



# CANDIDA SUMMIT



## 5 Key Pieces to a Successful Candida Program

Guest: Dr. Partha Nandi

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**Evan Brand:** Hello. This is Evan Brand, certified functional medicine practitioner and nutritional therapist, operating worldwide via phone and Skype consults from [EvanBrand.com](http://EvanBrand.com).

Now, on to today's guest. Dr. Partha Nandi is the creator and host of the nationally and internationally recognized syndicated medical lifestyle television show, *Ask Dr. Nandi*, reaching 95 million homes daily. Dr. Nandi is the chief health editor at WXYZ ABC Detroit, a practicing physician, and a renowned international speaker. His appearances include TEDx, college commencements, numerous charity functions, and premier medical meetings such as Digestive Disease Week. Dr. Nandi's partnered with the Ministry of Health in Jamaica and India and has collaborated with the World Health Organization.

He delivers passionate and inspiring talks to diverse audiences. He continues to travel to international conferences and symposia, meeting with global health leaders on his quest to improve healthcare quality, access, and advocacy, to empower the world in his mission to be your own health hero. Dr. Nandi, good morning. Thanks for joining me.

**Dr. Nandi:** Evan, thank you for having me. This is such an honor. The work you're doing is going to really change the planet.

**Evan Brand:** I think so too, but we need you too. We need you in this thing together. We're chatting about Candida. And you being a gastroenterologist for, now, my understanding, decades at this point...I told you before we got on the show, I said maybe we should chat a little bit about the history of gut issues because my suspicion is that you're going to see more and more and more gut issues than you previously did just because we see autoimmune disease on the rise. Would you be able to confirm that?

**Dr. Nandi:** Oh my gosh. The thing that's really changed in the last two decades of my practice is that people understand inflammation as the core problem in disease. When I was in medical school, we talked about it. We talked about disease states. And the way we were trained, you were trained on symptom-based treatment. And that continues, as you know, for a lot of people, meaning that you don't do anything until you really have a problem. And then you have a problem; you fix it. And you send them on their way.

And what's happened, Evan, in the last 20 years—I would say actually the last decade and increasingly in the last five years—is this: that we realize that the basis of all of this is inflammation. The basis of all of this is actually your own body's inflammatory system. So in that realm, autoimmune disease, I think more and more people understand it better, especially traditional medicine. I think functional medicine doctors have been really trying to do this for quite some time, finding the root cause of it.

In traditional medicine, we're now understanding that your own body's immune system if you're not set up in the right way can really affect you. It was interesting. In gastroenterology, there's a whole meeting called Digestive Disease Week which is literally 10,000 doctors who treat gastrointestinal diseases. They come in and they are basically talking about medicine. What was really amazing is that—it's in May in D.C. What's amazing is there's so many abstracts. There's so many research articles now on, guess what? Your microbiome. I almost fell out of my chair when I saw that.

It's finally happening that traditional medicine is giving the idea that's what's in the 30 trillion bugs in your system and how important they are. Now it's becoming that we as traditional doctors can look at that and say we can make a change. To me, that's revolutionary. That's going to help millions of patients.

**Evan Brand:** That is good. I wonder what took so long. Was it just the research had to come out? Or was it just that people argue some that Big Pharma has a say in what information gets out to the doctors? What do you think made it take this long?

**Dr. Nandi:** All of those points, I would say all of the above. Here's what happens: when you're used to doing things—and this is human nature. When you're used to doing things a certain way and the medical establishment not

apart of itself, I'll admit it, is one that everything is cloaked in secrecy almost. We have a separate language. Nobody understands what the heck we're talking about. The research, it seems like only we are seeing.

Before the information age just busted this wide open, how could you get the information? You had to go to special meetings and doctors. I think, number one, is people get set in their ways and the information really doesn't get through. And Big Pharma. So here's the thing about Big Pharma. There's good and bad. They're interested in capitalism. We're in a system of capitalism here.

So they would like to promote what gets them the best bang for the buck. So if that means that they can help people too, so be it. But if it means that not everybody is really being helped, as much as you and I want to, that sometimes happens as well. It happens as well. So the information that we're talking about, which is how you can decrease inflammation. And specifically, what you're talking about is how can we change that microbiome may not fit into that system of profit and loss. So they don't make it their prime goal to go and visit doctors.

