Introduction and guest background

Hello everyone. Welcome back to the Reversing Hashimoto's and Thyroid Disorder Summit. I am your host, Doctor Anshul Gupta, world's Hashimoto's expert.

I help people reverse their Hashimoto's by making personalized functional medicine plans. And I'm really excited for our discussion today because this is a hot topic.

You know, about weight loss and GLP ones and gut microbiome and how it affects your metabolic health. And that is a very important topic. You know, that majority of the Hashimoto's patients are suffering from.

And obviously, like, you know, it is all over the internet. So I think the expert today we are talking about has great credentials, and she has a lot of experience.

And I am really excited for a discussion where we will be talking in detail about weight issues, insulin resistance, gut microbiome, metabolic health, as well as a GLP ones.

But let me introduce our speaker today, so that we can move forward. So Doctor Bindiya Gandhi is a double board certified integrative and functional medicine doctor who helps thousands transform their overall health.

She is a medical director at Revive Atlanta, MD, a comprehensive clinic which focuses on total body healing, including decreasing inflammation, improving hormonal imbalance, helping women get pregnant, weight loss resistance, chronic stress, gut health, and more.

She has been featured on the Daily Mail, Fox five Atlanta, the CBS 46, you know, PopSugar, Mind Body Green, Washington Post, and you know, I can keep going on and on.

She has been featured in a lot of different places, so that's the reason I want to welcome Doctor Gandhi over here. Thank you so much, Doctor Gupta, for having me on today.

Absolutely. So that's I'm really excited for the connection and for the talk today. So I think, like, you know, we all in functional medicine always have our own journeys that promise us into the.

So did you had a journey of yours which prompted you to kind of go into functional medicine? Integrative medicine? Unfortunately, yes, I, I too did have, an issue medical health issues that led me to this journey, actually, fortunately.

Right. So, you know, I thought I was probably the healthiest, in my late 20s, early 30s, I ate fairly healthy. I exercised all the time. I was actually meditating.

I did a lot of yoga, had finished my yoga training, but, I was in residency at this time, and it was a very, very stressful time. So, as healthy as I thought I was eating, I wasn't eating the best, right?

And I was not sleeping, and I and there's so many other things that was happening at the same time, unfortunately. Long story short, it started off with a crazy rash on my face that got my attention.

Now, at the same time, my hair was falling out at the same time I had acne, my, heavy periods, kind of. All those things that most women go through, some hormonal imbalances.

But you know, the quick fix, even in residency, was like, take your birth control pill. You'll be fine. Nothing to worry about, right? It was a little bit more than that. Unfortunately.

I realized that it was the rash, though, that got my attention because it was something that that I couldn't just hide with makeup. Right. And, I had been to the dermatologist.

This is over two, two and a half years span. I've been to the dermatologist. I did every biopsy, took every prescription possible. Nothing was getting this rash to go away.

I kept asking questions, kept digging deeper, and finally, I kind of felt, yes, I was being gaslit right before I even knew what gaslighting was. In there, you know, 2011 ish area.

So, what ended up happening was I went to an autoimmune. I actually begged to be seen by an autoimmune. Or allergy immunology doctor begging to do them autoimmune testing.

And they're like, no, you don't need autoimmune testing. You're you're, you know, a healthy 29 year old, nothing's wrong with you. Keep it moving. And I was convinced something was wrong with me.

And that's when I decided to fine and look outside of conventional medicine. I found an amazing integrative doctor. I learned that, my thyroid was starting to get off a little bit.

But long story short, I ended up having celiac, and that was the that was the problem that that I had.

Personal journey into functional medicine

And that was really what was causing my rash on my face. It was causing, the abdominal pain, the chronic constipation, the acne, you name it. So improved all all by avoiding and eliminating gluten.

