Podcast Introduction and Mission

GLP-1s, I am a huge fan of them because the data shows they really do help, not just with weight loss. You know, they help control blood sugars better for some people.

We're reversing sleep apnea, we're reducing fatty liver. I mean, the date from, you know is great now. we are seeing that it improves cognitive decline, We are saying that helps with heart disease and so much more.

Anything associated with obesity, any chronic condition associated obesity usually since a bit of inflammation, were seeing significantly. Welcome to the Holistic Truth Podcast.

I'm Jamie Dorley, CEO of Nutritional Frontiers. And I am Christine Genovese, creator of the Soul Intelligence Method. We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally, and energetically.

with real proven strategies, protocols, and tools you can use in your practice today. So I'm your host, Jamie Dorley, I am the CEO of Nutritional Frontiers, and we're on a mission.

I got my co-host, my partner in crime, our chief growth officer in the creative assault intelligence. Welcome back, Christine Genovese. Oh, Jamie, I am so excited for this episode.

It is a topic that I think everybody wants to know about. I'm excited to talk about GLP-1s and what goes on in the microbiome to help us actually slim down.

Absolutely. We are on a mission. What's our mission? Our mission is to make the world healthy in every which way possible. Yeah, and that starts with our world and making ourselves healthy and we practice mind, body and soul intelligence.

And you look gorgeous today. I know you've been, you know, working on yourself and in the best shape of your life, right? We're like a fine wine doc. So we are getting better at age.

We sure hope so, at least. Well, awesome. Yeah. And we're focused on partnering up with the top healthcare professionals and functional medicine doctors throughout the world.

We're excited to have one of our new clients on today. She practices now for almost 10 years in Decatur, Georgia. I love the name of her business, Revive Atlanta Medical Doctor.

Welcome to the show, Dr. Gandhi. How are we doing today? I'm doing well. Thank you so much for having me today Well, we're so excited to have you. We're looking forward to really learning your expertise in this really fascinating world.

You know, I've been doing this for so long, 35 years, when I started as American College of Sports Medicine's personal trainer. Used to be able to just eat good and work out, and that was enough.

But that was way before the glyphosates and all the endocrine disruptors and where the food has gotten so bad. It's really junk, not even food anymore.

Dr. Gandhi's Background in Functional Medicine

And I've seen the sedentary lifestyle kind of take over our culture. When I was in college, we didn't even have cell phones, let alone room phones. So it's been quite the journey to see how our cultures change.

Can you tell us a little bit about yourself, your background and your schooling and everything? Yeah, thank you so much for having me, first of all. So I'm an integrative and functional medicine doctor.

I've been practicing, you know, in Decatur for eight and a half years. Prior to this, I'd been also practicing at a different private practice, but it's been a wonderful journey.

And like many other practitioners, i'm sure it was a personal journey that kind of got me to where I am, right? I was fortunate very early on, I knew I wanted to go into integrative medicine, so I studied with Dr.

Andrew Weil at the Andrew Well Center of Integrative Medicine in Tucson, Arizona. I also did my functional medicine fellowship through IFM as well. So, you know, if I've been in this world, been a patient, which I think also is the reason why I'm able to help so many people, because I can give that different perspective and can understand.

It's really hard. You know, it's a really different world, a different mindset. And you have to work a little bit to get the results you want. Yeah, and I think we've all shared a similar journey.

That's kind of how we got here, right? With your background, I worked under the guidance of the creator of IFM, Dr. Jeffrey Bland. I had the privilege of working with him for seven years, totally empowered me to be able to start something like Nutritional Frontiers.

And, you know, the thing I love about Dr. Bland and the IFM is, for the first hour of his seminar, he would just get your mind to open up to what's possible, right?

And we always say, how do you do something honest, open and willing? And Christine's been a really, really important part of our business and has helped us with exponential growth in our mission.

And, you know, she had a personal story too coming on the team, right? So it's interesting. Our journeys are all a little bit different, but very similar, and really the journey of discovery.

Right, Christine? Absolutely. Yeah. I think everybody comes to functional medicine when they run out of answers in a lot of ways, right? Yeah, yeah. A lot patients come to when we've exhausted the conventional route, they've been either gaslit or told everything is normal and they're like, something's not right.

And so that's when I do the deep digging and I'm able to help them. Yeah, what does that look like for a patient? Because the first question I get, is it covered by insurance?

