



How to Be the Healthiest You

Guest: Partha Nandi

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Heba: Hello and welcome. This is the Pregnancy and Motherhood Summit. I am your host, Heba Shaheed, from the Pelvic Expert. And today I am joined by Dr. Partha Nandi, who is a gastroenterologist and the host of the Emmy award-winning TV show for medical and lifestyle, the *Ask Dr. Nandi* show. So thank you so much for joining me, Dr. Nandi. It's a pleasure to have you.

Dr. Nandi: Well, thank you for having me. The pleasure is all mine. It is such an important topic. So I am excited to contribute.

Heba: I am so glad to have you. So Dr. Nandi is going to help break down the steps in becoming the healthiest version of yourself, in motherhood in particular, and specifically in new motherhood. So he is going to show how you can support your gut health and your nutritional needs, especially in new motherhood, but also beyond into as you go through your motherhood journey as your children age, as well.

And he is going to talk about the latest science and the growing research behind the health benefit and the importance of tri-spirituality and purpose. So Dr. Nandi, as a practicing gastroenterologist, can you tell us a little bit about gut health and the role that it plays in the new mother's health and wellness and in her motherhood as she goes along?

Dr. Nandi: That's a great question. Actually gut health is important in every person's life, in men, women, and children. But specifically for new moms, here's the whole idea. First of all, the new mom, especially if you're nursing, you're the source of all this good bacteria and good gut health in your children.

So it's really important that if you breastfeed, as you're introduced to your kids, you have to have the right bugs. We call that the microbiome. Each one of us have, believe it or not, between 30 to 100 trillion bugs in our microbiome. That's in our gut. That's in our skin. That's all over.

So imagine an infant coming into the world and a new mom was nursing the child or is in contact. You're the primary source of that child's health. And you're introducing a great number of these microbes to the child in order for him or her to flourish. So it's really important.

There is something actually called an internal mammary reflex or pathway, where you are actually getting the bugs from the intestinal tract, and it's going into the mammary gland. So when women are breastfeeding their children, then you actually are introducing some of these good bacteria. So it is critical first of all for your child, for a new mom that you eat the right stuff.

So what I mean by that is number one, try wherever you are in the world to avoid things in a bag or a package or in a can. So eat whole foods, food that you know what's in it and food that you can try to prepare yourself. So the more artificial ingredients that you put, the less you are prone to be able to support your microbiome.

So all over the world, everywhere you go, whether you're in Korea, it's kimchi, whether in parts of Europe it's called sauerkraut, or in parts of India it's kombucha, you go all over the world and what it is is fermented products. You can get fermented products in your body to really support your microbiome. Fresh foods and vegetables, you have to get that good stuff in you.

And it's not just for your child, it's for your health. To me, I'm a gastroenterologist, so I'm biased. I think the gut is the center of the human body. But now more and more research is showing up.

Listen, you know what, if you have good gut health and you have those trillions of bugs, not just bacteria, but bacteria fungus, you're talking about viruses and other protozoa that actually can support your health. You can get better energy, better mood.

There are so many issues when you become a new mom. You have to now all of a sudden deal with not just yourself, but perhaps yourself and your child. The mother is often the center of the entire home.

And so to be able to combat the stress that's there with the energy that is needed with the entire homeostasis balanced, you need the right microbiome. So for multiple reasons, more even so than lots of people get in other phases of their life, the new mom really needs a healthy gut that is supported by her microbiome.

I will make a final point about the gut/brain axis. One of the longest nerves in the body is called the vagus nerve, which travels from the brain into your gut. And there are signals sent back and forth from the gut to the brain that really allow you to have the mood that you really crave, the energy that you carry, the mindset that's so important. So for multiple reasons, I think gut health is super important for the young mom, the new mom as well.

Heba: Can you talk a little bit about what could be some signs, especially in new moms, and even as moms go through motherhood of things that could be going wrong in the gut? I know that sometimes, from my own personal history, that a lot of women, particularly early postpartum, and especially as their children are in those early toddler years, they experience a lot of mood symptoms. You mentioned the gut-brain.

