The Gut-Brain Connection: Why Chronic Symptoms Start in the Gut Transcript

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Opening on Root Causes of Chronic Illness

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You know, we see that burn the candle both ends. You know, that might affect the mitochondria adrenals. You know, we see poor nutrition. You know, we see side effects to antibiotics or side effects to medications or supplements.

And, you know, mostly these medications, some of them being antibiotics or stuff, affects the gut, right? And we see that, you know, there's Those are some of the big ones, and the other one's trauma, like bicycle accidents, car accidents, concussions, things like that, right?

Also, after procedures, after surgeries or dental stuff, right? I never felt the same after that surgery or something, right? And what's amazing is that usually with a good history and some functional medicine labs, a few of them, you're able to figure out some of the key root causes.

Welcome to the Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm 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.

Hello again, everyone, and welcome back. We are live at the Holistic Truth, your favorite podcast for wellness. I am Jamie Dorley. I'm live in studio 109, and I am so excited.

So I'm going to try and hold back the excitement a little bit today, because very rarely do we have the pleasure of working with somebody who has quite the background as our guest today.

He's Dr. Anup Kanodia, owner of Kanodia MD. And when you look at his background, I got chills. This is what we want with our doctors out there, right?

Because we have a lot of clients on board. However, very few have taken quite the journey that Dr. Anup has. And if you look back at his background, he's got a master's in public health from Harvard University.

Introducing Dr. Anup Kanodia

I know someone who went to Harvard and has a master's degree, right? He did his residency. at Harvard also, right? And then you went to medical school at Northeast Ohio University.

And then you did your fellowship at the Mayo Clinic, I believe, right? And now you've been the owner of Kenodia MD practicing right there in Columbus, Ohio.

He is an Ohio State fan, so it's a little tough for me. I have no opportunity this year to say anything because I'm a Penn State fan. Yeah. No, I think that's a great intro.

Well, one thing I forgot, I'm sorry. And the most important thing that he's done is he's married his beautiful wife and they have a beautiful baby. Congrats and welcome to the show, Dr.

Anup. Thank you. And I really appreciate that. And just I did my residency at Mayo and my fellowship at Harvard. But yeah, all the same stuff. Just very fortunate to be trained by good docs.

And at the time of Harvard, my boss introduced me to Mark Hyman and Jeff Bland. So I got to then meet them and then meet the whole leadership of the Institute for Functional Medicine and get to meet all the leaders and work with them for three years, if not more.

And Dr. Hyman has been a friend ever since. Oh, that's fantastic. It was interesting. I worked with Dr. Blaine for seven years. And I remember one of my colleagues on the team from New England said, I have this doctor, Mark Hyman.

He's like, he's going to be the biggest thing ever. He's so excited. So he actually connected him with Dr. Blaine going back over 20 years ago. And it's interesting your connection of mine with Dr.

Jeff Bland, the father of functional medicine. So you can tell us a little bit about that journey because, you know, when I was doing some research, I saw that you were experienced a lot with our doctors do and also the patients in our country, right?

And JAMA has commented on this and had many articles how, you know, Allopathic, you know, conventional modern medicine is great for trauma and acute care.

However, over 80% of the doctor visits are for chronic care. So I think it's really just common sense, right? Doctor, in Latin, means to teach. And, right?

And it's not to fix, not to heal. And, you know, when I I was born in Akron, Ohio, did college and med school there. And I thought, well, hey, maybe there's something better to learn.

So went out to Mayo Clinic, the number one hospital in the country, or number two, number three. And they did better care, but still it was just meds and more pharmaceuticals, not the root cause.

That's when I went out to Harvard and did the fellowship in integrative medicine and got to meet Mark Hyman. And when I went to his clinic, at the Ultra Wellness Center, I'm like, these people are actually getting cured.

And Dr. Hyman said it's pretty easy. There's six or seven things that cause most illnesses. If you can ask the right questions, do the right labs. then you can do it, and it's based off of conventional medicine.

So it's, you know, in my heritage, right, is Ayurvedic medicine, other stuff, but Ayurvedic and Chinese, you gotta feel the pulse.

From Conventional to Functional Medicine

You've gotta look at people's tongues sometimes, and that's beyond my bandwidth. I didn't learn those things in medical school, the pulse, exactly how Chinese medicine, Ayurvedic does.

