inflammatory response I talk about goes down dramatically.

Your mind is not aimless. You're focused. You're focused. Even though you're busy, your body actually compensates and is much more in tune with what your goals are.

And why that's important? When your mind is wandering aimless and you don't know what you're doing, that unrest leads to inflammation. Not less than 10 studies are showing you can decrease strokes, decrease Alzheimer's, decrease heart attacks, decrease every disease that kills us if you have a purposeful life. It doesn't mean you have to change the shape of the planet. It doesn't mean that you have to save the world. It just means that you have to do things that give you purpose.

So those five things will really reduce inflammation and disease and also result in your gut health to be the best it can be.

So, it's not a one-pronged approach. People say, "Well, if I just eat this, I'll be fine." It's not as easy as that. You absolutely should do that, "If I take this supplement... if I take this program..." It's really a *rounded* approach. You have to do a lot of different things in your life. I think that will make a huge difference, Shivan Sarna.

Shivan Sarna: And you've been a practicing gastroenterologist for over 20 years. So you've seen it all. And then, on your talk show, you've also seen a whole other layer. So you're also living that purposeful life. And you sir, you're having this huge impact, this huge reach. I'm trying to.

Dr. Partha Nandi: Thank you.

Shivan Sarna: And if you think about people who are maybe not in the media, and they're doing meals on wheels, that's a purposeful life, right?

Dr. Partha Nandi: Absolutely!

Shivan Sarna: So, it doesn't have to be big.

Dr. Partha Nandi: It doesn't have to be big. Raising the best you can, giving the best curriculum for a school.

I have a relative who's the superintendent of the school system. Man, he is juiced every day. And the guy is just so excited.

And so, just whatever things will make you feel you're purposeful. One of

the exercises I give my patients is that, in your bathroom wall, or anywhere that you see every day, on the left-hand side, write down the things that have purpose. Write in your day. On the other side, write down the things that you feel you're just doing and there's really no purpose to it.

If you do it in a regular basis, guess what happens? The stuff that's purposeful actually leaves that list over time. When you think about it, when you consciously make an effort to say, "I'm going to live a purposeful life..."

Listen, all of us have to do stuff that we don't really want to do. And that's just life. I mean there are some things you want to do, there are some things you don't want to do that you can't avoid. I got it! It doesn't mean that we're being unrealistic.

However, there are lots of stuff that you don't need to do. I have one of these, but it doesn't mean that you spend your life looking at Instagram. It doesn't mean you look at every Facebook post and spend your life looking at sports statistics. [18:13]

I have some friends, man, they know more about the athlete that's in their favorite team than their kid—where they were born, what stats they have left, all these stuff. It's great to have a hobby. But remember, purposeful life. Take out the stuff that's extraneous and you'll notice a *huge* difference in your life in a short period of time. No pills needed, no formulas, no programs, no this, no that.

I tell my patients instead of reaching for the next pill in your cabinet, reach within yourself. You have all the tools that you need. You just have to get out of the way.

Shivan Sarna: Powerful stuff. Seriously powerful stuff.

And it's so, in some ways, esoteric and so simple. It's like saying, "Okay, be enlightened," which is a great concept obviously, and it sounds so simple. And yet there's so much that goes into it. And it's the same big picture here that are those baby steps. And inch by inch, it's a cinch.

I'm inspired. I hope everybody else is. And of course, this is the IBS & SIBO SOS Summit. And inflammation is impacting, yes, our guts, but you were just talking about how it affects our heart and our brain and my psoriasis on my leg and that elbow you were talking about. I mean, this is real stuff.

And stress, another name for the precursor for inflammation and that whole cortisol business, when you were saying like "cortisol," I was like—*ping!* When I hear "cortisol," I hear the word "stress." Is that an appropriate connection to make?

Dr. Partha Nandi: Oh, a hundred percent!