Listen, in the heyday of pharma, you wouldn't believe, Evan, one medicine had five representatives. Five salespeople that would come, literally rotating one day a week to try to visit the docs. What I'm trying to say is that you continue that barrage of information to a practicing doctor who maybe is seeing patients every 10 minutes, every 15 minutes. They have 15 minutes for lunch. And then that's the information they get from Big Pharma. And they're not talking about the microbiome. They're talking about medicines and drugs that can treat, what? Symptoms. Very, very infrequently do you talk about how do you go to the core, the root cause of a problem, which is what we're talking about and you're talking about.

So I think that's a big part of it. But instead of dwelling on the negative, here's the amazing positive is that I always talk about being your own health hero because it is patient-driven. When my patients come and tell me, "Hey, listen. I heard Evan Brand talk about this issue. What do you think about it?" that's the beginning of it. No longer is it just a possible conversation I'll have. Man, I'd better know what I'm talking about because at the end of the day the patient is my boss.

If I don't know what I'm talking about when you produce information that patients and advocates can use and then they come to me and I don't know what I'm talking about or I don't have information, then I'm no longer a resource for that patient. So what I'm saying is that by giving advocacy to patients who then go to their practitioners and say, "Listen, I heard about this. What do you think about it?" You have to then become knowledgeable.

That's a huge part of what's going on is that patients are demanding that we want more than just another pill, more than just another procedure. So that is the key basis of being your own health hero, having this information go out. So what you're doing is so important because it gets out to people that normally wouldn't get this information and wouldn't get it in a manner that you're giving it.

**Evan Brand:** Well, thanks. Thank you. It is amazing that we're having a two-way conversation now. Whereas, before, it was, "Hey, take this medication. Come and see me again in six weeks." And now, it's like, "Ok, well, what are the side effects of that medication? What are the pros? What are the cons?" I love that the door is open now, and I think, like you said, it's making you a better practitioner because now you're almost forced in a sense to have to dig deeper into these natural remedies.

It's like, ok, what about peppermint for IBS as a therapy I could try out? It's like, ok, well, let's look at the research. IBS, peppermint. Oh, it turns out there's some cool stuff on peppermint. I think we're in such a fun time, and I think this is only going to speed up over the next five, 10 years where I don't think people are going to turn their backs necessarily on medical docs. But I think what can happen is if they don't get someone like you who's open and they just say, "No, no, no, natural medicine or functional medicine doesn't work," I don't know what's going to happen to those practitioners. I'm guessing maybe they'll still see enough sick people to stay in business. But it just makes you wonder.

**Dr. Nandi:** Yeah, and I think that the future of medicine is the combination of both. Nobody is discounting the fact that we've made some amazing revolutions in Western medicine. But sometimes, to go forward you have to go back, meaning that some of the traditional therapies have been there for a long time. And if you don't understand those, then you won't move forward. So I think medicine is moving in that direction, and I think most of the newer doctors that are coming out...

What's going to happen is that there's going to be a group of doctors that are close to retirement or getting to retirement, and I don't know how much they're going to change. And they may change, but I don't expect them to change as much. But the new group of doctors are empathic. They are interested in the stuff that we're talking about, and it's in their world. The information explosion and all the ideas that we're talking about are just a part of who they are. So I think that's going to change.

And specifically, gut inflammation. The idea that—and I say the gut is the center of everything that we do. I think that everything that your body is capable of and especially inflammation I think is an amazing concept that's

coming out. And we touched upon this in the beginning is the microbiome and the 30-40 trillion bugs that are in your system. I think that that is going to be a key concept. As a gastroenterologist, I'm biased because I've always thought that the gut was the center. But now, it's not just my bias. It's really everything that we're talking about.

One of the concepts that a lot of people are giving more credence to, even in the traditional medicine world, is leaky gut. I'll tell you, when we started... I was at the University of Michigan. I don't think we ever talked about leaky gut in my fellowship. So the way gastroenterologists are trained, you go through undergraduate, go through four years of medical school. You go through three years of residency and traditionally what's called internal medicine. And then you do three years of fellowship. So a lot of training there.

But can you imagine? Even, we never talked about something called a leaky gut. I think it was starting to have some formation, but people didn't understand it. And now, we have this Digestive Disease Week which is the foremost meeting of gastroenterologists. And we're going to talk about just that concept. And I'm sure a lot of your listeners know what leaky gut is. But I'll tell you, in the traditional medical world, a lot of people don't give much credence to it. They said, "Well, it's what the natural medicine or the functional medicine doctors, that's what they talk about."

But now, we realize even with electron microscopy that that's happening. That's super cool. You can actually see where the tight junctions aren't quite where they're supposed to be. And in this world of microscopy where you can't see what's going on but it's profoundly impacting what's going on, I think that that's revolutionary.