So apart from mood symptoms, or in particular what mood symptoms and other symptoms can women experience that could be a sign that they need to look at their gut and start to heal their gut and implement all of these nutritional strategies?

Dr. Nandi: That's a great question you have asked. People say what are the symptoms? The most obvious symptoms are the ones that are in your GI system. Right? So bloating, discomfort, changes in the way your bowels are moving, these are all obvious symptoms that something is going on in your gut.

However, there are more subtle signs, like being tired all the time. You know, moms, especially new moms, can say well I'm just running around crazy. I have got a little baby. I've got a family. I've got everything going on. So you could attribute it to that.

But if you think that your energy level is actually even less than it should be, if you're chronically fatigued, and if you can't find the motivation, these could all be signs that could lead to your gut. And you need to really pay attention. In our tribe we often talk about in order to do better you have to know better. You have to know that these could be signs of your gut actually not doing well.

You have to be able to say, okay, now I think that could be a possibility. What can I do to make that better? And then you said something very important at the top of the question, which is your mood. Postpartum depression is a huge problem around the world, where women who actually deliver a child and in the few months to even a year after they deliver, they have these feelings of depression, feelings of mood swings. That could also be because of the gut.

I am not saying that is the only factor. But it can be a tremendous factor in giving you the tools that are needed. Again, a healthy gut doesn't solve every single problem. But what it does, it gives you a chance to be able to do that without taking a bunch of drugs.

A lot of people go to their physician or their doctor around the world and this is happening, and they get a prescription. They get a pill. But what I am suggesting is that I'm not saying it is wrong to get a pill. But let's go back and see if there's a root cause. And often the root cause is going back to your gut.

So I will summarize. Obvious symptoms of your intestinal tract or your gut not working well are nausea, bloating, discomfort, constipation, diarrhea, feeling bloated all the time. Those are obvious signs something is wrong with your gut.

But less obvious signs are fatigue, not having the energy, not having the mood, not having the purpose that you really need to go up and get it. Every day that you wake up, you have to have that motivation to be able to do what you want for your family, for your child, for yourself. And then again, the mood swings, depression, anxiety, even sometimes as serious as not wanting to be around your child, this can be very serious.

Again, when you have those types of symptoms that are more serious, please see a psychiatrist. Please see a doctor. But understand that part of it could also be a part of your gut.

We now know that serotonin, which is a transmitter that goes to your brain, 90% of it is created in the gut. We know fatty acids that are created. We know so many substances that we had thought were actually originating from the

brain are from the gut. So it is really critical to know some of the less obvious things that you would never think of from your intestine or your gut or actually could be attributed to it.

So really pay attention. Do the right thing. Eat whole foods, foods that you know what is going in your body. You're not taking the bag of this snack or that snack or chocolates and processed foods, because that is a killer to your microbiome. Your microbiome is between 30 and 100 trillion that are in your system. So you want to feed them with good wholesome food.

And also we talk about probiotics. So instead of always reaching for your drug store or your pharmacy, get a Greek yogurt. And if you are in parts of the world where sauerkraut is available, get some sauerkraut. If you can, even get kefir. These are all fermented products that you can get that goes into your system and really makes your microbiome flourish. That means it makes them grow. It gives you the right combination.

In addition, have lots of fiber in your food. And those are prebiotics. So once you get the probiotics in, the good bacteria, the good organisms, the fungi, the viruses, you then want to feed it with great fiber, things like onions and garlic that will help them flourish, so you can really increase them. Most people cannot get more than a few billion of these organisms at a time. And you have 30 to 100 trillion to work with.

So you need prebiotics to help them grow and multiply. So absolutely it is very, very important to talk to women, young moms, people who are well into motherhood, about the importance of gut health, which can really change the entire paradigm of how they treat themselves and their health.

Heba: It is such an important point that you raised about 90% of serotonin being formed in the gut. And I think this is really important for mothers to know, because there is such a high rate of post-natal depression that occurs, especially in that early postpartum period. And so many women, I feel, are not conscious or aware that sometimes it is what happening in their gut.