But functional medicine, you are same stuff. You just add more questions. You just do deeper labs. And guess what? You have a new idea, a new subset of how to treat the root causes of the chronic illnesses, the 80% of visits, the things that drive people, you know, mad, sad, angry, fatigue, pain, you know, the stuff that makes, you know, it's like needless worrying, needless suffering.

Yeah, and a lot of us, too, it may not even be a quote unquote disease, right? I know you focus a lot on the GI and you're like, look, these aren't diseases.

These are really toxicity of the gut from stress and antibiotics and, you know, too much processed food that they're eating. So I love that I've actually seen you in action in the office.

And one thing I really got to compliment you on is the doctor-patient relationship. I know you take more time. Can you explain what an office visit looks like?

Because a lot of people, believe it or not, have been doing this for it'll be 35 years next month. Yeah, a lot of people. still look at this like health not or what are you doing and I'm going to my real doctor those type of things because I think they're a little naive a little bit shy right they don't know really the concept of even functional I'm talking about most people a lot of people get it but can you tell us about the experience of what it's like to come and visit you and are you accepting new patients yeah So I think the biggest thing is if you want to really figure out what's going on with someone, it can't be a 15, 20 minute thing with the answer within the first 17 seconds and not hearing what the person has to say.

So one, you wanna take a deep dive on hearing their what's gone on with them. That's number one. Second is that you have to ask deeper questions than just what conventional medicine does.

So we've made our own list of questions that looks at the root causes. And then from there, we tell the patient what's going on and we want to make sure that they understand and then we map out a plan.

But all that takes probably an hour to an hour and a half, you know, 75 minutes if not more or less to really understand the person. But here's the critical thing, right?

That first visit is the first visit of nine. And what I mean is we have health coaching built in, you know, free of charge for the first six months. Because really, when you look at chronic illness or anything, if we don't feel good, it usually happens after a period of time, months or years, not just like one or two days.

So it's really then peeling back that onion over time. and having the right support system to help understand who you are and helping to peel back that onion in the right way.

So really like our new patient visit to some degree expands six months. And because 20% is figuring out what it is, 80% is implementation.

How the New Patient Visit Works

So what makes us different is that we want people to be able to figure out the root cause, but then take the proper strategies to actually resolve the root cause.

Yeah. I love what I'm hearing because I've heard you mentioned cause many times. I've never seen the charity run for the cause. It's always run for the cure.

Right. And they're still running. Right. But I love how you mentioned run for the cause. The co-founder of Nutritional Frontiers was the late great international icon, Dr.

James Weiner. And he would always say, right, look for the underlying causes. And he narrowed it down to like, you know, toxicity, nutritional deficiencies, you know, stress, lack of movement.

What are some of the more common things? Because we're seeing so much GI issues over the last five to 10 years now with autoimmune and everything else.

What are the most common causes that you're seeing in your practice? Yeah, we see chronic infections. We see stress or emotional things. And whether daily stress of life, but then also stress that happened five, 10, 20 years ago.

We see that. Burn the candle both ends You know that might affect the mitochondria adrenals, you know, we see poor nutrition you know, we see side effects to antibiotics or side effects to medications or supplements and You know, mostly than these medications some of them being antibiotics or stuff, affects the gut, right?

And we see that, you know, those are some of the big ones, and the other one's trauma, like bicycle accidents, car accidents, concussions, things like that, right?

Also, after procedures, after surgeries or dental stuff, right? I never felt the same after that surgery or something, right? What's amazing is that usually with a good history and some functional medicine labs, a few of them, able to figure out some of the key root causes.

Yeah, I love how you mentioned some functional testing, because I think for a period of time in functional medicine, we got the pendulum swung so far to the other side, test, test, test, and it, you know, a lot, some people were scared away because of the costs of the time involved in that.

So what is some of the more common, maybe one or two or three tests that you feel are really important? I know it's customized, but are there any? Great question, right?

It really depends on the history, right? If there's a lot of stress involved, we'll check like neurotransmitters and adrenal. If there's female hormones involved, we gotta check the female hormones.

If it's gut, we see a lot of gut patients, you know, and sometimes they'll say the gut issue started first, the bloating or constipation, and then you got the muscle pain or the fibromyalgia.

So then you gotta check the gut testing, right? There's food testing and then there's advanced blood work for overall health, advanced thyroid, and stuff like that.

But it's like really looking at, you can check mitochondria, food sensitivities, but it's really…

Finding Root Causes in Chronic Disease

what's driving the illness and that's the beauty is that no one with gut issues get the same supplements or same treatments or the same testing because or any symptom.