Speaking of candidiasis, probably one of the leading causes of leaky gut. And I think a lot of doctors now in the traditional sense are going to be talking about how do we then prevent, diagnose, and treat it. I think that's going to be an important advance. When I go to Digestive Disease Week, I'm excited to be seeing what people are talking about. Is it just going to be a passing conversation or are we going to dig deeper to see how can we really help patients? Because patients come and talk about this to me. Every single day, I would have one person who comes in because we have a lot of what we call functional bowel disease: irritable bowel syndrome, diseases of bloating and discomfort that nobody has an answer for.

So I think that's really important to talk about how could we then take this concept—I talk about being your own health hero. Some of the leading causes of Candida overgrowth are really in your hands. I live in Detroit, MI, and every day people are being barraged with stress. And when I talk to my patient, and I say, "The stress that you are really experiencing, not just in your workplace

but in your home, in your commute, is actually resulting in you developing a leaky gut.” And they look at me and say, “What are you talking about?”

I say, “Well, listen. One of the causes of leaky gut is having an overgrowth of Candida. And having increased stressors along with that burger sandwich along with the fries and supersizing it is really making a huge difference in your body not being able to fight off this overgrowth of yeast.” To them, it’s astounding because nobody has ever in their experience and in their problems has really put it together for them. They all kind of know that going to a fast food restaurant’s not great for you, but nobody’s told them that having these simple carbohydrates and these processed sugars are actually causing the yeast to grow in their gut. And that yeast, when it overgrows, a little bit, as you all know, is great and it helps you with what I call symbiosis which is a nice environment for your gut, and it’s part of the 30 or 40 trillion organisms.

But when it goes out of control and it takes over your intestinal tract, then it can damage it, cause these small particles to actually go across the gut and into your blood stream. And when I tell them that it’s one cell layer thick, that this is the most vulnerable we are in your body.

Things can’t get through your skin very easily unless you really have a cut or a bruise. But in your gastrointestinal system, if you continue to give it these foods and stressors, you can really do great damage. And you can introduce stuff that doesn’t belong in your gut. And is it a surprise then that your entire inflammatory system attacks it?

To me, I tell them this is border patrol to the Nth degree. You’ve got your FBI, CIA. You’ve got your local police. You’ve got everybody in your intestinal system, guarding all the stuff that is in your poop, basically. You’ve got poop on one side, blood on the other. You’ve got to have a defense system that’s ironclad. And when you eat the kinds of foods that we eat—fast foods, these processed sugars, even stuff that they think is good for them, even things that they think, *Oh, I’ve got these regular fruits and vegetables that are not organic.* Even that, with all of the chemicals that you’re putting in your body, that could make it so hard for your body to defend itself.

Then, you go to your doctor. And then you release the atomic bomb of your intestinal tract, which is an antibiotic. “Doc, I’ve got the sniffles. I’ve got a little bit of a sore throat coming on. I think I need antibiotics.” Nobody’s told when you are doing that, that one statement, and then the doctor writes that script and you go and get it filled, that’s an atomic bomb into your intestinal system. And that’s the introduction of a leaky gut where this one-cell-layer-thick defense between poop and blood is basically now beginning to deteriorate to a point where you’re having toxins not just come in once in a while but coming

in on a daily basis, on an hourly basis. And then your body's inflammatory system is always on an ON-button.

And you say, "But how does that explain my eczema and my other allergies?" When your immune system is activated in your gut, guess what? [Inaudible] the immune system that's in the rest of your body. And in simplified terms, danger, danger. We've got all kinds of stuff coming through. And so, your body's immune system gets activated. And every organ is affected; every single organ is affected by that inflammatory cascade. When that inflammation begins, that's the beginning of your body's introduction to disease.

And that can come from a simple thing such as not being able to get a great diet, not being able to decrease some of the stressors. And I also mean the emotional stressors. You've got horrible relationships in your life and you continue them, that is a huge factor at increasing cortisol. Increasing cortisol, increasing inflammation, and devastating your body. If you do it once in a while, it could really compensate, but if it's done on a regular basis, that is the beginning of disease and, really, the end of wellness and health.

And there's so many people with chronic disease that come and see me and they've not been given solutions. And talking about just a simple technique of changing their diet, changing their environment, changing their spirituality can make a huge difference. And I think this is the revolution that's happening in traditional medicine. And I think that's going to continue and really change lives of people.