I know it from my own personal experience. My daughter is about a year and half old now. And my issue is more on the other side. It is not so much that I am eating processed foods and so on, but more that sometimes I just don't eat at all, like you get so busy with your baby. And also your baby, if you are breastfeeding, is just taking all that nourishment out of you. And it's almost like you are in a state of like malnourishment.

So what can you add in terms of not eating enough and how that impacts the serotonin and your mood and things like fatigue as well, for sure? Like you said, it is not just the visible, obvious abdominal symptoms. It's those other symptoms like the moods and the fatigue that really affect new moms in particular and moms who are kind of burning out as their children grow as well.

Dr. Nandi: I appreciate you bringing that up. I always tell my patients who are moms that in order to take care of everybody, you've got to take care of yourself. And what's happening to women all over the world is that they are taking care of everybody. They are taking care of their kids. They are taking care of their spouses. They are taking care of sometimes their mother-in-law, their father-in-law.

They are the center of the household. But often they forget about themselves. Not only are they not eating properly, they are not getting the movement that they need. They are not getting the mental nourishment that they need. You need food.

One of the most important tools we have in our fight to stay healthy and thrive is what we put in our mouth. That is an ultimate weapon. And you talked about it. You have got to eat properly. You can't starve yourself all day and just keep putting it off because your mind is so busy with things. You actually not only have to eat the right things, but you have to eat something.

And breast milk, I'm a huge advocate of moms who are breastfeeding. Why? Because there are so many benefits that you can give. It is a huge source of immunity. We know that. But it is also a great source of this gut health for your infant, for your child, because they are not going to get it outside very easily if you don't introduce it.

So there are mechanisms in place that Mother Nature has put. Now obviously if we can't do it, I totally understand. But those of you who have the choice of breast feeding, understand that it is super important. If you can, introduce the right nutrients in the right concentration, the right immune factors, but also the right gut bacteria, organisms, your microbiome.

So to that end, if you are not giving yourself the proper nutrition, your body can't produce the right concentrations in your breast milk. What you put in is what your body can put out. It can just manufacture to only a certain degree. So it is critically important that you have to do something to be able to nourish yourself.

But I talk about this. I just published a book last year. And it's called *Ask Dr. Nandi: 5 Steps to Becoming Your Own Health Hero*. That applies to mothers as well. And I talk about the 5 steps. The beginning step, I think, is that you have to have purpose. There has got to be a why.

Because far too often we are going through life, whether you are mothers or fathers or people that work, you are just going through life like rats in a maze. You are not thinking why am I doing this? If you can just give yourself a little bit of time to figure out why am I doing this, even in the throes of raising a child, just sit back and say, "Why am I doing this?"

I am doing this because, in my opinion, I am a father. I have a 4-year-old, a 6-year-old, and 14-year-old. I tell myself, because I want to raise these children to be better human beings, to be able to help the planet. In order to do that, I have got to do X, Y, and Z. And that drives you. It doesn't have to be your purpose. It can be whatever you want. It can be you want to be the best gardener, the best teacher, whatever it is. But the purpose is extremely important.

And why do I as a physician talk about this? Because we now know that not less than 10 studies show you that your health is actually improved, whether you're a mom or a dad, whether you're a grandfather, your health is improved when you have purpose. And the reason why is because of a simple phenomenon called the fight or flight phenomenon.

And we talk about this in medicine more and more, where your cortisol level is sky high. When you are without purpose, you are wondering aimlessly. Right? So your cortisol level goes up, because your body is quite primitive. It thinks that when there is unrest, there is a threat.

And that threat, when it's there constantly, whether it is unrest or a feeling of unsettled, you can have dis-ease. And that dis-ease brings with it cortisol levels that are increased, epinephrine. So that is how begins the process of inflammation. And if you are a young woman who is raising a child, and the center of the family, and if you have inflammation, you just can't do it. Your body breaks down.

And when you break down, you can't take care of your child. Your moods are not there. Your energy is not there. The child suffers. You suffer. So purpose is the first thing.