It depends on why they got the gut or why they got the parvoia. And I'm starting to see more in our field, personalized medicine, right? Or personalized health care, which is kind of taking functional to that next step right now.

I know we partnered up, you were like, look, we need compliance. My people can take 15 different products, right? So that's where we're working with you and your team and Catherine and everybody and was like, all right, let's put together a few things.

So maybe comment a little bit on some of the GI formulas that we worked on together because our goal in Nutritional Frontiers is better results through better compliance, right?

And you can do that when you make more comprehensive formulas and then also better value for you and also for the patient. So let's talk about some of those GI ones because the old naturopath will say, you know, health and death begins in the gut and colon, right?

And it's never been more true now. I think people look at these isolated body parts, but you know, the gut being the portal of entry into the body and you mentioned antibiotics and some people are out there saying, hey, I don't take antibiotics.

Well, it's in a lot of the food. Yeah. So I always say what you eat, eats determines how quality the food is. Yeah. So let's hear about some of those GI protocols and some of the ways that you utilize those nutraceuticals.

Yeah. One that we collaborate together is called GI complete or GI restore. And that's like four or five supplements put into one. And I really like that because what we're finding a lot of times the GI tract really extends, I want to keep it simple, like stomach, small and large intestine.

Yes, we have the esophagus and we have the tongue and the mouth, but if we're going to just keep it simple for today, and so I like that one because that helps the stomach, the zinc carnosine, L-glutamine, so there's the whole

lining.

There's some stuff for the small intestine and stuff for the large intestine. And our patients really, really like it. And some of our patients may come in, hey, I'm taking some glutamine, or hey, I'm taking some marshmallow root, or I'm taking some of this.

But very few people have taken everything in there altogether. And so we find that to be one of our foundational stuff for the gut people. The other thing we find is digestive enzymes.

that we're finding that many of our patients with gut symptoms don't digest their food well. They might get bloating, constipation, abdominal pain, heartburn.

And so what happens is the stomach, the pancreas, liver, gallbladder all play a part of digestion. But here's a fascinating part that just makes so much common sense.

When we're sick, our body doesn't have enough energy to heal. So one of the things that stops doing is actually producing hormones or producing things that take energy.

So something that takes a lot of energy is actually producing digestive enzymes. So our body stops producing it. So then sometimes you have to give people the supplement So it's a replacement.

And then when you heal the body, the body can then make its own digestive enzymes again. Yeah. And you think about like how many people don't eat any raw food, right?

And that's where you're getting your natural enzymes. your fibers, and these are all food for the intestinal tract, folks.

GI Testing and Personalized Treatment

Your intestinal tract is a muscle, just like the biceps. And when that muscle gets worn out because you're not feeding it fibers and glutamine to convert to these short-term fatty acids in the fuel, you know, then this intestinal tract breaks out.

You mentioned something profound earlier. They wait until they have the symptom. It didn't start then, right? It could have started five or ten or twenty years ago with a trauma or an illness, something like that.

So I love the fact that you, what I consider, you know, the key nutrients, right? Because you mentioned the GI formula. That is actually eight products in one.

And who could, you know, they might be taking one or two or three, but there's some interesting ingredients in there, including the DMG, the dimethylglycine actually has a U. S.

patent for autoimmune conditions, rheumatoid arthritis. Are you seeing the autoimmune conditions on the rise? Because since COVID and the vaccine and everything, we've seen a tremendous increase in those.

We've seen a lot of it. And I think that many of your listeners and viewers probably know this. When you combine all the autoimmune into one category, it's like the top three disease in the country, right?

And it's like our own body's attacking its own self. That's saddening. when our body thinks our own joints, our own gut, our own kidney function, or our own muscles and joints, our own nucleus of our cells are attacking each other, attacking itself.

It doesn't make sense, right? Or a thyroid is attacking itself. That's what Hashimoto's is, right? So if we can balance out the immune system, then guess what?

The body will stop then. If you could figure out why the body is attacking itself, and then you fix that, then the immune system becomes balanced. And it's such an amazing thing to look for the root cause of autoimmune.

I'm such an honor to do it and be successful treating it rather than just suppressing it, those old medicines that give you shots, that give shots for these things.

they are suppressing the immune system for the gut symptoms or suppressing the immune system for all the skin illnesses that are autoimmune or suppressing it for, we can go to eosinophilic esophagitis, EE, right?

