Introduction and Guest Welcome

Welcome, Monisha Bhanote I am so glad that you were part of the MS and Neuroimmune Summit. I'm going to introduce you and, please correct me if I've left anything out.

Dr. Bhanote is a board certified integrative medicine specialist. and she has quintuple medical boards. in there, it's really, one of the luminaries in integrative medicine.

Functional culinary medicine, pseudo pathology in anatomic and clinical pathology. her brainchild. Well, Kula combines ancient wisdom with modern mind body science to envision a path towards optimal health and longevity.

Welcome, Monisha I'm so glad you're here. and when we're talking, in the beginning, you're holding up, your little dog So I invite you to introduce your friend here. Yes.

so this is our, patient, advocate here. So this is Miss Zahra, who is usually on some kind of call with me and everybody, absolutely loves her. And if you're wondering what kind of dog she is, she is a peekaboo, a Pekinese toy poodle.

Okay. Excellent. Now, we were talking about, I think it's so helpful for all the listeners to hear a success story of someone who had, perhaps some major health challenges.

I think a neurologic problem, that experienced some improvement. as they worked with you. Do you have one that comes to mind? Yeah, I absolutely I have a handful, but I'm.

Success Story: Neurologic Symptoms and Gut Health

I'm really thinking of an individual who, she is in her 50s, 52, I believe. And she came to me. Really? actually, she found me from attending one of my retreats.

So she attended one of my in-person events, my retreat, and, where I spent a lot of time, not only focused on the mind body aspect, but also the nutritional aspect of what are we fueling our bodies with?

What are we doing for ourselves selves? and, and I'll talk about all the different kind of cells because as a pathologist, I love talking about cells.

I spent years and years, actually decades, looking at them under the microscope. So we'll definitely get into the neuro immune, aspect of that. But this individual, you know, overall, she was okay.

She has this remote history of what she was told was an autoimmune disease, but she didn't have a label on it. Like, she didn't know what it was. She didn't have any diagnostics that she really had, confirmatory testing.

It was kind of very abstract. All she knew was she felt fatigued. energetically just worn down. And her main symptom that made her really nervous. And this is probably because we see a lot of this.

More so on the news with celebrities was the handshaking. She was shaking her hand. So she had this like, slight tremor of sorts. And, so her GP told her, you know, I think you have Parkinson's, and a center for this whole slew of tests and whatnot.

And I'm going, okay, that's in the differential. Right? I think it's aggressive to say what something is without doing adequate, in-depth testing, whatever we have available.

And, and that goes beyond what conventional care can provide us for available. Sometimes we have to dig even deeper. So what I really found was that she had a couple things going on.

One, she was severely, severely nutrient depleted. in a sense that she did not have the nutrients to make her neurologic cells function at the rate that they needed to.

Additionally, she also had some toxicity. She had mercury toxicity, which we know and, impacts on neurological health. So we spent, you know, a good six months, cleaning up her system with lifestyle practices, nutrition and really knowledge of optimizing her gut health.

And I could say now she does not have Parkinson's. I don't think she ever did. she did have some kind of neurologic, issue that has been resolved. And as long as she kind of continues to monitor the things that are possibly, involved in it and also taking care of her lifestyle, she can address that, on a long term basis.

So for me, that was like she actually just, portal messaged me because we have an appointment and then, next month, she's like, you know what? I'm feeling really good.

Can we push out the appointment a couple months? I'm like, absolutely. That's what I love to hear is you. You're feeling good. And I was listening. So we have some with a serious neurologic problem without a clear diagnosis.

And what we what Manisha did was she investigated nutrients that you need to run the biology of life to make your brain work, and toxicities that can interfere with quality of life and prevent your brain from working.

And by addressing those two things, we had a huge impact, even though there was never a specific diagnosis. I love this. because there are so many of us who have neurologic symptoms for 5 to 10 years before there's a clear diagnosis.

And they're they're chasing the diagnosis. But I want all of you listening to consider doing is what Mohnish just did was chase the nutrition, chase the toxic exposure, chase the diet lifestyle, self-care.

And your gut health, of course. So we did dive deep in her gut health and optimize. Let's talk about gut health. So what kinds of things did you do to investigate gut health?

Yeah. So, what we are looking at from the perspective of gut health is we're like, I always take a ayurvedic approach to this because in ayurveda we believe that all disease.

Let's explain ayurvedic because people may not know that term. Yeah. So ayurveda is a over 5000 year old whole body system of ancient medicine. So that is one of the whole body systems.