And that led me deeper. And that's when I decided I wanted to learn more and know everything about integrative and functional medicine. And I, you know, did my integrative medicine fellowship at the Andrew Well Center of Integrative Medicine completed that, did my functional medicine training through the Institute of Functional Medicine.

And here I am, over 11, 12 years later. Awesome. That is an amazing journey. And I think a lot of people over here will relate to that because they have been to multiple providers or doctors have been told time and again everything is fine.

But they knew that something was going on and they needed more advanced testing to kind of get to the bottom of it. So I am glad that finally you were able to find your trigger or your issue and you were able to fix it.

And I think that's where, you know, I want to kind of deep dive into this connection between the thyroid, the gut and the metabolism, because a lot of Hashimoto's and thyroid patients, you know, are going through either weight gain or unable to lose weight, and the metabolism is completely wrecked.

Right? You know, they have been told that it is because if you your thyroid get more thyroid hormone pumped in, nothing changes. Right. So and then obviously they are scrambling to look on the internet for ways to lose weight, which most times do not work because they're only focusing on the calories.

So this important connection between the gut, the metabolism and obviously the GLP, which comes in the gut, why don't you shed some light and why don't we start over there?

So many of you probably already know that Hashimoto's is not just a thyroid condition. Unfortunately, it is an autoimmune condition, right? That does impact your metabolism.

It does also impact inflammation in the body. So if there's underlying gut inflammation that sometimes triggers, autoimmunity to develop. Right. Some people have the genetic predisposition propensity.

But that doesn't mean that it's always going to happen. I'll give you an example. Both my parents, unfortunately

both have Hashimoto's. But I'm also doing things differently knowing what I know now.

So I don't end up with Hashimoto's. Right. When you have one autoimmune condition, we know that you're at risk for multiple autoimmune conditions, right?

This is example why sometimes celiac and Hashimoto's go hand in hand together. Right. So we know and in my world and Chinese medicine, diabetic medicine, I always will go back to the gut and start with the basics there.

Do you have underlying inflammation in the gut. Do you have dysbiosis? Do you have an imbalance of good and bad bacteria? Some of these things will trigger inflammation, which then worsens, thyroid autoimmunity.

The foods that we're eating also impact our gut microbiome. Right. So are you eating foods that are causing inflammation? Are you eating foods that you're potentially sensitive to?

Right. Your body is not happy with? Right. Maybe we avoid some of those foods because those foods that we're eating, and in my case, I'll go back to gluten because again, I'm celiac.

Right. So eating gluten was actually worsening my thyroid numbers the minute I cut out gluten in my. And because I was told I had celiac, my thyroid numbers improved drastically.

And here I was at the point at the brink of adding a medication because I was I was like, oh my goodness, something's wrong. You know, I'm 29, 30 years old, you know?

But really, there was the bigger problem in my situation too, like many other people, is the gut. The gut was not healthy. The gut had some issues. And that is what also starts impacting your TSH, your T3, your free T3.

And this is why you're tired. You're constipated, you have all these other issues that kind of like all go together. Unfortunately. Absolutely. I think gut health, you know, is so much primary importance.

And then we are discovering more and more new things, you know, like as we are going along with it. Right. Previously we thought, okay, well, gut is only important for digestion and assimilation or absorption.

Then we came to know that, you know, this whole thing about gut microbiome and how much important it is and now like finally we are going to this GLP one, which is a molecule which is right in the gut, and everybody is going this crazy of using ozempic and other medications.

This lose weight. So what do you take on GLP one, you know, specifically like, you know, shed some light on this GLP one medications and which is the right appropriate way of using it.

Or like you totally against using it now. So you know, we all actually naturally produce GLP one in our body. Right. And so but when you have inflammation you have gut dysbiosis.

That's also impacting your GLP one natural production. This is why we tend to see that there is an insulin problem where our blood sugar problem. Right.

So I'm personally a huge fan of GLP ones if you need it. Right. Not everybody qualifies and is a candidate for these type of medications, but they do help with improving your blood sugars.