Almost every illness now has an autoimmune component. or many illnesses do, and that's one approach. And if people want that, that's great. But what we see in our office, people saying, we want an and approach, doctor, where, okay, the other doctor is recommending meds, but what can we do with food?

What can we do with supplements? What's the root cause of my autoimmune? And they will attack the root cause, so maybe they don't need as much medication, or they can come off the medication.

You know? And so that's a real joy to us. And the reason why I say it's a real joy is that you mentioned that I got my master's in public health. And master's in public health for many doctors is learning research.

How to read research, how to do research. These past 12, 13 years, we've been documenting our results, just like how Cleveland Clinic's functional medicine does and other centers do.

So based on scientific data, we can actually show that within the first six months of our proven code MD process, people actually feel better. their labs are improving, they feel better, and that's great, right?

And so we're using PhD researchers and to document, track the stuff. Well, that's really meaningful, you know, when there's a process that you can use that's been proven over thousands of patients that they can plug and play.

Yeah, well, I love it. I don't have a master's in public health, but I do have a bachelor's in public health.

Autoimmune Disease and the Gut Connection

Oh, wow. And it was so long ago, they called it community health. But my story is interesting because you mentioned autoimmune and public health. I was a sports medicine major.

Okay. So I came down with psoriasis in school and couldn't figure out what was causing this, right? and kept going back to the health center on campus, you know, the doc says, you're back again?

I said, yeah, doc, my mom called everyone. No one has it. She told me he's hereditary. He says, well, I actually been looking at this up a little more because you've been coming in.

This is your third or fourth visit. And he says, you know, this is tied into gut and liver. And he was blown away. He had never realized this. So it got me on this path of exploring what could be the possibilities.

And that's when I shifted from sports medicine to what I consider, you know, public health and getting me into personal health and functional medicine down the road.

So it's been quite the journey, but I got exposed to it early, but I really love what you said. You program six months. So talked a little bit about the patient's psyche when I come in, because patients may not have patience, right?

And they're used to taking the pain pill, the Advil and then boom, right? It's like, goes away. Dr. Wanner would always say, healing is a process, not an event.

So I'm glad you set the expectation. So what it's like when the patient comes in expecting immediate results, how do you get them to understand it? It takes a little longer.

Yeah, you know, I think it's, you know, a lot of people come into our office hopeless, almost like we're the doctors of last resort. I mean, we also see a lot of CEOs, pro athletes.

We see both of those that the biohackers too, that feel great. But for the people that are, you know, not feeling well, they've been feeling crappy for so long.

You know, one of the things that it is relevant is that most times they've been having the psoriasis, the gut issues, the pain fatigue for five or 10 years.

And so, you know, what's realistic in a five or 10 year process happen in one or two days, especially if you're treating the root causes, right? Is that no, we're gonna have to unwind these things.

And the other thing is, is that if the body's been sick this long, and if we try to unwind it all at one time, then the body would go into shock. They'd be hospitalized.

And so we can do it, but the body can't handle it. Our minds can handle it, but the gut or the liver, the liver can't detox all 10 years of toxins in one week.

Right? And so that's why functional medicine or the Cognitive MD approach and the stuff that you guys do is have a lot less side effects than medications because we're working with the body.

We're not working against the body. And so we tell them that, yes, if you want to work with the body, it's a journey. If you do the journey, you're going to feel a lot better and your quality of life is better.

And I think that's one of the other things is that when people take just cholesterol medication or blood pressure medication, yes, it may lower their cholesterol, it may lower blood pressure, but they don't feel better.

Candida, Parasites, and Chronic Infections

They haven't lost weight, they don't get more energy, they probably get less energy, probably get more muscle pains. But what happens is, within the first six months, most people say, Doc, I feel better.

And the cholesterol is lower, blood pressure is lower, or less pain, more energy, less gut issues, right? And there's an empowerment too, right? When you know what's going on, you become empowered and you become educated rather than being quote unquote addicted to a medication for the rest of your life.

Yeah, you're right. Because even if they take the blood pressure, as in the blood pressure normalizes, They haven't changed your lifestyle. So next time they may be triglycerides and blood sugars and, you know, high sensitivity CRPs, like all these other markets go up and it's like, oh, we got this down, but this pops up.