The second one that we talk about is nutrition. And nutrition doesn't mean a diet. So many women, especially in the Western world, talk about, well, I have got to go on a diet to get rid of my pregnancy weight. I understand that. You don't want to hold on to your pregnancy weight. But getting on a diet, to me, is a recipe for failure.

You want to get on a decent nutrition plan, where you are actually doing something that decreases the amount of intake, but also gives you whole foods that are nutritious. I love the fruits and vegetables. That is my go to all the time.

If you like your meats, that's fine. Just avoid red meat as much as possible, especially in this part of the world, in North American and Western Europe. Having red meat has been shown to not really improve your health. So if you could do less animals and more plants, that is huge.

I also talk about the 80/20 rule, which is 80% of the time do everything you can possible to make sure you get whole nutritious foods. But 20% of the time, you can have a birthday party. Right? Your son or daughter is going to have a birthday party. You're going to have a work party. Something is going to happen where you can't really stick to that.

So 20% of the time you have to be able to cheat a little bit. And that's real life. If you can do that, you are still doing better than most people on the planet. But it gives you that realistic way. I want to make it simple for people, and not make it unattainable.

And what it does is it doesn't give you that guilt or resentment, like, oh my gosh, I shouldn't have done this or I shouldn't have done that. Because when you are resentful and when we feel that unrest, it's the same thing you're trying to avoid, which is cortisol increases. So nutrition is your second bullet.

The third is movement. So if you have a baby that's a newborn and you're nursing, still if you can, take the baby out for a walk. Take the baby in a little carriage and walk down the street. Do something, because movement is so critical.

Humans are engineered to move. When you take the movement out of your body, what happens? Number one, you are not going to get rid of your pre-pregnancy weight. Number two, your body's health suffers. You could have more joint pains. You could have more digestive issues. The thing that they

talk about is that your gut health actually improves when you move. The proportion of the good to bad bacteria actually changes if you move.

And it is purposeful movement. I don't mean just go aimlessly to the gym and just work out. It's fine if you want to do that. But the best way is that if you need to go shop, walk to the grocery store or bike to somewhere. Do something that you need to do, but use movement with purpose. That has been shown in many studies to be able to fight disease and increase wellness.

Especially for the mom, you know you are often stuck in your rut at home with the same routine. And fathers who are out there, I really implore all of you to be a partner and not just a bystander. So many, many men and fathers around the world, they are just bystanders. They are just there, and "Hi, honey, how's it going? Okay, I'm out."

And it's not just the mom's job to be able to do this. You can do the nurturing. And then help your partner so they can do some of these things to help their health, which in turn helps the entire family.

The fourth pillar to me is very important, and that is spirituality. In this whole story we are talking about where people are just stressed and they are not finding the time. You know, if you find prayer to be useful, that's great. If you like yoga, if you like meditation, if you just like walking on the beach or walking in the garden, all of those do these things for you. It reduces your ability to stress on things. And it takes the small things that worry you and really let them go.

What it does, again, I will go back to the fight or flight phenomena, when you are able to meditate, when you are able to pray in a meaningful way, even if it's 5 or 10 minutes a day, what it does is decrease all of those substances in your body that impair your gut health and impair your general well-being.

And so even young moms, if you can find 5 or 10 minutes, at the end of the day, at the beginning of the day, do something that is spiritual. Mindfulness to me is the best way. But if you don't want to do that, you can do something. If you want to you can do yoga, anything that really allows you to focus, allows you to not be entrenched in all the stuff that's going on within your life, that will help a lot.

The final one, which is what you are doing with the Summit, is tribe. You need your tribe with you. Human beings have survived calamities because we work in tribes. We work in groups.

Again, I talk to fathers and mothers, and fathers of mothers as well. You need to come together. This is a team effort that the mom is not left alone to do everything. Often they are taking care of everybody else. Come together as a unit to help the mother to be able to do the things that she needs to do. So when a family functions well as a tribe, the entire unit thrives. And everybody's health actually gets better.

There are multiple examples around the world where people work together in tribes, where people work together in groups. The end result is what? Your health and prosperity increases. There are famous examples.