I says, who cares? Probably not, but some may, some not. I say, your doctor has not helped you. That was how I got in this getting, I was a sports medicine major in college and then I gotta autoimmune psoriasis.

And I kept digging and digging, and finally they said it's genetic and there's no cause. But then after digging more I found, well, there is a cause, it could be Candida and the microbiome, right?

toxicity, liver, those types of things. So I was really fortunate, even though at the time it didn't seem that way, you know, to uncover what could be rather running for the cure, but running the cause.

But what's the journey like for, are you accepting new patients? Yeah, so I am accepting new patients. Unfortunately, we don't take insurance. Thank God, they must be really good.

I always explain why though, because I spend a lot of time with patients, like my first initial visit is over an hour and a half. So I'm really taking a little time.

And digging deep. The insurance model, unfortunately, doesn't work for the type of medicine that I practice. But I've been able to reach a lots of patients really able get them the results they want.

You know, we have a health coach on board, so we're tag teaming and getting them them, the result that they wanted. We're literally for a lot of our patients, they're on these journeys, were holding their hand along the way.

And that's where the transformation happens. Yeah, and we had an interesting topic at our last couple of events, you know, muscle is medicine, right? And that's my background and Christine being a state champ in the state of Florida, very competitive tennis player.

So we're very, competitive and, we find that, the muscle's one of the most important things that we got to not only preserve, but keep building. And I know what, you know, Christine has shared, like some of the patients or friends on GLP-1s, sometimes they lose weight, but they loose a lot of muscle.

They do, they do. You have to do GLp- 1 right, otherwise you're going to get in a lotta trouble. And that goes back to even the old days. We work with bariatric surgeons and people on extreme diets.

I was like, look, if you're 400 pounds, it's one thing.

GLP-1 Benefits and Muscle Preservation

But if need to lose 20, 30, 40, 50 pounds. You got to really do it strategically. Correct. If not, you gonna lose the weight. However, are you going to become like that skinnier fat person anyway?

So Christy, I know a lot of our clients, what have you heard from some of the doctors as far as the challenges they face with doing the diets? Oh, well, I think, you know, when we start talking about the GLP-1s in particular, and I'm excited to hear Dr.

Gandhi's philosophy behind them, we see people lose it in their face, right? And then their faces starts to look saggy or hollow. And nobody wants that, Right?

We still want the collagen. We don't want pumping. So one of the cool things I thing that Nutritional Frontiers does is we encourage everybody to do a shake a day.

Now, the neat thing is we actually have a couple of shakes that have collagen in them. So our clean collagen protein, we've got it in cacao, and we're just releasing a new flavor called rocket pop.

Remember those bomb pops as a kid, red, white, blue, that you get from the ice cream man? Well, Jamie and I grew up in New York City, so we kind of can relate to that.

You're probably way too young or don't even know what I'm talking about. No, I know, what you're talking. Well, we have both of those flavors and it's great because that helps you build the muscle and keep the collagen that we're looking for so that our faces don't look shallow.

So can you give us kind of your philosophy and your take on GLP-1s, how to use them effectively, when to us them, and then what do you supplement with and how do complement the practice?

Yeah, I think that's wonderful. First of all, you know, GLp- 1s I am a huge fan of them because the data shows they really do help not just with weight loss, you know, they help control blood sugars better for some people.

We're reversing sleep apnea, we're reducing fatty liver. I mean, the data is great now. It helps with heart disease and so much more. So anything associated with obesity, any chronic condition associated obesity usually some sort of inflammation, we're seeing an improvement significantly.

And I love that for the medication, right? But there's pros and cons like you mentioned with the medications, and we have to do it very strategically, very mindfully.

You know, anytime you lose weight, kind of like Jamie said, you're going to lose a little bit of muscle. Anytime. Even

if you are calorie restricting bariatric surgery.

It's part of the deal, right? When you loose weight. You're gonna loose fat and muscle but we want to loose more fat than muscle, we wanna preserve our muscle so obviously I'm always gonna have ramp their protein up whether if your getting it through the diet or Most people I will encourage to take like a protein shake, add a little bit of collagen, take a bit a creatine as well, just to get that in the diet, right?

That's very helpful. But again, go back to the basics. You have to lift weights. Stay, honestly, if we're not at the gym, lifting heavy. And I like to stress that because I think that's very important.

Again, that what we do differently in our practice. I know you can get GLP-1s online right now. Any person in a box can give you GLp-one if you want it, but you have to do it properly to preserve your muscle and also prevent the rebound weight that can happen if don't do right.