You know, everybody gets frustrated when doctors like me tell them, "Don't worry, it's just stress." They pat you in the back, and they say, "It's just stress. You'll just be fine. Just reduce the stress. And you're done!"

It's like they're out the door, and you go, "Wait a minute! Wait, wait... what does that mean?" [20:15]

Dr. Partha Nandi: So, here's the thing. Stress comes in so many different forms—if you live in a city that's completely polluted, if you're eating food that are full of toxins, and even if you think you're eating healthy, right? You think you're eating healthy, and the source of the food is from a country that doesn't check *any* toxins. And you have heavy lead poisoning.

I mean there are so many ways you can get stressed. There's environmental stress, there's physical stress, and the one we ignore, the emotional stress. All those have the same pathway. They go to the same place, the place of that fight-or-flight reaction.

Your body is still quite primitive. Our bodies are doing one thing. They want to survive. They don't know about your extraneous stuff. They don't know about the fact that Instagram is making you look fatter than you wanted to. They don't know! The body doesn't know that you wanted a bigger car, a bigger house, and the furniture that are about the right shape. Every one of those things, the body goes back to a common mechanism: "I am threatened. I am under some kind of danger. I must react."

And so, in appropriate situations, that's great. If you're in danger, you need that. But if you're getting that thousands of times a day, it is ravaging your body. So absolutely, stress is the right word. But we use stress in such a way—

And I'll be honest. A lot of us in my profession blame so many people for "Oh, you're just stressed. You just need to decrease the stress, and you'll be fine." It's much more than that. It's a multi-pronged approach.

I'll go back again to what I was saying. If you practice spirituality, if you really cultivate your mind, find out what it is that you would like to do. If you're not a yogi, don't do it. If you're not a meditator, don't do it. But find something that you like.

Everybody can at least walk in the garden or just simply sit in silence for a few minutes—a few minutes—without watching TV or you don't have an electronic device. Decrease that mind, and it will decrease at least the emotion stress.

Clean up your food. It's like, "Well, doc, it's great you're a physician, and you can clean up your food any time you want to, but I've got a budget." I say, "Well, have you heard about the frozen food aisle?" They say, "Yeah?" "Some of the best places to get fresh vegetables is the frozen food aisle. They freeze it, bam, they put in there. They can keep it in there for a long time so it's cheaper. So do that."

"And that big ole' phone you have, maybe you should downsize your phone. How often do you do your hair?" "Oh, once a week." "Maybe do it every two weeks. Don't do your hair every week and put it in your food."

You just got to prioritize. It's not easy. But when you can, you do. Organic foods, everybody says, "Well, it's too expensive." It may be, but then pick and choose. Simple rule of thumb. If the skin is thicker, it's cantaloupe.

Then maybe it's not as important to do organic. But if you've got a grape or got fermented strawberry, please do organic.

These are tips you can give people that clean up the environment, clean up your mind, clean up your food.

And also, this thing, there are so much electronics out there, EMF's that are being emitted. EMF is a fancy word of all the electronic emissions that come through your phone. If you look at how much toxicity there is, don't keep it on your body. Keep it away from your body. A foot away reduces it by 90%.

So, there's so much stress that we get, so much input that we get that is not healthy. Do everything you can in your power to reduce that. So that's the key. All those go into one common pathway. And that's the pathway of inflammation. That's the pathway of disease.

So, when I see now younger people with colon cancer, younger people with testicular cancer, younger people with lung cancer. "I've never smoke!" People say, "We have no idea what's going on." Well, I do! I mean the food that we eat, the company we keep, the amazing amount of stimulation that we're giving your mind and your body. Is it any wonder that we are now going downhill?

Science has done so much. I think we got rid of infectious disease pretty well. They use to kill us. The next phase of humanity is this, that you have to reach beyond and really cleanse your mind.