Hashimoto's, gut health, and metabolism

They do help with, losing weight. Obviously. They actually are helping to reduce inflammation. Right. So we're seeing a lot of wonderful studies where it's now improving heart health and cognitive decline.

And it reduces fatty liver. It helps with sleep apnea. So anything that there is a medical, problem with obesity, we're seeing that GLP ones are improving some of those things.

So I'm actually a huge, fan of them. Now, I do add it in conjunction with a lot of my patients. Again, not everybody, if they qualify because of all the benefits that it has, right?

Yes. It comes with some side effects. It does come with some rice. You know, there might be some constipation. There might be some nausea. I've had some patients have diarrhea.

But every single person is different. And some people do great on them and some people don't. Right. And so it's a very individually based, issue. But it does help in conjunction with autoimmune, thyroid issues like Hashimoto's because for people that are struggling, it is not only helping with the GLP one production, but it's also helping, you know, decrease, inflammation, help you lose a little bit of weight.

Absolutely. So I mean, you mentioned that, you know, for the right person, you know, like the GLP ones would be great. So like you know in maybe in your, in your just your personal opinion, how do you differentiate like you know person of which might be the person that you definitely would don't want the GLP ones and which would be the ideal person to, you know, start GBS.

Well this is a this is great. So first of all, sometimes people with Hashimoto's, this is actually really good. We're talking about this sometimes people with Hashimoto's may have some cysts or nodules on their thyroid.

Right. If I know that if I palpate it, if I, if I have been get that history from the patient, if there's a family history of thyroid cancer or thyroid nodules, I'm going to think twice about wanting to put you on a GLP one.

So there is a contraindication, which means I will not put you on a GLP one knowing that you have a thyroid nodule assess. Now sometimes patients are insistent.

So I will get an ultrasound to make sure that it's benign and nothing else is going on. If it's completely benign, that's it's been there for years and no change, then maybe I'll consider it. Right.

The other the other group of people I will not use a GLP one on is patients that have a history of pancreatitis. Right. So those are the two contraindications where I will, you know, I'm very particular about not using it again, if they've had a personal history of thyroid cancer or something like that.

Definitely not going to put them on the GLP one. Right? Absolutely. But there are people who might could benefit, right? So again, I also looked at all different numbers.

I'm a big lab data girl, so I'm looking at their blood sugars. I'm looking at their Lupton numbers. I'm looking at just autoimmune area. And generally do they have inflammation.

I'm looking at CRP side rates, that kind of thing. So if there's some of those things that are high that especially leptin, then I might again have a conversation about maybe we consider it, but I also want to, remind everybody I'm not just giving them a medication, say, see you back in a year. Have a good life.

That is not my approach, right? I'm also at same time adjusting their diet, healing their gut. I'm doing all these things at the same time, so they get the full benefits of being on the GLP one medication and balancing their hormones at the same time.

Absolutely. And I think that's the most important key, which a lot of people are missing is that, you know, they think, okay, well, they're just taking a GLP one so they don't have to do any additional thing.

So you brought a very important topic that definitely lifestyle is the foundation correct. We use GLP one, you know, as an adjunct. But you know that cannot replace your healthy lifestyle.

I think that is great. And one more important thing before we actually move forward, is that what Doctor Gandhi was talking about is that, you know, the GLP ones comes with the black box warning that they can cause thyroid cancer.

I think a lot of people are not aware of it. They don't even read it. And that's the reason she wanted to avoid a GLP ones in, you know, people who have thyroid nodules or history of thyroid cancer.

So I just wanted to kind of let people know, because some people might not be aware of that black box warning. So that's great. So now the next question is that let's say like, you know, you are using GLP ones or maybe there is a candidate because thyroid nodules is such a common thing, you don't feel they are the right candidate for GLP ones.

What other things you know, like besides the medication that they can do to rebalance their hormones, improve their metabolic health and at the same time maybe lose some weight?