Yeah, it reminds me of years ago when people, you know, I did competitions and you get, extreme on these diets. And then, people would come to me as a trainer and say, look, Fat and carbs are energy, right?

You can't consume both. Protein, we all need, all right, but I was a big believer in like, you can do it on carbs, it's a little harder, or you could do, I says, But when you drop the carbs completely, at some point, if you reintroduce them, You got to be careful, because you don't have the muscle, your not burning up the energy.

The glycogen stores are only so small. there's that rebound effect. So can you tell us or expand a little bit on what that really means for the patient?

Because we've seen this happen a lot, even going back to the low carb days. Yeah, and I think this is really important, right? Anytime you're, number one, you are in calorie restriction, I'm just gonna use this word very loosely, You're going to lose weight, Right?

You are going lose fat, lose a bit of muscle, And your body mass actually changes. And something also changes is cause your BMR, your basal metabolic rate.

When your Basal Metabolic Rate, that means I'm going to give you an example, you've lost five pounds. Technically, now your caloric needs are also less.

You can't eat what you were still eating at 160 pounds now that you're at 155. I know it sounds a little bizarre, but your your basal metabolic rate is like, well, you know, less, I'm going to hold on to a little bit more.

I don't need to expend as much energy. And so your, your Basal Metabolic Rate changes. So if you go back to eating what you were eating at 160 pounds, whatever that was, you might gain that weight back because your body doesn't need that additional, I'm guessing, three, 400 calories that you were getting before, right?

So this is also very important because every time you lose weight, and the more weight you loose, your caloric needs change, thing that people forget when they come off of GLP-1s or they do yo-yo diets or whatever they may be doing.

You have to also adjust your lifestyle, your nutritional caloric intake, along with your diet, you exercise regimen to your new weight, especially if you're trying to maintain that.

And I think that's very important because a lot of times your brain is like, well, I used to eat, four eggs in the morning, a pancake and oatmeal, and you can't do that anymore.

Whether it's carbs, fats, protein, of the caloric intake in general. Yeah, so that changes with age, of course. It also changes weight loss. And your muscle composition, yeah.

took the words out of my mouth. I want you to talk a little more about that because that's still, I mean, remember

years ago, a woman would come in and they says, oh, don't want to get big muscle, just want get toned.

And I'm like, look, you can't shape a muscle. You can only build it. It's kind of like a bush or a tree. you don' prune it when it's really small. So we got to feed the muscle Can you talk little bit more that?

Because yeah, that same person at 155 with 10% versus 30%, right? Body fat. you know, they're going to be able to eat a little more calories. And I think that's the part gets a bit confusing.

I can attest to growing up and being one of those women in my 20s saying, I want to be lean. I don't want get bulky and not lifting weights because I think weights are going to make me look like a man.

Like I remember having those conversations in head saying okay, so I'm just going run. I'm going do the yoga. I actually wish I knew what I do now in my 20s, to be honest, because I would be so much stronger and literally so more leaner now.

And I think that misconception now is debunked. We know that you need to have muscles to preserve your metabolism. You need strong muscles. To keep you young, healthy, preserve you bones and so on.

Especially as we age, especially for women as you transition through perimenopause, menopausal, I believe this is very important. We do need to make sure we are lifting heavy.

And before what I was doing, and just like many other women probably listening to this podcast, you know, we would lift five pounds and think that was good enough, right?

We were toning. That was not doing anything for us except burning calories. Not a bad thing, sure. You can always burn calories, but you're not building muscles.

and you this well, better than I do, Jamie, the muscles build when they're in recovery. So you have to lift them really, really heavy, You have really exhaust them.

so they can recover and that's when that building happens. So when did this shift occur? Because if you felt that way and you were in the health and fitness at a young age, most people probably feel the same way.

What was the shift? Was it some kind of book or movie or event that you went to? I think for me, honestly, I had my three kids in my thirties and so a light bulb went off saying I've got to I can't spend an hour and a half doing yoga like I did when I was single and didn't have any kids to take care of.

I have three kids take to care off. So, you know, going to an hours and half yoga class, not including the time getting there and getting back, I cannot sustain that life anymore.

Wish I could, but I just can. And so the shift was how can I work out smarter, and not harder, right? Especially raising three young kids and being present for them, running a practice.

That's when it was like, duh, we have to lift weights. You know this your whole life, And so it was probably after my last baby, which is almost four years ago.