And it's a constant process of chasing where what you guys are doing is really going to the root cause. And we love to hear that because that nutritional frontiers, that's our philosophy also.

You know, Dr. Weiner always says, you know, give the body what it needs, it can heal itself. And I did, I was talking to Kara and she says, Oh, Dr. Kanodia, you know, their office really loves our candy kill.

And it was interesting because I did consults when we started Nutritional Frontiers for five years. I saw clients every week. And cause I want to get in the front line and create these formulations so that better compliance and better results.

And one of the things I saw so commonly was Candida and parasites, but people have been coming in on these really extreme programs and said, you know, they weren't feeling good.

So you can take us through just like a, I know they're all different, but how to use a, you know, your version of the candy kill and. You know, what's the timeline?

I would normally recommend like one to four months. Let's get the person on it and see how they do. But I found that was one of the key things was addressing some of those underlying causes with candida, funguses, things like that.

What's been your experience? Yeah, there's a lot of people that have chronic infections in their body. And the chronic infections can cause whole body issues.

even the autoimmune, but a lot of symptoms from head to toe, fatigue, pain, you know, even mood disorders, depression, anxiety, and many times just take, just eating like a low yeast or eating like a high fiber won't kill off bad yeast won't kill off gut infections or won't kill off parasites.

They need something else. And that's when we're giving in the candy kill to help kill off gut infections. And so you take people's history, go do lab testing, or we check for labs for yeast overgrowth or parasites or dysbiosis, which is bad bacteria, and also you can check for inflammation in the gut or other places in the body, and it's based on history, and if they're having it, then they need to have something additional than just changing nutrition, etc.

for that. Yeah, we find that, you know, when I always say you got to starve the bad bugs because they feed on sugars, alcohol, processed dairy products, right?

You got to starve them. You have to kill them off and get them out of the body and then replace them with probiotics, right? So it's more than just changing the diet or taking a product.

So we found out to be very common, you know, in our wellness center in Pittsburgh is, you know, Candida, chronic infections, parasites. And like you said, they can present in many different ways.

For me, it was psoriasis, right? For the next girl, you know, it may be brain fog. Have you found out to be the case that these underlying causes can present themselves in many different ways?

It can. And one of the questions that we ask is, what happened when the psoriasis started?

Diet, Holidays, and Practical Nutrition

And for a lot of people, they say, yes, I had a bad cold or flu, or I got COVID, or I got a vaccine, or whatever it is. And I'm not saying vaccines are good or bad.

We just take the history of the person. And if someone said, yes, you know, I got mono and I've never, that's when the psoriasis started. Okay, then there might be a chronic infection leading to the autoimmune, which is the psoriasis.

everyone's psoriasis is a different cause. You take the history, you do the lab testing, and you get their individual root cause. And then you make the plan.

And guess what? The psoriasis gets better, or the brain fog gets better, the joint pain gets better. It's a beautiful thing. Just not everyone that needs, you know, has psoriasis needs one of those new meds on TV that just shuts down the immune system because that doesn't kill off the mono or doesn't fix the stress or doesn't fix the dysbiosis.

It just stops the body from doing its job. Yeah, it's interesting because people presented with different ways, right? For me, I know that, you know, blood sugar is tied into it, the skin's tied into it, weight's tied into it, mood, it's all connected for me.

So I periodically, I just started back on the candy kill again before the holidays, get a little jumpstart. You know, that's the one thing I want to talk to you about before we wrap things up is, you know, what are some of the strategies?

You mentioned, you know, food testing. I always say there's probably about five to ten most common food allergies

that we've seen in our clinic, but it could be anything, right?

And it's generally something that somebody eats a lot. So there's some general guidelines you give everybody. Like for us, it was, you know, processed foods and dairy products and fast foods, sodas, those things.

There are some general guidelines you can give to the people today about their diet, knowing that when they schedule with you, you can customize it. But what are some general guidelines and then a strategy?

through the holidays, because I explain to people, depending on your culture, the holidays may be three or four days, but they're not six weeks, right?

Yeah. No, I think it's a great thing. You know, it's, I think, yeah, fast food, junk food, even like They say like the inside of a grocery store, all those packaged foods, they're not supporting the body, right?

The more that you can eat outside the grocery store, so like the meats, the vegetables, even like even bread or whatever it is, but outside really fresh food, right?

Fruits, vegetables, those things. That really makes a huge difference because that's the fuel for your body to heal or the fuel for your body to get sick.