Yeah. So, again, I'm going to go back to the gut. I'm going to start with the diet. I'm going to go back to the basics. What are you eating? Are you eating enough protein.

Are you getting enough fiber? We know that the more fiber you eat. That's what the good bacteria like. That's our prebiotic foods. They turned that and fermented into something called short chain fatty acid, which is post biotic.

This is where the data shows between some post biotic support and some prebiotic that also naturally helps support GLP one production. So again, we're going back to the gut and getting those things nutritionally right, making sure you're getting good quality fiber, to kind of support that stuff.

I also go back and make sure, are you getting enough probiotic or fermented rich foods into your diet? Right.

GLP-1 medications and who should avoid them

Again, some people I know I'm getting technical here, but some people know I don't encourage that because if they have a history of Sibo or histamine issues or something, then maybe that maybe giving them probiotic rich foods is not a good idea.

But again, for most people, you know, maybe getting some a little bit of yogurt kefir, kimchi into their diet is very helpful to kind of diversify the bacteria in our gut.

Right? We also are noticing some new emerging, information in things like dementia and all these different, probiotics that are also able to support that gut microbiome. Right.

And different forms of, like I said, short chain fatty acid or butyrate products that are also able to help support the the gut microbiome and help in your production.

Right. The other things that are really important to note too, is our lifestyle. Like let's always go back to the basics, right? Nutrition is where I'll always start, but then I'll start going into movement.

Are you moving enough? Are you are you lifting weights? As we get older? Actually, after the age of 30, we start losing muscle. So after 30, are you doing resistance training?

And you building new muscle? You know, are we walking to keep our heart rate, active? But then what about meditation and keeping our stress low? Are we doing some of those things? Right.

Maybe where, you know, maybe we're doing. We're taking yoga classes, but are there other things that we can do to bring down our our, stress? Because kind of like my story and many other stories that I hear from patients.

Stress plays a huge part into turning on an autoimmune condition. Right. And also disrupting the gut microbiome and all of the above. Right. So managing stress is really important.

So those are just some some of the things that I encourage to to keep your GLP one production happy and healthy, but also keeping your microbiome where it should be.

Absolutely. So let's kind of break it down like all of these things and have a little bit more discussion. Why don't we start with this like particular bacteria that you're talking about dementia. Right.

Because now, you know, we have some promising results that, you know, now we are able to nail down some specific strains of bacteria which can actually boost your metabolism, or they have been associated with decreasing your metabolism or having insulin resistance.

And one of the bacteria which has come up, you know, as you mentioned, was decrements here. So tell us about what is this bacteria and then why that is so much important, you know, in terms of weight loss issues.

Yeah. So Acker Mancilla has been studied and it has been shown that it does improve the gut barrier lining the integrity. And that is why it keeps, our gel production, GLP one production nice and high and good. And this is really important right.

Because this is one of the first times that we've seen that not only does it also help control it and manage blood sugars for some people, but it also, we need the diversity for a good healthy microbiome.

So I'll give you an example, doctor Gupta, because I do a lot of what we call functional testing in the office. Right. And when patients, come to me and they've got, you know, oh, I'm already suspecting that they have gut issues, maybe they have some underlying inflammation.

Maybe maybe they have an autoimmune issue or something like that. But maybe they're also having difficulty losing weight. Right? I'll often do that stool test, because when I look at the breakdown of all the different microbes, I will see Aquaman's yellow.

Right? And now we're able to specifically target, and I can give them specifically a strain of Aquaman's. Yes. So before and and many practitioners still do this, there's tons of probiotics in the market. Right.

But we've learned so much about the different strains of probiotics. But before we would just give them just take a probiotic and you'll be fine. Right.

And we would look at there's oh, more than five strains, more than 20 billion colony forming units. It's good. That's great. That's a great start. But if you're missing Acre Mansion then that's what your body needs, right.