So, you know, almost 4 years now, I was like, i've got to lift heavy. I've gotta do this. About to be 40. i'm going to get into perimenopause like this, this is where I need to preserve my muscles.

And, and, my only regret is I didn't do more in my 20s, because I would have had a little bit more muscle mass. It's harder to build muscle in your 40s than it is in 20s.

In your 20's you have testosterone on your side. 40's your testosterone starts declining. You have stress factors. So many other things that potentially can be inhibiting your progression of building or even maintaining your muscle, right?

So you can only do better with what you know, So I don't know anything about menopause. I know a lot about andropause, so I'm sure Christine has some comments because she's been able to, like I said earlier, improve as she gets more mature.

Microbiome, Protein, and Shake Strategies

And that's very impressive to see. That doesn't always occur. People say, oh, I've gotten over 40, whatever I am, this is just acceptable. So, Christine really thrived, especially working with me.

That's awesome. He is going to take some credit for that, as he should. But yeah, no, truly, I mean, for me, i am probably in the best shape that I've been in in quite some time.

And I notice when I put a little bit of weight on, right? I noticed I'm slower on the tennis court. So I was talking with my chiropractor and he was like, you know, What are you doing for strength training for tennis?

I go tennis. He goes, no, strength, training, for tests. I got, yeah, tennis, so he encouraged me to do something in terms of strength. And so what I did do was the reformer Pilates, and a lot of that is really helping to shape and develop muscle.

And I can tell, like, I could plank way longer than I was ever able to. Like, just even your own body weight, right, has changed. So when a neighbor mentioned, hey, you look like you've lost weight.

I'm like I have lost some weight but I've actually gained muscle and it's just the body compass changed, it moved in all the right places. That's right.

And so I've used a couple of the Nutritional Frontiers supplements to help me do that. Now, I love one of our newest products, the ProBio 3, because it actually helps your body naturally produce GLP-1s in the body, which is fantastic.

And I'm going to ask Jamie to kind of unpack that, or you, Dr. Gandhi, either way. And then I also use our neutral glutide, which is really a natural way for us to help somebody transition off a GLP-1, right, or maintain, and to just continue to have the same mechanisms of action to keep their metabolism moving, because as we age, that can slow down.

I know she's got so much to talk about, but I just want to add one thing on that. There was some great research. This is why we developed the ProBio 3. A few years ago, we looked at a Harvard Medical School study on why are some people a normal weight and others are not.

One was obvious, the quality of their nutrient intake. We know that. Two is their BMR, as you mentioned, right? So those two, most people kind of have an idea, but they'll say, oh, that person's in shape because they're lucky, your genetics.

But the third one was fascinating to our team. It was a composition of the microbiome. when you have the right types of, now we know about candida and yeast feeding on the sugars and making you bloated and overweight and parasites and those things, but I didn't realize the importance of this.

I mean, it's such a complex system, right? 100 trillion cells in there, so many different… I always say it is like a neighborhood. You can have one bad neighbor, but you can't have more.

It's kind of what happens with people. I think due to the stress, overconsumption of antibiotics, hormone-induced foods that people are eating, dairy products, sugars, store-bred meats, the whole gut ecology has completely changed.

100%. What part of your practice with the GLP, or just in general, do you focus on this microbiome? Because it's fascinating to me. You know, a big part my practice, we do focus, on gut health, whether they're on GLPs ones or

not, right?

Obviously, We do know that the more healthier your gut is, the better effect the glp-1 prescriptions will be, so we know there's a correlation there. And that's mainly because the gut microbiome and GLP-1s that's bidirectional.

So when you take a GLp-one, it changes your microbiomes and changing your micro biome also naturally changes the GL p- one production. It's a very bi-directional process that happens, but it's very important in just generalized overall health to protect the guy in general.

Oh, absolutely. We created this ProBio 3. Well, first of all, what are some of your favorite nutritional frontiers formulas? So I absolutely love your naked shake, because a lot of times my patients don't want- We'd love to get naked, Dr.

Conner. Yeah, you know, naked-shake is a great one, cause a lotta my patience, and sometimes me included, like we don' want the fluff, we dont' the flavors, We just want to shake.

We want protein without the junk, so that's a good one. That's really good. Sweet Balance is another one of my favorite for my patient that have insulin resistance or blood sugar instabilities that don't want to go on medications just yet for managing diabetes, pre-diabetes, insulin resistant.

So that's a good one. And it postprandially really, or after you eat really does balance that blood-sugar. Then the other one of my favorite is probably sleep time.