Number one, cleanse your mind, cleanse the relationships that are really bothering you. And then, do your best in not succumbing to all the environmental junk. And that includes the television. I was watching a ballgame, Shivan Sarna. I will tell you, I counted 22 burger commercials within an hour. I mean, every hour was a triple cheeseburger, dripping with everything on the planet. [25:10]

Dr. Partha Nandi: And people have to understand, people are watching the food scientists. They're so brilliant! They find things that they put in food that go into your reward center, the same reward center that gets excited by cocaine.

And so, you have to realize when you talk about stress, everybody thinks it's one dimensional, but it really isn't. But if you use that 5-step approach I talked about, having a purposeful life—you know, for me, I get juiced about the fact that I get up and talk to people like you who are changing the planet, that I get to see my beautiful kids and how I could make them better. That motivates me to not have the triple cheeseburger or drink excessively and do things that are going to ravage my body.

And secondly, I'm trying to move everywhere. I've not used the elevator for I don't know how long. It's simple things like that. You don't have to always do things that are ultra-marathons. There it is. I try to eat as clean as I can.

I mean, listen, I got to go to a kid birthday party and have some ice cream once in a while. That is not a big thing. But if you do that every single day, bad problem.

Simple sugars, right? Simple sugars, the first addiction we have in our world is sugar. Kids come in, they do a good job, you'd give them a piece of candy. Simple sugar, that begins the reward. "I do well, and I get this thing, and it stimulates this reaction in my brain." It is ingrained in my body.

And is it a surprise that most of the world is addicted to sugar? We trained our kids—and I'll say *train*—to give them grapes. Sweet, but complex carbohydrate. So simple changes you can make.

And then, the fourth and the fifth, use your tribe. Your tribe, your tribe, your tribe... and spirituality.

If you can do that, that stress can really be taken out of the equation and change your life. I mean, there are places in the world that people live to a hundred on a regular basis. And a hundred not in a nursing home or a feeding tube or having a catheter in your bladder, but thriving. And that's what we can do in our nation and our world. We really can. It's not some pipe dream. And it's simple.

That's my mission. That keeps me going.

Shivan Sarna: Wow! That is awesome. You are on fire with that. Okay, purposeful life, clean, good food (and when I say "good," meaning healthy), exercise (three)...

Dr. Partha Nandi: ...purposeful movement. Yeah, purposeful movement. It's not random movement, but just movement that has some purpose to it. Walk to the grocery store instead of driving to it. Go to your garden instead of doing

nothing. Walk up the stairs to get your laundry. Every single thing that you're doing has purpose.

Shivan Sarna: Those are within reason, more than within reason.

Dr. Partha Nandi: Totally doable, right?

Shivan Sarna: Totally doable, totally doable. It probably takes some organization. We're going to have to really focus on it because if you've had all these other habits, you're going to need to swing into the better habits. This is where like a buddy system would be really helpful. You can't get the whole family onboard? Get one member of the family even if it's your 8-year old. I mean, peer pressure is stronger than willpower.

Dr. Partha Nandi: Absolutely! And that's your tribe. That's your tribe.

Shivan Sarna: Yeah!

Dr. Partha Nandi: That's how we've survived. The dinosaurs are not here right now and we are, because we have the power of our tribe. We worked together.

You know, in Western society, independence is so coveted and treasured—and it's great—but to almost a fault. Now we have social isolation as a crisis. As we've talked, at least 20 people have attempted suicide in our nation. It's insane! And as we've talked, several people have overdosed on opioid. So there's a lot that's going on.

But when you talk about the gut and IBS and SIBO, the key is these steps will help specifically in those symptoms. People are watching, they have symptoms of bloating, abdominal pain, changes in their bowel habits,

fatigue—fatigue that is unbelievable. They go, “What’s going on? I get as much rest as I can, doc. And I still cannot get any energy.” Here’s the reason why. If your gut is not in check, if it’s not in the right shape, that inflammation sucks the energy out of you. When all the cells that are supposed to protect you are on all the time, where is the energy going to come from?