The other one that people might be more familiar with is TCM or traditional Chinese medicine, because they might have gone to an acupuncturist. But Ayurveda also looks at the body as a whole mind, body and spirit.

And in Ayurveda The root of all health issues really stems from gut health. So where I spend a lot of time looking at individual's gut health from a mal digestion perspective, meaning you can be eating the best diet and you just simply aren't getting the results, and you're putting all this effort in and it becomes quite frustrating.

But what might be the problem is you're not able to break down these amazing foods that you're eating to get those nutrients out of the foods, which then results in nutrient deficiencies.

Or you might have a problem with inflammation. And there is a number of different types of inflammation that an individual might experience from, inflammation associated with food sensitivities or inflammation associated with damaged to the actual lining, maybe from long overuse of medications like and acids are our mams of our generation.

You know, we just take them and don't realize the long term effects. and then we're also looking at, imbalance in

your gut. And I'm and I'd be happy to talk more on this because I think from a perspective of MS that microbial balance is really key in, and you want a healthy microbial balance, right?

How Gut Health Is Evaluated

So not everybody needs probiotics because you don't want an overgrowth at the same time, you don't want a deficiency, but you want the good guys in there.

Because at the end of the day, I would say your gut microbiome, these are your BFFs. If you ever needed a BFF, make them your friends, right? They BFF best friends forever.

You know you want to make your gut microbiome your best friends. and you want them good friends. and then we also look at, metabolites, meaning what are the metabolites that are being produced in the gut?

we have certain short chain fatty acids, like butyrate, which will help to, decrease inflammation in the gut and protect the gut lining. So seeing, where our body is in that place.

And then lastly, pathogenic organisms, some of us are walking around and we have been for years without realizing that we got some bad critters in there that are disease causing, and we don't know where we picked them up, but once we kind of clear those up, then things start moving better, in the body.

So you know, some people might think, oh, well, I don't have any gut issues. Like I move my bowels every day. I don't really have constipation, but I want you to think of gut health as if you get headaches, if you get fatigue, if you get, you know, sleep disturbances, you know, anything can be related back to your gut.

So that is the other, factor when incorporating in that individual's care. And all my patients that I incorporate. So now I'm going to ask what what kinds of tests are you doing.

Are you doing poop tests. Yeah. to analyze this. Yeah. So absolutely. So I do my my first round of testing is a blood plasma and urine test. And that's where I kind of explain to my patients that we don't go straight into the kitchen of your house.

Right. We are going to first build that foundation. that foundation is what's going to lay the groundwork for your body. Right? So that is your macaroni nutrients, micronutrient deficiencies, toxins.

So let's see what's going on in the structure of your house. Then we go into the plumbing, which is the kitchen, which is the heart of the home and the heart of your body.

And that's the way, you know, I explain it to my patients, because I think it's very important to understand that. Yeah, you might go to a doctor and they do the gut test first, but for some reason the treatment protocol might not work or something.

You need a solid foundation in the body in order for all these cellular processes to work. So you start with, checking nutrient levels, then. Yes. Nutrients, toxins, inflammatory markers.

really the the building blocks, amino acids. What is going on in that structure? And then, when you understand that, then you start wanting to look at, the gut microbiome.

Correct. And digestion, etc.. Yes. So, you know, that means that you're clicking some poop at some at some point. Yes, I do collect the poop at some point.

my patients, it's kind of funny because it's, you know, doing a three day stool analysis on an individual. They're like, do I really have to? I'm like, no, this is going to give us a lot of information.

And and they love the information, but they're like, that is the most disgusting thing. And I'm like, well, it depends

what you put in your body is what's coming out.

Right. So so keep that in mind that, your, your poop can vary based off of what you're actually putting in it. And then, so you collect, the three day poop.

Now you're getting information about, digestion, getting information about inflammation, about pathogens, about the good guys. And then you're creating your next level plan based on that information.

Yeah. So so we start creating the plan actually at the first visit. but we build upon it with all the testing that we get in over the next appointments. Right?

Because one of the things I think people forget is health is only 10% knowledge, 90% of it is behavior, right? So if health is 10% knowledge and 90% is behavior, we need to look at the lifestyle factors that are influencing our health.

And often we don't realize that the daily things that we do can impact it so greatly in both a positive and negative aspect. So really being in intentional with your 24 hours in the day and and that's what I do.

I have people walk me through, tell me what you did in the last 24 hours. Let's walk through from from the moment you woke up to the moment you went to bed.