Specifically and specifically if we're having and we're seeing blood sugar instability specifically, we're seeing that you're having trouble losing weight.

So there is it really is nice to use these individual strains of bacteria to really help support the gut microbiome now. Absolutely. So what I hear is that, you know, you definitely believe.

And look into the testing, right? You know, where you can exactly know where the problem is, what kind of gut microbiome we are dealing with bad bacteria, good bacteria and correct the whole diversity so you can fix it.

So, so that's where, you know, definitely, you know, why don't you tell us which is is there any particular stool test that you like more than the others?

And what is the specific stool test. So at least people are aware of it because, you know, yeah. Just to test that the conventional. Yeah. Yeah. So, you know, I've experimented with a lot of different stool tests.

You know, there's doctors data, there's Genova GI effects there. You know, I think even microbiome has a stool test. I think designs for health now has a stool test.

I think there's so many different stool tests on the market. My personal favorite is probably Genova. I've been using Genova for many, many years. And I just like their reporting.

I like the, the, the team at Genova personally, so I might be a little bit biased, but I do like the Genova stool test the best. And again, because, I'm looking at all things, I'm making sure there's no parasites. I'm looking at yeast.

I'm looking to make sure that, you know, if there's anything in the microbiome that could be triggering the issues. We know that if there's malabsorption or infections or whatever, we're able to target it.

And we have the exact formula based on the test. And so, I mean, I always say tests don't lie, right? Absolutely. So definitely like, you know, if you have an option to work with a functional medicine or integrative provider, we can order this advanced tool testing. Definitely.

Diet, microbiome support, and natural GLP-1 strategies

That's what to go with because you will know exactly which bacteria you are deficient into, which bacteria is over grown for you, or maybe you parasites or Candida.

Then you can definitely work on that. So thank you for shedding some light on the gut microbiome and the increments here. Piece of it. Then let's start working on talking a little bit more about switch gears and start out talking about the exercising piece. Right.

Because you know, like traditionally we have always been told, well, you know, start running on the treadmill, do the cardio. That's the only way to lose weight.

But we know specifically for females who are, you know, ending in the perimenopausal or menopausal period. You know, that cardio never works for them.

They are unable to lose weight. And that's the reason more people are talking about strengthening. So talk to us about why that shift is happening. Them.

Yeah. So, you know, as we age, we start, losing muscle mass like I kind of mentioned. Right. But also as we're losing muscle mass is, is happening because our hormones are changing and our hormones are constantly changing.

You know, maybe before you have babies postpartum now, perimenopause, you know, menopause years, hormones are constantly changing. And so one of the things we start realizing and noticing is that testosterone starts declining.

When it's testosterone starts declining. We tend to notice that that's when we start becoming a little slightly insulin resistant. Right? We start realizing that when testosterone starts declining, we are also losing muscle.

And we have a little bit more fat. Right? We may actually weigh the same amount, but the clothes don't fit the same. And you don't feel comfortable in your body, right?

So it's not always just the number on the scale. And maybe you notice that the number on the scale is the same, but you have a little bit more inches, right.

Or more visceral fat, which is the problem. So strength training is really important because it boosts your metabolism as you build more muscle. Right?

So not only do we want to preserve the muscle, but we want to build more muscle because again, as we age for females, we are at increased risk of osteoporosis or osteopenia.

Right? So when we have more muscle mass, we're actually we're going to negate that. We're also BR being preventative for the future. So building muscle is really important.

And the way we do that is by strength training 3 or 4 times a week. That means we're lifting heavy, not 5 pounds.

And yes, you can lift 5 pounds to start off with, but actually lifting a lot heavier and then also getting to a point where you're what we call progressive overloading, which means now you're going to be either increasing your reps or you're going to be increasing your weights over time.

So it is something that that does improve your metabolism. And I can tell you personally for myself, I was late to the game. I started strength training, literally like when I turned 40 on the dot, I was like, this is it. I'm 40.