A lot of patients love. Everybody needs a little help going to sleep these days. Sleep time seems to be one our favorite. formula. So doing different things, but naked shake is probably one of our favorites.

I love it. As Christine said, we love to get naked. And the reason we came out with this formula is because we have so many doctors and clients and friends or patients like yourself that They don't like things that are too sweet.

And once you get them off of some of these very addicting sweeteners, right? You know, if it's peanut butter cups, or they're eating, you know some kind of drinks with sweetener.

It's too, sweet, yeah. Yeah. Once you start getting people off that, they don' want it. So we brought it to Naked so that if somebody wants to do it themselves, I can.

They can utilize any of our recipe guides. Exactly. Christine was mentioning earlier, like Dr. Lisa Coates, one of Yeah. Speakers last weekend. Oh, you know, Dr.

Cove? I love Dr Lisa. Yes. An amazing human being. Nothing but good things to say about her. Yeah, she's pretty incredible. I mean, and to come to our event after a brain surgery, you know, She had a benign tumor removed in February.

To be able to speak for us just a week ago was just absolutely one of the most incredible things to witness. Talk about the resilience, right? Yes. One of the things you mentioned, Dr.

Gandhi, was how GLP-1s can help with sleep apnea. You just mentioned sleep time being a favorite product of yours. So what's going on there, and how does that affect and improve sleep acne?

I found that fascinating. Yeah. Sleep apneas, for most people, it's because of extra weight. That's usually what it is, right? The extra weight causes, unfortunately, people to snore, that kind of thing.

And so when you're able to stop snoring because you've lost weight, That's literally the link. It's the weight loss that happens. The other thing that happened too is, I'm sure you guys know about this, the more weight you have, your joints hurt way more, right?

Your body can't handle. Your knees, you usually hear from my knees. So like osteoarthritis also gets better because you've lost the weights. Anytime you lose that additional fat, hopefully, You're not snoring, Your joints are better, so many things improve.

Yeah, what was mentioned with Dr. Coach is I've been working with her since she got into functional medicine in the early 2000s. She's a close personal friend of Christine.

she wrote the forwarding Christine's book and she's been the speaker at multiple of our events. And one of the highlights of her event last week was, you know, I didn't realize she was even still at the event and we were walking to watch the sunset.

and She came walking up with Victoria and We had the sweetest conversation walking back on the beach, just about life in general. But we were talking later on about the GLP-1s, and I says, what's the best results you get?

She goes, when I use the Supershake, two scoops or the clean collagen protein, to get 40 grams of protein before noon, I see a huge shift in fat to muscle loss.

So how do you incorporate the SuperShake for any of your patients that you're trying to lose weight or even manage their weight? Yeah. So, you know, ideally I'm going to tell people, I want you to eat real foods, right?

I don't want to you eat as much protein as possible. Protein, like when I harp on protein, harping on every meal should have protein. Let's track our protein let's count your macros if possible about.

30 to 40 grams of protein per meal. We want to make sure that we're getting protein. So whether you add a shake, breakfast, lunch or dinner, or even as a snack, that's perfectly fine.

But we want chicken, eggs, fish, edamame, beans, lentils, legumes. We don't want to just only focus on eating chicken and broccoli and rice all the time.

Like we want make sure that we are constantly switching it up also for our microbiome because, you know, our micro biome likes diversity. And so I am a huge fan of making sure getting all different types of protein throughout the day.

But yes, we do have to supplement because after a while we're tired of eating, or full. We need to incorporate a shake at least once a day to get those numbers, especially for some of my male patients who were trying to aim like 150 or even like higher amounts of proteins.

For females, I think we can maybe get that 100 grams easier, but the higher protein requirements we need, Oh, absolutely. And the great thing is normally you pay for convenience.

In this example, it's actually a budget buster because to get 40 grams of protein is quite pricey and very inconvenient. I think that's what's happened over the years.

It's also, and I this is also important because a lot of the protein out there, you guys probably know this better than I do. There's a of lead in there.

my husband will be like, oh, look, I found protein chips. And I'm like I don't know if that's good to eat. You know what I mean? Yes, you may be getting protein.

There's also a misconception. Again, and I am sure you know this more than I do, but when you look at the amount of protein that are in supplements or foods or…

crap that could be out there now. And you see how much protein you're actually absorbing, it might say 20 grams, but you are only absorbing 10% of that.