And, you know, I think that, you know, so holidays are different things for different people and how everyone approaches it I think is different, right?

And like you're saying that some people's in all or none, some people it's like they can have a little bit. I'm one of the people that if I start having a little bit of sugar, I just want it.

I'm like you, Doc. One's too many, a thousand's never enough. And so then I just have to stay away. That's just my genetics and my personality. I'm an all or none person.

Someone can have one cookie and that's it. What's wrong with them? I wish I had that. I wish I had that personality. I really do. But I think it's We, I want people to enjoy their life, but then also understand that what they're eating also affects their life.

And, and so that, that they can make whatever choice fits them. Yeah, I love it. And I've also incorporated some healthy habits, you know, during these holidays, right?

Cause even Thanksgiving coming up, right? It's usually one big meal later in the day, but what about all morning? So me and my kids do who are. Two of them are adults and one's in college, actually going to Mount Union, right in your backyard.

Nice. Yeah. A beautiful school. And she's an Ohio State fan, but we won't get into that today. But we've done the last couple of years and we've done the turkey chop.

It's a 5K run or walk. It's a nice, easy, you know, morning. It's for charity. So the kids are excited. You get the shirt and we go down there and do that.

Emotional Wellness and Neurotransmitters

And we do a healthy brunch before that. rather than just laying around all morning eating. You know, it's a nice healthy start. You know, years ago we used to do the turkey bowl where all the kids in the neighborhood would play football.

So we always feel like you can incorporate some healthy activity, even if the weather is not too good, but at least to get a head start. You know, the other thing I like to incorporate is a healthy shake, right?

A protein shake so that I used to go into Thanksgiving and not eat all morning. And I found that I would eat too much. So now when I eat to do a shake or two earlier in the day, I'm able to eat without overeating.

And I like to divide my meal up because I'm like, all right, I'll eat this for now. And a few hours later, I can eat this because if not, it's just too much food at once.

What are some of the things you recommend for people? You know, when they're coming into your practice, you know, what are some of the key things that you were talking about here with the food?

What about for emotional wellness? Because you brought up something really profound. Christine, who you met earlier, she's the creator of the soul intelligence method, which is really what I, my simplified version of it is releasing trauma that's kind of locked into your body.

So I heard you mentioned that earlier and I really love it because sometimes you have these things in there for years, you may not even realize it. So is part of your program dealing with emotional wellness?

And if so, what are you guys doing? Yeah, it's a big part because we find that a lot of times people's symptoms started after something emotional, you know?

divorce or moving or something happened in the family or in society. And so I think that we first have to acknowledge it. And a lot of people are like, oh my God, I didn't put the connection.

So that's the first step, right? And then many people now, we find that they don't have the right neurotransmitters or brain hormones to process it. So giving them sometimes supplements for serotonin, dopamine, GABA, working on the adrenal sometimes.

If the adrenaline is too high or too low, they can't work on it. And then there's emotional work that we do with people, right, that can work on making peace with the past and, you know, making peace with the present.

And there's books to read that helps explain, there's home methods too, that can work on having people realize that the emotions from the past can affect the present and how we make peace with the past.

Yeah. And you had mentioned peeling the onion earlier, right? And emotions are the same way. Cause you deal with stuff that just happened. And, you know, my reading today, I read these books that they're one pagers, you know, there's a couple of my journal, I do my prayer, my meditation.

There's a whole routine I do. And if I don't do it, I'm not the same that day. I gotta go do it later. And one of the things I found in my reading yesterday and today was saying, acknowledge the feeling.

It's okay to feel it. And then you got to have a system to kind of release it and let it go. And when you do that, it's interesting that other things kind of pop up.

We got a couple of minutes left. I heard chemical imbalances, neurotransmitters, dopamine and serotonin. When my friends that don't work in our field, tell me that, oh, the daughter has a chemical imbalance.

The doctors just tell them they need some kind of SSRI or antidepressant. And I said, well, wait a minute, the chemical imbalance is there, but do you know what builds in neurotransmitters?

B vitamins would be so simple. So what are some of the strategies you use? Because I've seen emotional wellness gets worse and worse, right? There's a lot of fear out there.

One thing that I tell people is don't watch the news. That's the first thing. And don't watch too much TV unless, of course, it's the Buckeyes playing, right?

But what are some of the things you recommend for people that have, quote, unquote, chemical imbalances or

neurotransmitters that need to be rebuilt, leading into even things like adrenal burnout, adrenal fatigue?