Remember, if any of you have taken biology, it goes back to a very simple step. It’s called having ATP, right? ATP, this thing that they talk about, this whole cycle where you take energy in, you convert it. Well, these cells are on all the time. They’re sucking all your energy. Where are you going to get it from? So of course you’re tired. You do these blood tests, and they all look great and everything is hunky dory, but your body is basically sucked of energy because it is constantly on. [30:15]

Dr. Partha Nandi: If you never sleep, and you’re walking and running all day, aren’t you going to be tired? Of course you are! The same thing happens with inflammation.

And then, when your gut is inflamed, the main symptoms—we know the direct symptoms, diarrhea, constipation. Why? Because the gut is a muscle. It’s like a beautiful concert going on. One squeezes, one relaxes. And it’s like humming. And it’s all great when it’s working well.

One thing goes wrong, just one thing, in any part of your gut. Do things contract? Guess what happens? “Oh, man, that hurts!” Or you feel like you’re four months pregnant. When two things contract, everything behind it backs up. Or if it contracts, it squeezes everything up—diarrhea, right? If you have contraction or this relaxation inappropriately, you feel

uncomfortable, bloated. You can be nauseous. All these are direct symptoms of an inflamed gut.

And the things we talk about, also, what we have to understand for those who are watching—you know this, Shivan Sarna—it's not overnight. It's not an overnight phenomenon, right? It's something that takes often several weeks if not months. You have to be patient when you do this. But you'll see a progressive improvement.

And here's where the microbiome comes in. I'll tell folks, in addition to eating clean, you have to eat foods that just give you so many good stuff, including the good bugs that you need—that means the good bacteria, the good fungi, the good viruses, yeast. Fermented foods are an easy way to get it.

I was in South Africa. I got asked, “What's your best probiotic, doc?” they told me. I said, “Well, do you guys have Greek yogurt here?” They go, “Yeah, we do!” I said, “You heard of kombucha?” They go, “Yeah!”

You know, the thing is the foods that you eat, it could be fermented foods that really add so much to your microbiome—simply said, the good bugs that are in your body. But remember, you've got a hundred trillion bugs, and you're putting a few billion in—you need some help.

And that's where the prebiotics come in.

The probiotics, the fermented foods, the foods that give you the good stuff; the prebiotics are the high fiber foods that actually cause it to

proliferate or get more. So a billion could become a hundred billion in a much shorter time than six months.

If you like onion, if you like garlic, this stuff is...

Shivan Sarna: That is a nightmare for SIBO people that are high FODMAP. They're high FODMAP. I'm just bloating even thinking of it.

Dr. Partha Nandi: Yeah, but if you put the right stuff in first, you have a variety of choices, if you put the right fermented foods in there, for people who are SIBO—

For people who are SIBO, the first thing I do in my practice is test. Test them and see if they're SIBO positive. If you're SIBO positive, I do use antibiotics—non-absorbable antibiotics—to get rid of the overgrowth. But then you have to get you back to the symbiosis, the equilibrium.

So, you have to treat the initial symptoms of SIBO first. And then, you have to go back and then re-equilibrate.

And if it's too much for you, you'll notice that you're bloating, so you cut back. It's not always a one-size-fits-all, right? You have to get tested for SIBO.

The traditional medical technique is you have to get tested first, and then get treated. And once you get treated, then you can use some of these techniques to be re-equilibrated. And then, try to find out medically is there a reason for it. Is there a reason for your small bowel to overgrow? Do you have what's called a blind pouch? Did you have surgery before

where one part of the bowel doesn't move and collecting bacteria? Do you have enlarged diverticula?

There are a number of things that traditional medicine docs like me will check for. But once you have that, you still have to go back and reduce the inflammation that's been present.

So absolutely, you don't want to just not treat your SIBO symptoms. But people with IBS though, I would not see that you have to be treated for something else before starting this because IBS, irritable bowel syndrome, clearly is a disease where there's disorder in motility. And so many people have seen that actually leaking of the gut, that one-cell layer thick that we talked about is actually porous. It's actually got some holes and spaces in it.