I have to start strength training. But I can tell you, in two years alone I've built 8 pounds of muscle, which is pretty impressive. And that's very hard to do.

And that has changed my metabolism. I'm actually able to eat more food now, than I was two years ago. Right? And that's because I've built muscle and my metabolism is quicker and faster.

Right. And I'm not saying don't do cardio because I will actually encourage people to do cardio. You actually need cardio for, your heart health. So we can't just do weight training.

We have to find the balance of, good cardio. But that cardio doesn't mean that we're on the elliptical for an hour and a half, or running, you know, 60 minutes every day.

That's not the type of cardio, right? Getting your steps in as the simplest way that I can encourage you to do it. And hitting about 10,000 steps a day.

We do know that now studies are showing that even just hitting 7000 steps a day reverses Alzheimer's disease, which is great. So just getting movement in can count for your cardio.

So it doesn't have to be, you know, sweating all the time. And you know, we're in a spin class, but you do have to have the balance for it for your heart.

So yes, I really encourage that. You do both. Absolutely. This is so important because most people are do not know that muscle muscle is a metabolic organ, right?

So we are actually burning calories. Most people are thinking about okay, basic metabolic rate. Your thyroid is, you know, like not working your BMR is low.

Well, the easiest way to increase your BMR is get more muscle. You know like you. That's right. You will increase it. So so thank you for again shedding so much light on that.

Now you kind of again brought an important topic of stress right. You know we everybody's stressed out. We are going through this like you know turmoil each and every day.

So talk about adrenals cortisol and how that affects their gut as well as kind of creates this issue with, you know, again, not unable to lose weight.

Yeah. So you know, all of us are stressed. I'll tell you this. I have not met one person in this world, at least none of my patients that I've met so far that is not stressed.

We can't live in a perfect little bubble. We can't be all Buddhist monks. Like, I wish we all could be. Right. We have to deal with that day to day life.

And that means that we're slightly stressed. But what? That what? That doesn't mean it. What? What you do have control, actually, of how you react to the stress.

And that's what I always say. So yes, stress is coming from all different angles. But how do you react to stress? How resilient is your body and how how are you?

And this is where sometimes I'll encourage that you, you know, meditate. Maybe you start off with a ten 15 minute meditation in the morning. Maybe you start with mindful breathing.

Whether it's prayer, quiet time, maybe you reflect in journal. You know, there's so many different ways that you can kind of manage some of this stuff.

I, I'm a huge proponent of also including adaptogens. Right. Because every single person is stressed that I have, man. So I will encourage taking adaptogens that are that can help you when your cortisol is up and when your cortisol is low.

Right. So I always explain this as if a bear is coming to attack you. We want cortisol to be high, right? This is the normal physiologic response, right?

Strength training, cardio, and muscle for metabolism

We want to run away from the spear. Well we've been under chronic stress for a long time. The bear has been attacking us or chasing us for like six months or longer.

Now our cortisol is like, going to start dropping and we get tired and we're like, I can't run anywhere from this bear. I want to go hide. I need to go go to a cave and just go sleep. Right?

And that's what's happening, right? So the cortisol drops and now you're tired and you're exhausted and you're like, oh my God, just just cooking drains me.

Just going to work. Like dropping my kids off is draining. So every little thing you're just beat, you're worn out. This is that burnout feeling that so many people experience.

It's like that chronic stress right now when that chronic stress happens, this is when we start notice everything else starts going around. You're not sleeping as well.

You're maybe waking up in the middle of the night. This is when you notice that when you're not sleeping, you're you're craving the sugars, the carbs and the sweets because now it's impacting your blood sugars, right?

And then you start realizing, oh my God, my stomach doesn't feel good because now it's causing some inflammation, right? And we notice that the gut barrier is not as strong when you could eat, get away with eating all that dairy before in your 20s and you were fine.