One is in the United States where they actually had Italian immigrants who were settled in America at a time when heart attacks were rampant. But these Italian immigrants, the only difference they had was they worked together in tribes. They ate together, played together, cooked together. And their heart attack rates were a fraction of the rest of the country. And it actually impacted their health.

And I truly believe that when you work together, whether it is in a family unit, to be able to raise children and impact an entire family, or you're trying to defeat diabetes, the effect is the same. Tribes are effective.

But those 5 principles, those are 5 pillars I talk about in my book. Purpose, nutrition, purposeful movement, as well as tribe and spirituality are really critical. And it's also critical for the mom, a young mom, a new mom, or anywhere in motherhood. Anywhere they will be critical. It is important for fathers as well to be able to understand these factors and really be an active participant and not a bystander.

Heba: I absolutely loved those 5 pillars that you mentioned. And you who are watching this Summit, you will also see that a lot of these pillars are coming through in the Summit. We definitely talk about having a purpose and serving your purpose and living with purpose.

But the nutrition is so important, and purposeful movement, absolutely. Do any type of activity that you love. It could be walking, it could be yoga, it could be Pilates, it could be gym. But whatever it is, have that love for it with purpose as well. So I really loved everything that you said.

Even the spirituality element, we communicate it as self-care. But bringing in that kind of spirituality, whatever it might be. And community or tribe is

absolutely so essential for moms, regardless of whether they are young, old, new, long time moms. It doesn't really matter, you need that community.

We know that after women give birth, the first thing you do is go to a mother's group. Get signed up to a mother's group so you can start building that community, because we know that it really does help, not just physically, emotionally, socially, but just in everything.

Thanks so much for sharing all of those 5 pillars. I find that those are going to be so valuable. And it comes through the Summit for sure.

I wanted to just ask you this. I know that you are a father of three. Of course, this Summit is about motherhood. But it's really important as well that fathers are involved, because they are part of our community and our tribe. Do have you any advice that you can give for fathers and that the mothers who are watching this summit can communicate to their partners, as well?

Dr. Nandi: Yea, I will reiterate again for fathers, because it's a tremendous questions. There's a crisis in Western civilization that fathers are becoming bystanders. They're not being active participants. Of course, there are exceptions. Lots of good men are out there doing it. But there are so many who are not.

And here is what happens. We can be an impactful part of our children's future, right? Number one to me is that if I am not involved in my child's life, then I am not being able to impart what I think is important for them. We tremendously need both the mother and the father. It's not just a one way street.

The second thing is that you are a life partner with your spouse. I am married to an amazing woman. Her name is Kelly. And we are partners. We are not just husband and wife. And when you are a partner, you help each other and support each other. And guess what happens? Your kids see that. You are the epitome of what your children want to be. You are the biggest role model and the biggest hero that they have.

People say, well, you know, you can blame the television or the movies or the school. But I will tell you, fathers, that you and your spouse are the most important role models. So be supportive and take an active role. And also be supportive of your partner, not just your child, in the sense that you have to be able to allow.

All of these 5 pillars that we talked about are not going to happen with no support from the fathers. And if you are not supportive, what's going to happen is that the family breaks down. If your intent truly is to have a successful family, which I think most husbands and most fathers want, then you have to be able to be part of that tribe.

Be a strong leader. Be a leader not just in advocating for your child, but also advocating for your spouse throughout the world. Because when you are a strong man, being the strong man allows you to be able to then take an active role in raising your kids, and give the mom the time also to be able to do things for herself.

What I mean is we are talking about spirituality. We are talking about movement. When is the mom going to do that if you're not around? And what's in it for the family is that you are stronger together. So I think we have to be active participants and not just bystanders.

In some cultures, it's been forever that the husband is still the person that is there and they are not really actively participating. The mother is given the full role of raising the children. I think that is not something that is healthy for the child or the family. So I think men really have to step up.