And now, traditional medicine is backing them up. I'll be going to their conference soon that talks about it. This is not functional medicine. This is traditional medicine. It talks about the importance of the microbiome and leaky gut.

So there's practical things you can do that doesn't involve more pills and more concoctions and more procedures. [35:05]

Shivan Sarna:

Well, that's good to know. That's good to know. I just know a lot of us are so sensitive to onions and garlic, so I had a knee jerk reactions. But of course, you should also know not to stay on a restricted diet for so long. And even if it is like a tablespoon of sauerkraut juice, let's see how you do.

Dr. Partha Nandi: Absolutely!

Shivan Sarna: But you can build up for sure. So it's not all-or-nothing as you're progressing after what you do for the antibiotics.

Dr. Partha Nandi: Yeah, you get a non-absorbable antibiotic. The one we have is Xifaxan or rifaximin. And that'll help.

But the thing is garlic is just one example. You can have anything with high fiber, whatever you can tolerate. There'll be groups of foods that you can't tolerate. And something like this, we can only give you general ideas. But you pick from those food groups. And when you do that, you can find some foods that'll help you to proliferate the good bacteria in your colon—not your small bowel. Your small bowel, it's not there to proliferate, these bacteria because that's where your nutrients are.

And this is something that a lot of people don't understand. People say, "Well, all bacteria is good. And all bad bacteria is bad." But the problem is that when you have an overgrowth in your small intestine, that's where you absorb your nutrients. If you've got a bunch of bacteria there, it's going to eat up your nutrients and produce gas and bloating and also cause some of the symptoms of diarrhea.

If it's in your colon, however, great news! If it's past your small intestine, great news, because then it doesn't cause the kind of problems that your patients with SIBO would have.

It's not always "you would have to eat these foods." It's not just sauerkraut, or it's not just kombucha. It can be kimchi. It can be pickles. It

can be a lot of different foods that people from all over the world have developed. It's not just in our country in the US, but you go to India, you go to Poland, you go all over. Wherever we didn't have refrigeration, we kept foods, you fermented foods, they would stay.

So there's a lot of options out there for people and patients.

Shivan Sarna: Thank goodness, thank goodness.

Partha Nandi, I want to talk to you about GERD. You have a very exciting bestselling book right now out in Amazon which is super, super cool. Congratulations!

Dr. Partha Nandi: Thank you.

Shivan Sarna: I've had GERD. I had it for, probably undiagnosed, 20 years. Then I did my Prilosec for seven years. And then, I did some techniques to get off Prilosec. After three attempts, I finally did. And it changed my life. And that was in the past probably five years.

So, I know personally the hell that is GERD. And I didn't think I had it. I just thought I was uncomfortable. And I went to my ear, nose and throat doctor for like something. Then he'd put the scope down there, and he's like, "You have GERD." I'm like, "No, I don't." He goes, "Yes, you do." I don't know what I thought I knew that he didn't. But I just associated GERD with like obesity—this is my prejudice—and with just this picture that I had in my head that wasn't me or wasn't my perception of myself.

Can you share with us and everybody else—bust some myths for us. Tell us why it's so important.

Dr. Partha Nandi: Absolutely!

Shivan Sarna: A girlfriend of mine is spending thousands of dollars right now on fixing her teeth because of GERD.

Dr. Partha Nandi: Wow!

Shivan Sarna: Oh, my gosh!

Dr. Partha Nandi: You're right. Some people have never heard of the fact that your teeth can be eroded from reflux.

So here's the thing. You're not wrong. Most people feel that when you talk about GERD that then you've got this person that's not like you, that could be obese, or that could be unhealthy, or somebody who really is not taking care of themselves. The problem is that GERD affects 60 to 80 million Americans—just Americans! And the rest of the world, it's an even bigger problem.

And so, simply put, what GERD is, it stands for *gastroesophageal reflux disease*. People don't equate heartburn or discomfort with GERD.