**Evan Brand:** So many great points in there. I just want to restate the fact about your environment, your relationships. So many people that come to me, they say, "Hey, Evan. I'm already doing a paleo diet or a whole foods diet. I'm eating real food. I'm trying to go organic as much as I can." But yet they're in a toxic relationship where they have a bad boss or a bad spouse or a best friend that's bullying them. Or they're in a marriage struggle, and they wonder, *Why can't I just eat my way out of this issue?*

And you hit on the key point here which is that, look, it doesn't matter where the stress is coming from. Stress is stress in that bucket, and cortisol damages the gut barrier. So you could have a perfect diet and go to yoga class, and you look like the picture of health. But if you go home and you have a terrible relationship in the house, it doesn't sound like you're going to be able to out-supplement your way or eat an extra avocado and get your way out of that emotional stress, you're saying.

**Dr. Nandi:** It's so true. And like you said, your body doesn't really care if it's the fact that your boss yelled at you, your friend called you a name or whatever it is, toxic relationships you're continuing to stay in. Because here's the thing. And I'm sure that you talked about this to your audience, but I'll

reiterate it. It's the fight-or-flight phenomena that you have. Our bodies are relatively primitive. They're very sophisticated, but the mechanisms of survival are basic and they're primitive. So what do I mean by that?

I think we survived human history because we wanted to have lunch and not be lunch. We wanted to make sure that when we were hunted that nobody caught us. And we actually were the ones who came out on top. So when your boss yells at you, your body doesn't recognize that as a non-physical threat. It goes into that whole fight-or-flight mechanism. It thinks that you're being chased by that tiger or you're being chased by another animal. And it goes into that whole mechanism of survival.

Cortisol is increased. Epinephrine is increased. All of the substances that increase inflammation actually go up. And for short bursts, it's ok because in primitive times it's not like we're hunting every single minute of the day. Those short bursts helped you because they'd helped you become hyperfocused, hyperacute. You need your glucose levels to be high. You need your insulin to be high. You need all of those hormones to keep you fully alert. Now, if that happens to you many, many, many times a day on a microscopic level...And again, the people who argue about this say, "Well, you don't really see macroscopic," meaning that you can't see blood tests that are going up all the time. This is happening on a microscopic level.

So your cells are being bombarded by these hormones all day long. You're with your boss eight hours a day, whatever the number is. You're with your spouse the rest of the time. You're in rush-hour traffic, screaming at people. Or you're listening to a toxic program on the radio or television. This barrage of information, again, cortisol goes up and epinephrine goes up but not just once in a while; it's almost continuous, so many doses every day.

The cells then begin a pattern of inflammation not just occasionally but continually. And so, then that inflammation begins to take form of disease. So we're talking about autoimmune disease. We're talking about hypertension, diabetes, people with strokes, people with cancer. So this is not a small issue. It's such a gigantic issue.

We talk about many buckets. In my book that I released last year in September, I talk about the five steps to becoming your own health hero. And I talk about number one is you have to define purpose. Why that's so important is that when you have a purposeful life, then all of these emotional stressors, these toxic relationships, they begin to melt away. Why? Because you start to understand what is it that I want to do. What is it that I want from my life?

And when you know whatever you want from your life, you then start to do what? You start to take away the stuff that doesn't fit with your purpose. And if you have all those purpose-driven activities—it's not perfect. Nobody's ever

going to be perfect. Not every single activity you do will be purpose-driven. But if the majority of the time your activities are purpose-driven, reduces those stressors, changes your relationships.

The second step is what we talked about: what you put in your mouth. Dr. Mark Hyman talks about the most powerful weapon we have against disease is your fork. So if you have good stuff on your plate and put it in your mouth... This doesn't have to be earth-shattering. You don't have to become a world-renowned chef. All you have to do is eat whole foods from plant-based. Plant-based whole foods. If you can afford organic, awesome. If you can't, then you do your best in finding the best food you can from your supermarket.

Simple rule of thumb, stuff with thin skin—let's say strawberries and cherries—it's super important to have organic. But things with thicker skin, not as important to have organic. So you could have a big, old cantaloupe, not as important. Would you like to have an organic cantaloupe? Absolutely. But it's more important with cherries and strawberries and things with thin skin where the pesticides and the toxins are right on your fruit or vegetable.

So the second step is you want to be able to make sure that what you're putting in your mouth is the best stuff that you get. And that doesn't involve going to fast food restaurants; that's knowing what's in your food.