Heba: Thank you. And I think all of this is valuable for all families, regardless of whether they are married or unmarried, or regardless of their partners. All of this information is valuable for all families, for all mothers and their partners and their spouses. So thanks so much for sharing all of that.

Now could you go into some advice that you would like to give for mothers, new mothers, and also long-time mothers, of what they should be doing? So we talked a lot about nutrition and gut health. But if you were to give your top three tips or your top five tips for new moms and long-time moms, what would they be?

Dr. Nandi: Number one is that, again, know what you are in it for. You have to be able to know that you are living your purpose. If you're living someone's life, if you're doing something because it is supposed to be done, or this is my role and that is what somebody told me, you're not going to be happy. If you're not going to be happy, your child is not going to be happy.

You have to remember, what you express, your emotions, will play through your entire body. And your child will not be successful, and your family will not be successful. So number one, you have to understand what your purpose

is. And being a mother, or being someone who is a professional and yet still a mother, whatever it is, you have to define your purpose. To me, that was the most difficult thing I had to do.

Number two is, again, you have to be able to get a balance. Balance between finding ways in which you can incorporate these five pillars into your life. So whether it is nutrition or movement, whether it is getting your tribe together, I want you to be able to have balance in your life. You can't be, liked you talked about, where you're not eating at all because you're solely a mother and your child is your whole life. So you have to find a balance.

And number three is please incorporate your partner, not just your spouse, but your family, your mother, your father, your husband's father and mother, to make that unit so that you can be strong, because it's a team effort. So many moms often are just taking care of everybody else. You need to be able to nurture yourself, as well as the entire family, to thrive.

You know we are here not just to survive, but to thrive. I mean if you thrive, you can help the entire planet. So mothers, absolutely, if you can do those three things, I think you will really be better off. And again, all the caveats we talked about with the details of what you do with your nutrition, movement, spirituality, your tribe and your purpose.

Heba: We talked quite a bit about gut health and nutrition and the five pillars. And I have a real deep passion for pelvic health. And pelvic health is, from my experience, very strongly connected to gut health. So can you talk a bit from your experience what you have seen yourself from people who have gut health issues and pelvic health issues?

What are the most common things that you have seen? And why is it that women who have pelvic health issues need to address their gut health as well?

Dr. Nandi: Super important question! Such a huge proportion of my practice and your practice is about women talking about pelvic pain, constipation, just discomfort and bloating. And what happens is a number of things.

Number one, your gut health is so important because of this. There is something that is called the gut/brain axis. Your signals from your gut go to your brain. And this whole circuit, if it is not functioning properly, if there is disorder, you can get pelvic pain, pelvic discomfort, bloating.

And the first step is to step back and say, what is my life like? So what is my life like with respect to nutrition, with respect to emotional health? I cannot stress enough, so many of my patients with problems with pelvic health have not only problems with what they are eating, but they are in amazingly difficult relationships.

Either that is at work, where their boss is screaming at them. Or it is at home, where their spouse is upset about something. Or their mother-in-law or their father-in-law is. You have all these effects. Remember, it's not just about somebody poking you on your skin that hurts. It's that emotional discomfort and stress will wreak havoc in your body.

And how and why? What happens is when you are under emotional turmoil, your entire body is in dis-ease. So again, we will go back to the basic phenomenon, fight or flight.

Your body is very primitive in certain respects. Your body doesn't understand that your boss is yelling at you. It still thinks the saber-tooth tiger is chasing you. So it is going to do everything in its power to prepare for that saber-tooth tiger. Fight to the death, right?

If it is happening once in a while, your body can adapt. But imagine every single day, thousands of times a day, where you're being bombarded by these emotional signals that are negative. Your body begins to have inflammation. That inflammation leads to disease. It leads to your gut not being functional. It leads to your microbiome being disordered. It leads to a disorder in your gut-brain axis.

All of that could result in not only pelvic pain, but fatigue, joint pains, headaches, neck aches, back aches. It is such a plethora of symptoms. So going back to your question about pelvic pain, you need to really understand that absolutely you need to get the right nutrition, but also you have to great spiritual health. It really is also up here and in your heart.