What is it you're actually doing? What is it like? How are you moving your body? How are you sleeping? What are you fueling it with? And you know, before you go off and you're like, oh, I need to eat all this healthy food.

Wait a minute. Let's slow down. Right? I don't believe in diets. I really believe in nourishing and fueling your body. But you also got to look at I'm finding people just aren't eating like we're in this diet culture where it's like, I gotta take this out.

I gotta take this out. Instead of thinking of what you got to take out, let's talk about what you need to fuel it with. What to add. Yes. Now, I'm curious, do you do you have, a story?

Well, I guess your first story was someone who you discovered nurtured, insufficiencies toxins that you addressed was improving gut health. Part of that person's story as well?

Yeah, 100%. So I would say 99% of my patients I can find that their gut is the major culprit for all of their issues when coming in 99, I actually almost maybe 100%.

I don't think anybody has a normal gut. And it's it's kind of well, I wouldn't call it funny, but when I show them the test results and they see their scores and they understand, they're like, well, this can't possibly be normal.

And I'm like, well, let me show you mine. All right. So I'll pull up my test results because I do the same tests I do on my patients every year. And I'm like, I know you know the comparison because I know what symptoms are going on in my body.

And I also know if something like, you know, God forbid, I need to take a round of antibiotics or I went off track because, you know, this is we can't all be perfect.

Lifestyle, Nutrition, and Sustainable Healing

Happens. It stuff happens, life happens. and I can track my what was I doing to changes in my gut microbiome? And that is, you know, these are very valuable tools, but just having the tools is not enough.

It's what you're going to do with the information you get. Right? So you can do all the tests in the world. And I've had plenty of patients have just gone and done all this testing.

And I'm like, okay, well, you should be feeling great right now because you did all the testing. What's the problem? And it's they don't know how to apply it.

So you really want to work with a practitioner who knows how to interpret tests, knows how to apply it and build it into your lifestyle. It's got to be sustainable if you're trying to do things that are not sustainable for your 24 hours of a day, guess what's going to happen?

You're going to fail. It's kind of like, New Year's every single day where you're like, I'm going to go to the gym. I'm going to go seven days a week.

If you haven't been to the gym in a year, going seven days a week on New Year's, and the rest of that week is not realistic. Same thing when it comes to nutrition, right?

If you're like, okay, I'm going to fix my gut microbiome. And now all of a sudden you're going from the standard American diet to I'm eating seven salads and seven oatmeal, you know, and doing this one, your body is not going to feel good right away because it doesn't have the microbiome to break down those new nutrients.

And two, you're going to go, I feel like crap. Why am I doing this? Right? Because you got to understand, the food is, being broken down and all these nutrients are being broken down by your digestive enzymes, by the gut microbiome, all these things.

And and you can't swing the pendulum that far. You have to do it. Exactly. And, you know, I talk to my patients. I really encourage them to add fermented foods.

And, you know, I tell them, you know, I'll have, two cups of sauerkraut kimchi every day, but you can't start like that because you'll be miserable. You start with a little forkful, and you could stir that into whatever main course you're having, and you could gradually increase.

But you don't want to go, too fast. Yeah, absolutely. And since since you mention that, let me, also talk about, and maybe the patients have heard this, but I feel like it's important to hear it multiple times.

My patients love hearing this multiple times because then they get new ideas, right? So, Doctor Wall already mentioned having the probiotic rich food, right?

But your gut wants prebiotics, probiotics and post biotics. All right. So we want a, predominantly Whole Foods. Not in the package. You know, like real foods, nutrient dense diet.

So prebiotic rich foods might look like your things like, asparagus, leeks, almonds, apples, these kinds of things, incorporating them. Why? Because they're going to feed the good gut bacteria your probiotic rich food.

I love that idea of incorporating sauerkraut. you know, if you actually look at the different cultures around the world, aside from the American culture, you will find that all a lot of cultures have probiotic rich foods.

In India, we always have yogurt with our meal. in, Japan they might have miso soup. In Korea, the kimchi. Right. In Germany, the sauerkraut. So if you look, there are certain fermented foods throughout.

I guess American might be pickles. Pickles. Not bad. So, so, so think about incorporating that. And I always say do it in small amounts. Right. So if you can do a spoonful or two spoonfuls with breakfast, lunch and dinner, then you're getting it throughout the day instead of sitting down and having this huge overdose of probiotic rich food.

that's going to keep that nice, balance. And then last leave would be your post metabolites. Okay. Now post metabolites is not something you're necessarily going to, eat.

