Dr Le Santha at Houston Intercontinental Chamber of Commerce Transcript

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Childhood Milo Bar Memory

Grandfather's Death and Early Loss

Lifelong Weight Struggles

Becoming a Doctor to Understand Health

Precision Care and Personal Dedication

in my family there's the legend of the Milo when I was 2 years old there was a commercial on TV for the Milo bar this is a chocolate bar that was made from uh a drink called Milo Milo is a chocolate powder uh it's a malted drink that you mix in milk and it was delicious so I see this commercial on TV and I threw a tantrum I had to have it my beloved grandfather he was effectually known in the community as J Naidu uh and I called him thaa he scoured the city of Durban this is in South Africa where I was born and and lived with my family at the time he scoured Durban to find me that Milo bar and make me happy I was happy few years later when I was four there was an evening where my parents had woken us my brother brother and I up in the middle of the night they had bundled us up gotten us put us in the car and took us to my grandparents house we didn't know what was happening but it was there was an air of panic of fear it was a very somber um mood on that dark night I didn't know what it meant but my tataa had hanged himself Within with in the next 24 hours he was cremated and his ashes were spread in the vast Indian Ocean I didn't know how to feel I didn't know what it meant my grandmother was a puddle of Tears my mother was hot as a rock I had no idea how to be where was my thought though when I was a baby my mother said that my belly had come out I never went back in [Music] um I had been overweight ever since then through Medical School through my triple board certification in Family Medicine integrative and holistic medicine and obesity medicine people ask me all the time doc why are you triple board certified well it's because I needed to be a master of the body in order to help myself I had to get my weight and my health under control you see a baby's not innately born to be overweight I was not the one that put Coca-Cola in my bottle that was my uncle I was in fact born premature and underweight so being overweight is not a function of birth perhaps I was not fed appropriately for a previously premature baby but I don't blame my mother for that she didn't know any better she did the best with the knowledge that she had had so I know that obesity and being overweight which I believe is one of the largest challenges facing our uh society today I know that it is not a function of birth it is a function of our cellular Health our nutrition our exercise our behaviors our lifestyle choices it's important that we opt optimiz these so getting to the cellular level was one of the most important things that I had to do for myself to get my own health under control so in my medical practice I am diligent with my patients in delivering Precision Healthcare and education to my patients through a very detailed and personalized Wellness Plan that focuses on nutrition physical activity lifestyle advice and when needed prescriptions it is my goal that everyone everyone lives their lives to their Optimal Health I'm Dr lantha Naidu and I really appreciate having the opportunity to share my story with you and I dedicate this to my tataa Mr J Naidu thank you