How you feel is going to be critical as well, symptoms like constipation. What is constipation? Constipation is when a number of things happen. But one of them is when your bowel is disordered in how it's moving. Your bowels are in concert. One part squeezes and one relaxes.

If that concert is disturbed and the conductor is not working well because of the stimulus, you are going to have what? You are going to have constipation, bloating, and discomfort. And people who never have this problem have no

idea how uncomfortable and how life changing it is and how life alternating it is.

So again, if you go back and talk about how you change your gut and increase its health, it's again with all the 5 pillars I talked about. It's not just the obvious thing, where I'll take a pill or a probiotic that I get from a pharmacy or a drug store and that will change everything. You have got to look inside and see what you can do.

Because I firmly believe every cell in your body has one purpose. It is to help you thrive. Why? Because your body's every single cell, their survival depends on the entire body's survival. So your body is made to heal. Your body is made to thrive. You just have to get out of its way. What I mean by that is emotionally, physically, spiritually, you have to be able to be in concert.

And that's easy for me to say. It's great that you're at a summit. You are talking about it. But you have to understand that it is possible, right? And then you take steps in your life and say, "What is it that is toxic in my life? Whether it's food, whether it's the environment, whether it's the person I'm with, whether it's the job I am forced to take, can I change any of those?"

The moment you start thinking about that, you stop reaching for the medicine cabinet for your solutions, and you look within you to make those changes. And that is so true with pelvic health, but also in general health. Whether you are a diabetic, whether you are hypertensive, whether you have chronic headaches or backaches, you have to start from within and understand how you can heal yourself.

And that's the beginning. It's not the only thing you can do. But it is the first steps.

Heba: That's amazing. Thank you. You spoke about pelvic pain in particular, and how bloating and constipation and so on can make that worse. A lot of moms also experience pelvic organ prolapse and incontinence. And I find that a lot of moms don't realize that there is a huge connection between your gut health and your holistic wellbeing and your prolapse and your incontinence.

A lot of moms think that I just need to do exercises. Or I just need to have surgery. And that is what's going to fix it. And what they don't realize is that there are so many things that could be impacting that prolapse.

You know, if you're bloated or you're constipated, that's going to put pressure on your bladder or on your bowel, and it's going to put pressure on your prolapse. And it's going to make you more likely to have urinary incontinence or fecal incontinence. So I really love how you talk about the holistic well being, so that mind, body, gut, pelvis, how everything is connected.

And I think it's a really important message that needs to be shared with mothers who are watching this. You do need to look at your body in that holistic way. So thanks very much for sharing all of your valuable insights. I feel like I have just been through a motivational talk. So I really thank you for that which you shared.

Dr. Nandi: The nice thing is that I think people have the power. I think that we think we are what are genes are. And people feel like they are helpless, like they are destined to suffer. And I want to let people know that you have the power.

What's nice is what I did not learn in medical school. And what has changed in the last 2 decades of my practice is that we are powerful in the sense that you can change the paradigm. You don't have to suffer what your parents did, or your grandparents. You are not your genes. Only 10% or less often is defined by all your hereditary or your destiny. The rest is in your hands.

And that is what is amazing what you are doing. You are giving people the tools to thrive, right? And so I think that is amazing. And I appreciate you doing that for your entire community.

Heba: Thank you. Thank you so much for joining me, Dr. Nandi. It has been a pleasure. Are there any last-minute things you would like to share, or are you happy with everything that you have donated or given to our community?

Dr. Nandi: I think that, again, I just appreciate the opportunity. And I really want women to understand that it is a partnership, that they have the ability to be able to take care of themselves as well as their family.

And remember, if you can't take care of yourself, then everything else fails, including your child, your family, your spouse, or whoever else you are trying to take care of. But it is an honor and a privilege. Thank you so much. I appreciate it.

Heba: Thank you. It has been a pleasure. You are watching the Pregnancy and Motherhood Summit. And we just had an amazing motivational interview with

Dr. Partha Nandi. And please join us in the next video as we explore more about these pillars like self-care, community, nutrition, and exercise. Have a great day.