Yeah, you know, there are supplements. There's getting enough sleep. We find that's been a really big issue and we work on sleep before we do nutritional or exercise, you know, supplements and, you know, testing.

We even do IV therapy where you can give IV B vitamins, IV amino acids, IV stuff for having the right raw materials to make the right neurotransmitters.

And then there's actually co-factors where some people genetically just don't do well with methylation.

Sleep, Methylation, and Adrenal Support

And if the methylation's off, they can have all the right serotonin or all the right dopamine or GABA, but it's not going to work. So there's methylation testing, and then there is then methylation supplements.

And we go way beyond MTHFR, but that's a discussion for another day. But we're really big on epigenetics versus just strictly genetics. But it's a whole approach with first acknowledging that it was probably really hard to go through that divorce, or acknowledging that it was probably really hard to get fired from that job, or whatever it was, or parents were abusive, or not cared for, right?

And not making them feel bad for what happened in their childhood. Last time this stuff was in his childhood, That's affecting them as adults, right? And a lot of them haven't made peace with the past, you know?

Yeah, I've heard you mention it a couple of times, peace with the past, right? Yeah, we can, I mean, there's so many things going through my head that I want to think about.

Before we wrap things up today, you're accepting new patients. You do telemedicine or live appointments. And what's the best way for someone to get a hold of you?

I know you have Canodi MD, your website. What are some of the easiest ways for people to get a hold of you? Yep, our website canodiemd.com. Our phone number is 614-524-4527.

And we're on all the socials. Facebook, Instagram, LinkedIn, et cetera. We're here to help. But yeah, you know, I think if people want to feel better and they want a proven system, that's what we have to offer.

Oh, absolutely. How long have you been in practice? I know it's over 10 years now. Yeah, it's been at least, it's going on 13. Oh, wow. You know, my own private practice, but I've been doing functional medicine for probably 19 years now.

Oh my gosh, congrats. Thank you. I just had an event recently and the guy said, the overnight sensation takes 18 to 20 years. Now you tell me. You didn't tell me at the beginning, right?

Exactly. Well, you are a blessing to the community. Congrats on your beautiful family. Thank you so much for making time today. Folks, this is what we talk about when we talk about a top functional medicine medical doctor.

They are out there. So, he's located in Columbus, Ohio, right down the road from Pittsburgh, about a three-hour drive on I-70. He's available for telemedicine.

I know a lot of your patients travel from all over to see you. I'm sure some of them fly in to see you to get the initial testing done. He's got a heart of gold and a wealth of knowledge.

He's working with the top doctors out there. If you're not familiar with Dr. Bland, you should be. If you're not familiar with Mark Hyman, shame on you.

Closing Remarks and How to Reach the Practice

These are some of the top functional medicine doctors. And not only has he worked with these, he's actually at their level and doing incredible work. I came by the new office and it was just absolutely beautiful.

His staff is fantastic. It's a very warm and fuzzy feeling. I think that's part of it too, when people go into the modern medicine office, they got the glass, give me your credit card, give me your insurance card, and they slam the window.

They don't have the Windows folks at this office. It's an open practice. You can go in there. And the thing I love is that he's very genuine. He's got a big heart.

He takes time with his patients. And he had mentioned multiple times today that he goes for the underlying cause. And when he addresses the underlying causes, he can help empower you So you can make yourself healthy.

He kind of gives you the blueprint and then you got to do the work. So any parting shots for all your fans out there, Dr. Newt? No, and I want to say that I really appreciate collaborating with Nutritional Frontiers that supplements are part of a lot of people's journeys because sometimes just the body cannot heal itself.

And I really appreciate all the Nutritional Frontiers does for me, our patients, and the staff. Well, thanks so much, Dr. Canote. We really appreciate you making time once again for us.

Congrats on your incredible family. So excited for you guys. And I see that big smile every time you talk about the baby or the wife. So that's what it's all about.

Thank you for all support over the years. This guy trusted us. We initially met through Cindy Tersha, a personal friend of both of ours, and you do an incredible work.

So thank you so much and God bless, my friend. You too. Thanks for tuning in to the Holistic Truth Podcast. If this episode spoke to you, please follow the show and share it with someone ready to take charge of their well-being.

And if you can, leave us a review. It helps others find our podcast. For more tools and practitioner support, visit NutritionalFrontiers.com.