Dr Le Santha at NASA Space Center in Houston Transcript

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Family legend and the Milo bar

Childhood loss and grief

Early beliefs about weight and health

Medical training and a new perspective on obesity

Closing tribute to grandfather

in my family there's the legend of the milab the miloa when I was 2 years old had just come out and I saw commercial on TV in South Africa where I was born and lived with my extended family at the time I saw this commercial and I threw a tantrum I just had to have that Milo bar Milo was a chocolate malted drink uh that you would mix in milk and it was delicious but I saw that commercial through a tantrum had to have it my beloved grandfather who is affectionately known as GB Naidu in the community to me as thaa he had to make me happy and so he scoured the city of Durban to find me that miloa and he did and I was happy unfortunately when I was 4 years old there was a night that I remember my parents had woken my brother and I up they had bundled us up and got us into the con took me to uh our grandparents house there was a feeling of panic and fear in the air it was a very eerie dark somber night I didn't understand it at the time but my dear tataa had hanged himself within 24 hours he was cremated and his ashes were scattered in the vast ocean I didn't know how to be I was sad I felt lonely my grandmother was a puddle of tear tears and yet my mother was as hard as a rock I didn't know how to be where was my father when I was a baby my mother said that my belly had come out and just not gotten back in through medical school and my triple board certification in Family Medicine integrative and holistic medicine and obesity medicine you see being overweight or obese is not a function of birth and in fact I was premature and I was born underweight when I was 6 months old my mother said my belly had come out and just not gone back in but I wasn't the one putting Coca-Cola in my bottle that was my uncle now I don't blame him or my mother anyone else they did the best that they could with the knowledge that they had but now what I do know that obesity and being overweight which I believe is one of the largest issues that faces our society is not a function of birth but rather it is a function of optimal cellular function it was important to me to learn and understand become a master of the body to be able to optimize my own health and well-being in my daily practice I think it is important and I'm diligent in uh providing Optimal Care to my patients I provide Precision Health Care to my patients because I think that everyone should have the opportunity to have Optimal Health I'm Dr lantha Naidu and I thank you uh for allowing me to share my story with you today and I dedicate this to my grandfather Mr jie Naidu thank you [Applause]