And so, heartburn is a symptom of GERD just like, for example, a headache could be a symptom of hypertension, let's say. If you get super high blood pressure, you get a headache, or if you get some other

symptom from a disease. The disease is GERD. The symptom is heartburn.

And some of the myths are that everybody gets this feeling of heartburn. A lot of my patients done. In fact, about a half an hour ago before I started this session with you, we treated somebody who just had a little bit of discomfort, bloating and nausea. And she had ulcerations in her esophagus.

And the key is that when you feel like you have symptoms of stomach pain right between the ribs, nausea, bloating, if you have discomfort, if you have a persistent cough that you don't have allergies and nobody can find a reason for it, or you do this all the time clearing throat, that clearing of the throat, it could be acid reflux. [40:14]

Dr. Partha Nandi: And if you have acid reflux, and you do the scope—Shivan Sarna had the scope with the ear, nose, and throat doctor. We do a scope that actually goes to the esophagus and the stomach. But if there's no damage to the esophagus or stomach, you can really get away with using other treatments.

People sometimes use apple cider vinegar. People use different dietary techniques, cherry juice. There's all kinds of techniques. As long as you don't have damage to your esophagus, and it works, it's fine.

The moment you have damage to your esophagus or esophagitis, that changes all the rules. You have to really take a medicine like Prilosec. It's called a proton pump inhibitor. Why? Because that's the only medicine that's been shown to heal the esophagus. And why that's important? You

want to heal the esophagus because if you don't, you are at risk for esophageal cancer. It increases the risk for a deadly disease.

What happens is that the damage in the esophagus can go from esophagitis to something called Barrett's. That's a precancerous lesion that actually increases the risk of esophageal cancer up to 10 to 15 times the general population. So you don't want to go there. That can then lead to esophageal cancer, a sudden leading cause of cancer death right now. And it's completely preventable.

So if you know any of the symptoms that I just talked about—again, I'll go over it. We know about the heartburn, that kind of warm sensation you get going from where your ribs come together all the way up to your throat. That's traditional heartburn. If you get that more than three times a week, please see your doctor. I'll have you see someone like me to make sure there's no damage.

If you've got just pain in the middle of your abdomen or on either of the sides, nausea, bloating, lack of appetite, if you're throwing up and there's any evidence of blood, if it's dark, also having problems with a sore throat, persistent cough, dry coughs or the clearing, all these symptoms can lead to GERD. And why that's so important is because it can then lead to something more deadly.

So, I wouldn't just blow it off and say, "Eh, everybody gets it" and "I'm not that person" because you could be. And if you don't examine it, it could really take your life.

Right now, I've seen so many folks who come to me who said, "I just have a bit of trouble swallowing. I didn't think there was anything of it." And I find that there's a stricture or the narrowing from the acid coming up and scarring it. And some people, that difficulty swallowing is cancer.

My wife had a colleague of hers she went to school with—a young guy, I think he was in his 30's. Two kids... dead! Dead from esophageal cancer.

This is something that happens all over the country and all over the world because people just don't know the symptoms, don't know the signs. So if you have any of those symptoms, many of the signs, including the one I just mentioned, trouble swallowing, you have got to see a doctor right away.

Even if you are in your 20's or 30's, make sure you check it out because it does happen. As we've talked about in the beginning, there are so many toxins out there, we're getting people younger and younger with diseases like this.

Shivan Sarna: it's insidious because we feel like, "Oh, it's a constant for many of us." Like me, if I hadn't had—I had a lump on my thyroid. Oh, I've got all kinds of stuff going on. But if I haven't had that "Wow! Wait... what's this?" and he hadn't put that scope down, I would've continued in misery that I didn't even know I was in. How crazy is that?!

Dr. Partha Nandi: Well, it's hard because you don't do this every day. And how would you know? Who's going to tell you? And so that's why we decided to write this book called *Beating GERD Naturally*. We wanted to talk about how to prevent it, natural ways to treat it, and also a whole section about what you

do when you do have damage—the medicines and breaking the myths of the medicine.