They are created by your good gut bacteria. So in order to create them you need to eat certain foods. So we want to create things like short chain fatty acids.

Like I said butyrate is great to keep inflammation down. it's also got the short chain fatty acids have a, anti-inflammatory effect and can cross the blood brain barrier.

Right. So this is going to be great for, Ms. patients. specifically butyrate, which can help in that formation of T cells. And, you know, I was I was like, show my patients, here's your cell.

We want to keep this guy happy. All right? I love my cells. And we want happy cells, not angry cells. When the body is is having symptoms. Those are angry cells.

And we want to nourish those angry cells and make them happy. So. Okay. Hang on. Yeah. So thank you so much for joining us today. I hope you found our conversation insightful, engaging.

Now, if you're a summit purchaser, stay right here because we're going to talk a lot about cells. if you're not, click on the button below or to the side to get access to a world of information.

Get ready to reclaim your health. Now, if you're watching this, thank you for being a summit purchaser and a member of our community. Let's dive right in. So let's talk.

Hold up your cells again and let's talk about cells. So, everyone knows a mess, or at least many people know that T cells and B cells are a thing and they sometimes go wrong with the Ms..

So could you tell us, you know briefly what are T cells and B cells and why are they getting us into trouble. Yeah absolutely okay I love this conversation.

Immune Cells in MS Explained

Let's go back to ninth grade biology. But we're going to do it in a fun way because I really want you to understand what's going on. Because these you want to keep these cells happy.

You want to keep the communication that's happening with the cells and other cells happy in order for your body to work. But there are key cells that are implicated in neuro immune mass diseases that we need to nurture.

You know, so the first one would be the T cells okay. So if you have a T cell here and and you know, for me, I've been looking at this under the microscope.

Like I said, psychopaths as a pathologist for decades. And, and there's certain, morphologic features that we see that, you know, I interpret to you guys as angry cells, and that's what's giving you the diseases, because when, when these are wrinkled or the nuclei aren't doing anything, or the proteins in here, everything's not working.

They create problems. So we we want to nurture these. So the T cells specifically are a type of white blood cell known as a lymphocyte that is responsible in cell mediated immunity.

Okay. So T cells specifically you can have two types, the T cells and then the cytotoxic ones. So we're talking specifically about T one and 17. And they are basically like orchestrating this immune response in the body okay.

And so run with me with this analogy. Okay. maybe this will help you understand what's going on with all these different cells. So if you are planning a party.

All right, so you say you're a party planner and you're planning a party for either a wedding or birthday party or something, right? So the T cells are going to be your main coordinators of what is going on at this party, and they're going to be the ones who design the theme, delegate the task, and it make sure that the party that's going on in your body and at your event is going well.

Okay. So when we have that, when we have a, let's say a party planner that's gone rogue and the rogue party planner, and they're like, some of these, decorations don't belong here.

And, they, they start removing, like, you know, some of these decorations that they're like, this doesn't go with the party theme, but those decorations are actually your myelin, the myelin sheath in your neurons.

Right? That is protecting your CNS, cells or your neurons or your brain cells. Your nerve cells. Okay, but now these T cells, these party planners are like, oh, well, I don't I don't like this decoration over here.

And they're going to start sending messages to who do they send messages to the other cells, the B cells. And they say all right B cells produce these antibodies produce these antigens, do all this stuff.

And now all of this starts getting stripped away. Right. And the B cells are a type of cell that will produce antibodies. But they will also, produce the cytokines.

they secrete the cytokines responsible for the immune response. and I think of the B cells more as your, the people who are creating the invitations to this event.

Right? So they create these invitations for each guest being very specific about all right. Here's an invitation for this antibody. And here's an invitation for this.

And updating the information. The problem is when it comes to mass is these invitation designers right. The B cells aka the B cells get confused and they start sending out invitations to the wrong people.

So in the wrong people attend the party, what happens? We have a problem there and it leads to unnecessary confused confusion and disruption in the party set up.

Ultimately, from an Ms. standpoint, this leads to a further amplifying immune response against the nervous system because now things are just getting attacked.

The third cell, I want you to think of is macrophages. Okay? I love macrophages. And you're going to have two types of macrophages involved here and narrow.

And you're going to have the ones that are more in the peripheral body. both have very similar roles because they are our cleanup crew. Okay. So they are the ones who are going to clean up everything at the party.

they're going to dismantle, the decorations. They're going to remove anything that does not belong there. The party set up. So when we have macrophages that are they're removing the, debris and the party crashes and all that stuff when they're working properly, it's a good thing.