Now you can't eat the same during your 40s or more because the integrity of the lining is different, right? Because of that chronic stress. So all these things are literally interrelated.

And this is why I encourage making sure that you're, you know, managing the stress well to the best of your ability. And, and you have these tools and these resources.

So when you are in a stressful situation, your body's not going to immediately jump to that fight or flight mode, but instead you're like, okay, I understand that we're under a little bit of stress and said, let's let's kind of reevaluate quickly, let's see what we can do before my body starts reacting and causing more disruption.

Absolutely. I mean, you're talking about some adaptogenic herbs, right? So talk to me about it, you know, because obviously there are different kinds of ashwagandha, is there.

Maca root is there. That's right. Dancing is there. That's right. First of all, which one is your favorite? And then what do these adaptogenic herbs do so that people will know better?

So, you know, ashwagandha is probably one of my favorites. For some people, not for everybody. It it helps with again, it helps improve your cortisol.

So if your cortisol is high, it brings it down. If it's down, it kind of like brings it up a little bit. Kind of that's what adaptogens do. You know they kind of just keep you level and mellow kind of thing.

But it helps with your thyroid, which is one of the reasons why I like ashwagandha. And it also helps increase your testosterone for some people. So it can be one of those herbs that can help do multiple different things if you need it.

Now, if your testosterone is too high, then you're going to be in problem, right? And and I have some patients that have like grass allergy. So ashwagandha is not a good option for them. Right.

So but most of the time it is a great starting point. Rhodiola is also another one of my favorites as well, especially if they can't take ashwagandha.

I'll switch to Rhodiola because I know it's safer. It's not going to change their testosterone levels too much or especially if they're kind of feeling more like sad, depressed ish.

Rhodiola kind of helps with that. So I'll pick and choose differently. But they're all really effective because they're kind of keeping you stable and at homeostasis, which is like what we like to call it, versus that triggering effect.

Absolutely. So as we're talking about supplements, you know, like adaptogenic supplements will be a great addition, to what we want to do. We spoke about probiotics specifically.

Now, as you mentioned, there is a necromancer probiotic available. So to be more targeting for the metabolic issues, what are the other supplements that could be useful?

Let's talk about maybe some supplements which mimic the work of GLP one, if there are any. Or maybe support like, you know, weight loss in a similar way.

You know, like do you have any things to shed light on that? Yeah, there's a lot of new, there's a lot of new brands out there on the market. I have seen, I have seen it tested.

There's, there's a few on the market that, are helping produce GLP one. Some of the supplements have like chromium in them. They've got, different butyrate supplements in there, a lot of different fiber supplements.

So there's it's very emerging.

Stress, cortisol, and adaptogenic support

There's a lot of new information coming out. I'm sure by the time this podcast is released, they'll be like three new, natural GLP one agents on the market.

Right? So, it's it's very interesting to see everything emerging, but it all goes back to, how can we support the gut microbiome? How can we do that? How can we diversify the gut microbiome?

We can do that by adding fiber. We can do that by adding short chain fatty acids that that'll make short chain fatty acids, or add a short chain fatty acid or, just diversifying, you know, the probiotics and that kind of thing.

So, it's it's wonderful to see all the new emerging information, but yeah, definitely be on the lookout. Because they're, they're, they're really combining a lot of products these days.

So I'm kind of excited. Absolutely. Great. So we covered, you know, like definitely the diet piece of it where you focused like more on the fiber as well as the, the pre and the probiotic foods.

You know, you spoke about the exercise piece of it where, you know, strengthening is a very important piece working with the stress management. Anything else that you know, you have like you know that would be useful as

a way for people to maybe reset their metabolism, improve their a basic metabolic rate and lose weight or.

Yes, yes, I'll I'll leave you guys with this. One last thing. Many people, including myself, you know, for many, many years and, and still now we're under eating protein.

We're not eating enough protein. And this is probably the hardest thing. It does matter. You know, your how tall you are, your weight and what your ultimate goals are.