That does not add to good quality protein, right? And so there is that as well. So there's so many different things when it comes to protein quality that I like to stress because not all protein is created equal.

Unfortunately, you know, the market now has like a gazillion and one protein products and foods that have been adding protein in there. I see it all the time and we think it might be a good option.

But again, that's what we call ultra-processed crap. So it's really good marketing, might not necessarily be good for you. UPC, like the U-P-C code, ultra-processed crop.

I like that, Christine. That'd be a good poster. A steal of that. Yeah. Well, credit you, of course, Doc. But no, I saw like Insurer boost one of those the other day.

It was walking in the store and it said 10 grams of protein. You son of a gun. And I had to stop and look at the label. There was a list of chemicals that was never ending and its milk protein, Sugar, high fructose corn syrup, and it goes on and on, so we love this Shake a Day.

We're lifetime members of the club. Christine, which Super Shake or Shake A Day do you love the most?

Sleep, Recovery, and Future of Metabolic Medicine

Well, today I actually did Ultimate Shake Vanilla. with chocolate proline greens. So I was going to get, I switched it up today. I did a little something different.

Chocolate and vanilla. So I did all of the vitamins and minerals and the, you know, cause ultimate shake is a meal replacement. And when you put it with the greens, You get everything you need in one day.

Um, and I was feeling like I need a little extra zhuzh today. So that's what I do. I love the proline greens by the way, the Proline Greens are amazing.

It's like, uh, one of our favorites for our patients. Do you like the chocolate? Count chocolate or do you? I like chocolate. I don't know how I started doing this, but I put it in warm water and it makes me feel like it's a hot chocolate.

It's like a guilty pleasure of mine. One of our friends and also clients, when we first came out with it, Dr. Jamie Nicky said, hey, I tried it with hot water at night and a little bit of almond milk.

And it was like the best hot chocolates ever. I love it. Such a cool idea. Yeah, I love doing this super shake. I look, i'm a peanut butter guy. Yeah.

And using the chocolate greens. I do two scoops of each. That's what I did for breakfast today. And when we were at the event last week, even though someone else was making them, it wasn't my recipe.

So I didn't miss it. It's like, I couldn't wait to have a shake the next morning. But I even take them on the road and I encourage people, look, if you do the ultimate shake and the greens, you got your 90 essential nutrients.

You don't have to take your multivitamins. If you have everything in there, It is like an insurance policy and your food. What they found, as you had mentioned earlier, post-pranally, When you control the blood sugar and you incorporate the protein and fat, that sequence of events hormonally goes in your favor.

Right. From instead of storing fat increasing cravings and lowering energy, now you start burning fat. energy and eliminating cravings. Can you share us a little bit, some of your experience of like, what are some, of the one or two or three major pitfalls when you see people coming in that with, with eating the misconceptions that, you know, we've been marketed to that you got to stay away from this or that.

Cause I think there's still a lot of confusion. Yeah, I'll tell you a couple things. I still see it in some of my patients in

my practice. You know, they still are, a lot of women mainly are under eating.

Like I think it's still somehow ingrained in her head that we should be eating less. They're skipping meals and maybe it is because they have a decreased appetite or they've been programmed since high school to be skinny and so you have to skip a meal and be under calorie.

And so I that unfortunately still there. People also think because they hear you have to eat protein, so they think they're eating protein. And when I sit down and actually calculate how much protein they are eating, it's only 60 grams.

I'm like, that's not going to do anything for you, you know? It's very hard to, especially for my population of males and females that are actually vegetarian or vegan, to get all that protein in.

whether it's through supplements, because after a while they don't want any more supplements. They don' want to supplement their, I have to tell them, listen, if you're not going to eat animal protein, and I hate to break it to you, you have two supplement with protein and obviously other nutrients to get your nutritional up, essentially.

So there's still a lot of misconception. I think that on the other end of the spectrum, I do have a wide array of patients. And I have people that'll come in and they're like, oh, i'm just eating animal protein.

iIm just hardcore carnivore.i'm not going to eat anything but carnival. But I'm like okay, but what about your heart? What about you microbiome? And what the fiber that your body needs?

So, there is a, and this is not gonna change. 10 years from now, guys, we'll have the same conversation. There's always gonna be some sort of nutrition debate.

And we'll never figure it out and everybody's body does differently and responds well to different things. But I think we're still going to have a nutritional debate 10 years from now and what's the best diet and how much should we eat and should not eat.