When they are not working properly now they are eating up the myelin sheath. They're engulfing the myelin debris further exacerbating this process of demyelination.

All right. So we've got macrophages. And then the specific ones I wanted to mention to you are microglia. So these are the ones that are they're also macrophages.

But these are the ones specific in the brain and spinal cord. you know and they're also involved in that immune defense that CNS. And then they're going to remove damaged neurons and they're going to modulate inflammation and remove infections.

they're very, very specialized as opposed to other, macrophages. The microglia are specialized macrophages. You can think of them that way. So they're really they're at that party to, to make sure all the set up is exact.

and when they get damaged what do they do. Release pro-inflammatory cytokines once again exacerbate that neurologic process. and then the last cell that I want to mention is astrocytes.

Astrocytes are actually under the microscope. Super, super pretty star shaped cells, that are in the brain and spinal cord. And they're going to regulate your neurotransmitters.

They're going to regulate that blood brain barrier. if there is injury there, they play a role in injury. They're the behind the scenes support staff at your party.

All right. So we want them we want them to be doing what they're doing, making sure that all the logistics are running smoothly. They're going to maintain that the neurons and the neurotransmitters.

But when they go awry at this party, they get misdirected actions. So they're not doing what they're supposed to be doing. And this is where scar tissue comes in.

So instead of astrocytes, do like maintaining neurotransmitter levels. They're contributing to the formation of scar tissue or glial cells in the brain.

And that's why sometimes we see, you know, on imaging and stuff that there's stuff going on in the brain. although this is part of the repair process, it can interfere with the normal cellular functions.

So that's kind of an overview. and then there's two more cells when we dive back into the GI tract that I would love to talk about. So, we got cells that are either helping us.

Yeah. Recruiting us. and I'm thinking that you're going to tell us how our gut health will either make all these cells rogues or good guys and good ladies.

Am I am I correct? You are absolutely right. Yeah. So in order for me to tell you how to make the good guys and to keep all of this, at bay and keep this party in a nice, healthy direction instead of going, like, I don't know when the last time you were at a rave was, but but that's what's going on in my mind, that there's a crazy rave going on with your cells.

So the two other ones I want you to be aware of are entero sites. Okay. Entero sites are specific gut lining cells. So these are the cells that line your GI tract lining wall.

And they're very important in, the absorption of nutrients. And they play a role in your immune response. Remember, about 80% of your immune system lives in the gut.

So we want we want to make sure that our entero sites, are healthy and happy. And our entry sites are actually like the chefs, at the party. Right. So they are the ones who are preparing the food, i.e.

the nutrients to the guests to make sure that everything is going good. So with that, what we want to do is make sure that the entero sites are healthy and happy.

What are things that can influence, entero sites? our lifestyle. So if we are eating a lot of highly processed food, a lot of chemicals, a lot of prepackaged food that our body cannot identify if we are taking unnecessary medications like antibiotics, more often than we should if we are, in consuming high amounts, food additives and chemicals, like, you know, high fructose corn sirup and, diet sodas and these things that just are unnatural for our body.

Food, Gut Signals, and Neuroprotection

They can tell the entero sites, well, you know, I can't function optimally. So if you were back at this party, would you want the chef to serve you candy colored M&Ms and, you know, a sheet cake and diet soda?

That's actually what's happening at most parties, right? As opposed to, like, real healthful foods. So what's happening? Those entero sites are causing trouble from a, you know, disease perspective. And, influencing that microbiome balance and influencing the potential of autoimmune disease.

And then the last one, which is specific to the gut, is something called gut associated lymphoid tissue or gout. Okay. And this is the mucosal immune system that is in the GI tract.

So when I'm looking at people who have had biopsies like say you went for a colonoscopy or something and there is, you know, these little lymphoid aggregates and your biopsy and sometimes, you know, the GI doctor might take it out because he thinks it's a polyp, but it's actually just your your gut or your.

Immune. System. Yes. Yeah. So, but these play a critical role, role as well, because they're there to really communicate with the entero sites and say, these agents are harmful.

These agents are not harmful. Right. So it's a more localized inflammatory cell, whereas your lymphocyte sites, the T and B, are circulating in the blood.

The gault is stationary in the in the tissue. Yes. And the gut associated tissue. So so hang on. Let me see if I can paraphrase this for our listeners.