But we're under eating protein. And so I encourage people to focus on getting enough protein, like your essential diet should be lots of lean meats. Or if you're not eating animal products, that's perfectly fine.

You're just eating a lot of, healthy protein. And there's a lot of vegetarian vegan protein sources, that you can include in your diet. Right. So just a lot of protein, and it's about up ideal weight, whatever your ideal weight is about a pound, a pound per my thing was right, one gram of per pound of ideal weight.

So if you're again, you're weigh 150 pounds approximately, you want 250g of protein. That sounds like a lot of protein. And it is right. But even if you're able to hit like 100g of protein, that's a lot better than you probably are doing now.

So I can't encourage you more than to eat more protein and in form. And when you're hungry, instead of gravitating towards, crackers and chips and popcorn, whatever you're eating, is there protein in that in and ask yourself at all the meals that you're eating?

Is there protein in this meal? Is your protein in my breakfast, my lunch, my dinner and my snacks. And and if you're hitting that, then you're probably easily hitting that hundred grams of protein without even blinking. Right?

But if you're not, then maybe you'll rethink this, because this is how you build muscle and this is how you reset your metabolism. Absolutely. I think that was so important.

You know, point of that good quality protein is so important you like to include in your diet. And again, this is where a lot of vegan and vegetarian patients, you know, of our suffer because, you know, they are gravitating towards carbohydrates all the time.

And the thing there are no protein sources, but you correctly point it out.

Protein intake and closing resources

If you are focused enough of making sure that you're including protein each and every meal, you are going to reach that goal. So thank you so much for kind of including that point.

So that's great. You know, I think we had a great discussion about GLP one. You know, the gut health as well as the metabolism, how all it interconnects, you know, specifically for Hashimoto's and thyroid patients.

So tell us more like you know, where people can find you. Like, you know, how can you know, people want to work with you? How can they can do that? Thank you.

So, you can definitely follow me on Instagram. It's at Doctor Bindiya, MD. So Dr. Bindiya, MD. And I'm on all platforms Facebook all of that. You can use this you know that to find me everywhere else.

And our website is I have two websites I'll share both. One is drbindiyamd.com and the other one is my clinic reviveatlmd.com. So Revive Atlanta MD is where I am medical director.

We've been here for seven and a half, almost eight years. And we see a lot of patients, in person. But we also have a large virtual practice. I'm actually licensed in many, many states.

So, you know, please reach out and we can definitely do telemedicine, as well, if you're interested in that. And then you're if for anybody that has been excited about, everything that I've talked about, I do have a metabolism makeover course.

Right. And that's a great little, course that I put together a few years ago to help people kind of lose weight, kind of boost their metabolism, also improve their gut health, and kind of balance their hormones.

So you can find that, metabolism makeover course at, actually, it's a metabolism makeover course. If you just type in Metabolism Makeover, I think, I hope I spelled that right.com, you'll be able to access that.

And if you have any questions, just reach out and we're happy to redirect you as well. Absolutely. And obviously we will have all of these resources into the show notes.

So like you know go for it. You know, definitely check out all the great resources that Doctor Gandhi has. You know, like definitely a powerhouse of information, a lot of great things that you can get and obviously get results.

So please check her out. You know, like follow her on social media. Definitely great content that she shares. You know like I've seen that. So definitely you should go out there and check out.

So thank you so much again, Doctor Gandhi for coming here and sharing all of this great information. You know, shedding light on an important and emerging topic, which everybody wants to hear with.

So really glad that you were able to make it and share this information with us. Thank you so much again. This is wonderful. Absolutely. So thank you again.

And this is it. Guys, for today, check out other episodes that we are going to air. Also talking about all about Hashimoto's and thyroid health, various things that can help improve and reverse your thyroid condition.

So signing off today, this is Doctor Anshul Gupta. Take care. Bye bye.