It's just how it is, I hope that people are eating better quality protein. And I especially hope for females that they're getting a good amount of calories into the diet, healthy protein calories in general, but just stop starving themselves essentially.

That's a great, great suggestion. Good news if all your patients are listening, Super Shake is vegan. So that qualifies as vegan, so you have the Super shake naked and all the flavored Super shakes.

All the colors, we have reds, greens, oranges and purples and the Apple Jacks green. There's lot of ways they can supplement even though you want them to eat food.

For a vegetarian, what protein sources would you recommend? Because I don't like soy or tofu for people. And I don't like what I call this fake meat. I know.

Unfortunately, I think the best forms of protein happen to be the pea protein blends. That seems to the better options. It's really tough because after a while, all the stuff that's out there again is kind of like processed.

And so I very, you know, we have to start wondering 10 years from now we'll find out all that processed protein is causing something, and so, I'm always like, let's keep it closer to natural as possible.

When we're looking for protein supplements, You know I was like the less ingredients the better. Yeah, well, our protein is clean as can be. I've been doing it 35 years.

We don't use any artificial flavorings, calling it dyes or additives. There's no lactose in our whey protein. Our clean collagen protein uses hydro beef, which is a patented research trademark form of beef protein, very high protein efficiency ratio.

And our super shakes are fortified for a complete amino acid profile. So you have options for your people. Then Christine, like she said, when she's a little, what was that, nudge?

Yeah, I get the ultimate shake in. So you had mentioned one of our newest formulas that has done extremely well, including myself for blood sugar. But Christine was there when we were in the discovery phase.

She knows the sweet balance so well. Maybe you can comment a little more on the Sweet Balance. Yeah, you know, in terms of our Sweet Balance product, it's really cool.

It's got this unique ingredient called Dahlia in it. And to my knowledge, its one of the first products that's leveraging that ingredient to really help affect A1C.

When we were first testing, I kind of put Jamie on the spot, we actually were in Atlanta and we we're doing a dinner and this one table of doctors. Well, put me on the spot is right.

I'm still sweating doc. This is how she is. A rep had come in and they just got those glucose monitors that you stick on your wrist to monitor. And so I said, okay, we have a bottle of, and at the time we still had Sweet Balance in development.

So we used our flagship product called Glucolize and we had it on a dessert table. Okay, I want all of you to measure your glucose right now, then I want you to go have four glucose, I asked him to take four, and then, you want to have dessert after and I wanna check your glucose right after.

Every single one of them showed us that their glucose did not spike, it did go up. And I was like, score, now you understand why this is my wine hack, okay?

This is exactly what that's for. Now, wanted to ask you, In your opinion, since this is a big part of your practice, what do you think the future of weight loss and metabolic medicine looks like?

Where are we going? Does GLP-1 have a long-term play? Yeah, GLPs are not going anywhere. In fact, they're only going to get better. I love the new data.

The stuff that's emerging in the pipeline, oral GLP-1s are about to be launched soon. Combination GLPs, so there's carnilatide and rare 2-tide, and all this other stuff, that I'm super excited about.

So it's only going to get better. It's not going away, which I think is fabulous. I think this is great because, you know, that means hopefully we'll see less cancer, less obesity, chronic illness, problems, heart disease, potential autoimmune disease and more.

What this does not help with again, as you guys know is that, now we might see sarcopenia because everybody's going to be on it and everybody is going be skinny fat.

And so hopefully, we do enough education. to, you know, make sure that we're preserving the muscles and especially for women, as we enter the perimenopause menopal phase, we don't want to end up with osteoporosis, We don' want t break anything.

We do n't wanna be fragile beings. You know? I see it now in Hollywood where everybody is super skinny and like underneath I'm like, oh my god, I bet she's osteopenic.

Like, you know, like I know she is skinny, but she probably like brittle underneath, no nutrients for the bones. But, hopefully this will change with education and I do hope that we are really focusing on mental health and hopefully that will be the trend.

I agree, one wholeheartedly. Yeah, I think that's really the importance of a shake. You know, for me at least, you know one of the things that you said that really struck home was about the skipping meals, right?

That we feel as women that we need to eat less. And so one the the thing that has really helped change the game for is having that shake in the morning, and one thing Jamie shared early on when I joined Nutritional Frontiers is that You know, that food is information.

And so if you can get your body started right in the morning, and even the psychology of drinking as opposed to eating, I felt really helped, right? So that's one of the reasons why I'm such a big proponent for a shake first thing in morning.