The third is movement. We don't realize that just simply moving, moving your body will reduce inflammation, reduce your insulin, reduce all the excess fat that you have and build-up of cortisol. So decreasing your movement, sitting in your couch is a revolution that's changed our country and increased disease.

And the fourth one that we just talked about is spirituality. That's the fourth step. And that doesn't mean you have to sit on top of a mountain, close your eyes, and then sit there for two hours. Nuh-huh. Just prayer itself could be an unbelievable way of getting spirituality. If you don't want to pray, then you can walk on the beach. You can do yoga. You can do meditation, wherever it is. What does that do? That reduces your mind's anxiety. It reduces your body's angst. It reduces the cortisol levels. And now science has shown it decreases disease.

And the final step is tribe. What you're doing is bringing these folks together in this amazing forum of a tribe where, basically, you're saying, "Listen, you can, together, accomplish more." When we work together, we now know—there's some famous examples out there. The one is called Roseto. So if any of your audience is listening, R-o-s-e-t-o. The Roseto effect in Pennsylvania, 1950s. Heart disease was rampant, but this group of people ate together. They played together. They cooked together, and their disease rates were a fraction

of everybody else in the country. And everything else was basically the same, but just the fact that they had the tribe made it so import.

And if you use these five principles in fighting disease, you reduce gut inflammation. You reduce the diseases that are just basically ravaging our nation. And it is that simple. There's so many people that talk about complex methods and this and that and five steps of going to this and then you go to another step. It's just that simple. If you use these five steps every day, we can reduce 80+% of diseases.

The last thing I'll say, Evan, about that is that we used to think in medical school we were taught that our genes are really important. Now we know that you are not your genes. Only, I would say, less than 10 or 15% of your disease states are because of your genes. Everything else you can really control. That to me is exciting. And the microbiome—gut integrity is so important to that defense. If you have an intact gut by using those five principles I talked about, you can really change the paradigm of disease.

A friend of mine, Naveen Jain, talks about we can now talk about how you can make chronic disease elective. That means you can choose not to have chronic disease. That to me is just amazing.

**Evan Brand:** That is amazing. So many great things in there. Thank you so much for that. The Roseto effect, that's a trip. We see studies now that say that social isolation is just as bad as smoking a pack of cigarettes a day. So if you're just curled up in your house and you're eating organic, maybe you need some friends. You've got to seek them out. You can't do this thing alone. And I just love that you say that.

I think of so many other cultures around the world that the parents, the grandparents, everyone lives together, where, in the US, that's like frowned upon. If you're living with your family—my clients come to me and they're embarrassed that they live with their mom or that they live with their grandma. And they're like, "I can't wait to get out on my own." Just that American way. But we're doing the opposite of what all of our ancestors did which is we're always together with our whole tribe. That's just such a great point that you bring up, and I think we should maybe reconsider, is it really that important for us to be so separate from everyone?

You look at the average family in the US now. You've got one sibling in one state. You've got another sibling in the other state. The mom and dad are 2000 miles away. It's crazy. I just don't think we're evolved for that. We need to be together. And maybe if you can't be together with your blood, you can be together with your new tribe. Maybe they get your book and they find a local group that is following the same principles, and then they have a Meetup. Even if it's not blood, you can still form that tribe.

I just think that's the biggest thing that no one has mentioned. Thirty interviews and nobody's brought up, "Hey, look. You've got to have a tribe." Everybody's talking about this supplement and that supplement for yeast, and nobody said, "Hey, look. You've got to have a tribe. That lowers inflammation." How simple but how effective is that?

I tell you, I live out in the middle of nowhere pretty much. So for me, I have to put even more effort into doing that, and I make sure at least once a week I've got a family day or a friend day. And that's the only thing that keeps my sanity. I think if I were just working, working, working and had no one, I don't think my health would stay the same. So I'm just so glad you brought that up. So many great points.

Let's wrap this thing up. This was so fun. Tell people about your work, your clinic, your TV show. Where can people study you? Where can they learn from you? Where can they keep up with you?

**Dr. Nandi:** Well, I appreciate that. And I do want to just emphasize what you said was so important about the tribe. We, for centuries, worked and thrived in tribes, and that's why our body really needs it. And if it doesn't have it, that same stressor comes out. So I appreciate you bringing that up.

As far as me, if anybody wants to check me out, it's AskDrNandi.com. So A-s-k-D-r-N-a-n-d-i dot com. We have a television show that really airs in every city, so if you look at your local listings and look at the *Ask Dr Nandi* show, and we've rebranded it to *The Dr. Nandi Show* this year. So if you look that, you'll find it in your city, if you want to check us out. We're also on social media as well as digital media. And if you go to AskDrNandi.com, you can find that.