Everybody thinks the medicine is going to kill you because there's a lot of bad press about it. But all the evidence is for associations.

I'll have to make a little distinction. Associations are two things linked together. These medicines are used so commonly, you can see it with almost any disease. That's different from causation, meaning they cannot show that any of these drugs, the proton pump inhibitors, actually cause dementia or they cause bone loss or they cause kidney problems. They're all associations. You can associate something that's very common with lots of disorders.

So, if you need it, please don't stop taking it. But if you don't need it, if you don't have damage, and you could reduce it and come off it, absolutely, great, do that. It's really important because some of my patients come to me and they've already stopped the medicine, and they're at risk for damage and ulcerations and cancer. I say, "Please, just think about what I'm saying. Don't stop it before seeing me and getting our advice."

It's really important to tell you that the proton pump inhibitors, if you can get off of them, please do. But if you need them, stay on them. [45:21]

Shivan Sarna:

So, you mentioned something that's kind of controversial and confusing, I should say—that apple cider vinegar. Some people swear by it like it is mother's milk. And other people are like, "Yeah, you know that apple

cider vinegar? It's not as good as you think it is. Whatever you do, don't do that." What's your take? What do you think that's all about? And what's your advice for us?

Dr. Partha Nandi: That's a great question. It's fermented, right, the apple cider vinegar. So you've got some people that will actually get benefit from it. If you have damage to your esophagus, I wouldn't take more acid and acidic stuff. You're adding more acid where acid is the problem. So if you have esophagitis or damage to the esophagus, then I would not take apple cider vinegar.

And conversely, if you just had heartburn symptoms, and it happens occasionally, or we've done an endoscopy—endoscopy is a little scope that's about half the size of my little finger. And it goes into your mouth while you're asleep. It goes into your esophagus and your stomach. And if there's no damage, then it's okay to take apple cider vinegar.

It's not going to help everybody. Like everything else, nothing is going to help everybody. But if it does help you, then go ahead and start taking it.

Shivan Sarna: Okay. Another controversial one is HCl supplements.

Dr. Partha Nandi: Yeah, a hundred percent. I think that if you have any damage to your esophagus, I would not take it. Here's the whole thing. There is a whole group of people that feel like it's too little acid that's causing a problem. Again, if you have something that's called atrophic gastritis—it's a technical word meaning that your stomach is irritated, and the stomach is not really making as much acid, or there's a perceived lack of acid—then

taking those supplements may help. But except for that situation, I don't feel it's warranted to take—especially with people with acid reflux symptoms. You are just putting in pure acid—I mean hydrochloric acid—in your body. And we know that that's the problem with acid reflux, along with—

You talked about that you felt like “Oh, you know what? I'm not obese. That's not me.” But the risk factors—men, men, men, men, we are significantly more risk; also if you're obese, if you're over 55, smokers (please, please don't smoke. And then if you do, please try to stop because it reduces the protection), and also, alcohol intake, if you're drinking a lot of alcohol. So all those are risk factors. [47:40]

They do something to take away the protection your body has from the acid. So your body makes all these factors to protect itself from the acid. You're then adding more. So intuitively, it doesn't make sense. And by science, it doesn't make sense.

So, I would say know if you have acid reflux. If you have other symptoms and other disease states, then perhaps it's a consideration. But in general, there are so many other things you can do, I wouldn't take hydrochloric acid supplements.

Shivan Sarna:

Okay! I really appreciate your time. I know you're so busy. And you put us right there smack in the middle of your day. And I really appreciate it. Thank you so much.



Dr. Partha Nandi: Well, it's my pleasure. Thank you for what you're doing. I hope that you reach billions of people that don't know some of these information and you can help them.

Shivan Sarna: Well, I can't wait for them to learn from you. Okay! Take care.

Dr. Partha Nandi: You too.