Then usually, you know if your hungry, a little small meal at lunch or another shake and then a reasonable dinner. It's funny because, like you said, I don't want to eat.

I'm not as hungry, but I know my body needs the food. Oftentimes, sipping a shake in the afternoon gets me through. When you throw some fun stuff in it, we have an electrolyte blend that I love called Power Fuel.

So when you're getting that three o'clock drag, Like, oh, I want that coffee. Instead of going for the coffee, i'll go for power fuel. And it just gets me revved up.

It gets all my mitochondria pumping. That's right. Yeah. I've always promoted for people, even my competitive days. i'm an early riser. So I would do my cardio in the morning, make all of my meals and then do weights later.

But you know, we always, you would watch the old days pumping iron. They would always recommend taking a nap. Well, they were doing it on the beach, right?

But we would always say, you know, take a nap. And even like some of the top professionals I watch now says, it's okay. Take your nap, that's when you recover and getting that solid sleep.

So we created this sleep time because it really helps people fall asleep and actually stay asleep. Can you comment a little bit on the importance of that?

Because we were trained years ago, about the important of growth hormone and testosterone release. and then the recovery of the muscle and the detoxification.

So many benefits of it. And then you recommend naps too. Yeah. No, I don't recommend Naps. I'll tell you that. The body likes to be on a circadian rhythm and it likes go to bed at the same time every day and wake up at same every time.

If for some reason you feel like you need to take a nap, i will encourage no more than 20 minutes and kind of very early on like maybe 2 p.m. would be like the absolute time I would have you take nap because again we don't want it to impact your overall circadian rhythm a lot of times when they take naps on weekends for example then they're like oh i can stay up an extra two hours right like i have a little i got a juice i think she's talking to me christy yeah i'm hearing all right guilty as charged we're very transparent on here Yeah, so I always say, you know, go to bed at the same time, even on the weekends, wake up at same the time.

The body likes routine, the body like consistency. That is what the data is showing. But sleep time really does help for people that have trouble falling asleep.

And I really hope the reason why I like it is because most of my patients, males and females, we're like busy. Our mind doesn't shut down. We think about all the things we have to do right before we go to sleep.

So that little sleep time really does help. And I really like it because when we're sleeping effectively, our cortisol is balanced a little bit more, which causes less food cravings.

And it really helps us regulate our mood and energy as well. So our blood sugars are balanced. Everything happens when we're sleeping. Growth hormone, like you mentioned, is released when were sleeping, so if we are not sleeping or getting good adequate sleep, or we going to bed too late, I actually tell people that.

They're like, oh I go to be. I'm like yeah, but you're going bed at 12 o'clock, why is growth hormone not going be released at twelve o clock? You need to in bed a little earlier.

If we can just fix the sleep problem, half of my patients would already be ten times healthier. Seriously, like if we could just focus on sleep alone.

If we can just focused on sleeping and building muscle, I think we're good. I love it. Well, I cannot believe that we've gotten all the way to time. I could talk to you for another hour.

This is part one, right? We can talk again. No worries. Well, i know plenty of people out there are probably wondering how can they work with you, even if they're not in the Atlanta area.

Can you let people know how to get in touch with? Yeah, thank you. So, you know, my practice is Revive Atlanta D. I am in Decatur, Georgia, but I do have a virtual practice.

want to get in touch with me, I'm happy to see you virtually or in person. Our practice is ReviveAtlantanD. So you can always go to the website, r-e-v-i-b-a-t-l-m-d.com and find me.

But I am on all social platforms, so please follow me and please come say hi. It's at Dr. Mindy, it's drbindiyamd on Instagram, TikTok, Facebook, whatever.

Come say, hi, give me a shout out and tell me you listen to this podcast. Well, we will be sure to make sure that all of her socials and contact information is in the show notes.

And I am sure you came away with something that is worthy to like, comment, and share with someone who needs to hear this information. Jamie. I needed to here some of this.

Thank you both. The thing I love about our career and our journey is You always continue to learn, right? It's a never ending source and it was great to get to know you more today on the podcast and looking forward to coming with Stephanie over to your office to visit.

I'd love to see the clinic and all the amazing things you're doing. So thanks so much. So, thank you for making time. Thanks, Christine, and thanks to all the incredible people out there who are going to make this podcast the number one podcast in the world.

So thanks, everybody. Let's make the World Healthy, For more tools and practitioner support, visit NutritionalFrontiers.com.