And lastly, I'd love to talk about just the simple fact that you can change that whole paradigm of disease by using what I call superfoods and just some superfoods and simple recipes and simple ways they can incorporate that into their life because we talked about ways in which you can really damage your gut. But these are some ways you can heal that without having to buy something for \$19.95 and shipping and handling. You go to your grocery store and you can find some of these superfoods and prepare them. And that can really reverse the whole paradigm of disease and change, I think, the Western world.

Some of the stuff you're talking about is going to really change the Western world. We can essentially help your community do that.

**Evan Brand:** Well, let's talk about a couple of those foods if you've got a minute. One thing I'll go back and say before I forget. You mentioned the note about the strawberries. Just for folks listening, there's been research on this.

The average strawberry has 22 different pesticides and other chemicals on it if it's not organic. That is crazy. And you may say, "Oh, it's such a tiny amount." But when you take small chemicals and you combine them with other chemicals, you get a negative synergistic effect. This damages mitochondria which we've spoken about. This affects the liver which we've talked about.

You've got to go look up the list from the Environmental Working Group. If you can't go 100% organic at home—that's your goal—but if you can't do that, look up the Clean 15 and then look up the Dirty Dozen. The Dirty Dozen, those are the foods like strawberries, sweet potatoes, things that, as Dr. Nandi mentioned, thin skin. They're highly contaminated. Then go Clean 15. Those are the foods like a pineapple or avocado where you're not as at risk of the pesticide exposure. And those you don't have to worry about organic. So I wanted to mention that.

Dr. Nandi, did you have a couple foods or things you say, "Hey, look, everybody should have this in their food toolbox, their pantry, their fridge, their freezer"? What would those be?

**Dr. Nandi:** I'll tell you, if you love fruits, I love blueberries. I feel like blueberries can be the detox center. I was in South Africa speaking, and they said, "What antioxidant do you like? What company?" I said, "Have you heard of blueberries?" And they said, "What do you mean, blueberries?" I said, "This is one of the greatest antioxidants you have."

So that's one, and then the other one I would love to talk to people about is kale. And I think people have had some controversy about kale, but I think you can really change the paradigm in people's lives. And I talk about that in my *Superfoods Cookbook* and talk about ways you can incorporate that. One thing I will say is find out where these vegetables and fruits are sourced.

You can be organic. But my friend Dr. Dan Pompa also talks about heavy metal exposure. And here's the thing. You can talk about how foods can be from another country and still be organic. And they don't check for heavy metals. The soil could be laden with stuff that could just kill you. So you have to ask your grocers. We have a store called Kroger where we live. And I ask them, "Hey, where do you get this from?" And sometimes, it's just a conversation to let people know that you care.

So it's not always just about the organic. It's also about where the foods are sourced. So if you can get locally-sourced food, man, at least you've got a fighting chance. But otherwise, you're going from parts of the world where that might not be important and your government authority just does not have the resources to check for it. The USDA, the FDA doesn't look at those, and so it's really important. But yeah, check out my *Superfoods Cookbook*. I think you'll get a lot out of it.

**Evan Brand:** Great point. I'll say one last thing because you just hit the nail on the head. I'm convinced I picked up parasites over the last year because when they're not in season I get my organic blueberries from Kroger and they do come from Peru a lot of times. And I see so many people in South America and surrounding areas that have parasites. So that's my guess is where I picked up some gut bugs. And then, of course, I had to come in and treat those.

So do your best. And that's why I've got a bunch of blueberry bushes. Wish me luck. Hopefully, they're going to grow this year. I've got some big ones, so let's see what happens.

**Dr. Nandi:** I'm going to come to visit you. I'd love to have some of those.

**Evan Brand:** Yeah. I'm trying to go super local, right outside my door if I can.

**Dr. Nandi:** That's awesome.

**Evan Brand:** Dr. Nandi, thank you so much. You just bring such a great energy and such a great attitude and optimism. I think optimism is the secret ingredient that you have with you, and I just love that fact because some of this stuff can get overwhelming. But you say, "Look, here's your steps." You laid it out. I think these are very, very attainable action steps for people. So just want to commend you, say thank you so much for your work, and keep up the great work. And we'll be watching you, so keep at it. Thank you so much.

**Dr. Nandi:** Thanks for having me, Evan. I appreciate all the great work you're doing as well.

**Evan Brand:** Take care.