The food we eat, is going to either, help nourish our interest sites or irritate our interest sites because we aren't giving them the proper nutrients.

it won't be able to make the proper post biotic compounds. and, all of this speaks to the immune cells that line the gut in these immune cells. Either keep our immune system in the periphery in in our body calm.

in the immune system, cells in our brain, including the microglia, calm or pissed off and, rogue, attended, of the party in my brain. So either I have a happy party or I have a terrible party.

And the key is, am I eating foods that are. And now I'm going to have you tell us what kind of foods. we want our listeners to be eating. Yes, absolutely. So, I don't think you're ever going to forget the party and dumping yourself.

so, yeah, we want happy cells. We do not want angry cells. So we've already talked about the post biotic short chain fatty acid, type, production from eating free and probiotic rich foods.

Okay, then we want to consider other foods that, might be important. So this is where I'm thinking, tryptophan rich foods. So tryptophan metabolites, Tryptophan, protein. Right.

Well, tryptophan is an essential amino acid. Okay. So as an amino acid, it also has specific, bioactive compounds like indole and some of these other derivatives from tryptophan.

But tryptophan can influence this immune system. What what what foods do people need to eat to get that tryptophan? Yeah. So for me, the foods that I look at for tryptophan would be nuts and seeds.

Soy, legumes, whole grains and some veggies have smaller amounts of tryptophan like spinach, broccoli, potatoes, mushroom and then bananas avocados and dates.

and would meat fish. yeah. Yeah. So turkey turkey usually has tryptophan. it's one of those that you have at Thanksgiving and you're wondering why you're getting sleepy later.

It's a high amount of tryptophan. So that would be yeah. So that would be another source. so we have our post biotic prebiotic, probiotic foods, our tryptophan rich foods.

And you're going to see there's an overlap on all of these because at the end of the day, it's all whole foods. Real foods, not your your box. Yeah. Frozen prepackaged foods.

I think we're talking, vegetables. some fruits, nuts, seeds, legumes, whole grains. very important for vegetarians, clean sources of meat, for those who are eating meat, and, fermented foods according to your cultural preferences.

Yes. And so I just want to give them a few others that they might not have thought of. eat real foods, eat the rainbow of foods. Okay. So colors, make sure your plate has red, orange, green, yellow, you know, ROYGBIV on your plate.

But there's a few other ingredients that can be neuroprotective. Another one is polyamines. And, they are produced by your gut microbiome from specific amino acids like arginine and poly Amines are known to repair cells.

They have cellular repair processes and can help neuro protection and neuronal growth. Right. So, which is what we're dealing with with neurodegenerative diseases.

So arginine rich foods, once again you're going to hear me repeat nuts and seeds. Not one kind. So not just the pumpkin seeds or just the almonds. The variety okay. So do a gamut.

And if you're sometimes lazy like I am, which I admit, some days I'm just like, I just make my own trail mix. I buy all of them and put them in one jar, shake them up and make sure I have a cup of that every day instead of opening all the bags right?

We want to try and make our life as simple as possible. look, worms is another source of arginine, so not just chickpeas or black beans. Do all of them like kidney beans?

You know, lentils, soup, all different things. Plus they will have fiber. And what does the gut love? The gut loves fiber. so that would be another one.

And then whole grains. so, you know, some people are like, they stay away from grains all together. I'm going to recommend you incorporate them in a well-balanced diet, having, you know, a little serving of whole grains can really be beneficial.

the gut loves it. So, and that would be things like brown rice, steel cut oats, quinoa, quinoa, contains arginine and so does oats. Things like buckwheat.

Yes. Buckwheat. Absolutely. so that would be and then the last one I want you to consider is a Gabba.

Where to Find Dr. Bhanote

So, some gut bacteria produce Gaba. In fact, I just got a, very, very in-depth stool test this past year, which is my next level testing. And it says my body is producing so much Gaba, and I'm like, what's going on here?

Why am I producing so much Gaba? And when I look at my diet, I have the gut bacteria that produce Gaba. Now, why would we care about this? Because Gaba is a neurotransmitter that inhibits nerve transmission to the brain, so allows for a calming effect.

Right? So if you're eating Gaba rich foods, you can essentially calm down or quiet down. That angry party happening in the brain. so that can be found in specific strains of probiotics.

Not all, but specific strains. So certain strains of lactobacillus and bifida can have Gaba, producing bacteria. And then those fermented foods that I know you are eating, will also contribute to, having those bacteria.

and then yeah. While we could talk all day for hours, I think we should wrap this up. could you tell us how we could find you? what is your website? You must have some social media sites as well.

Yes, absolutely. So I am super easy to find. My website is drbhanote.com and my social media, Instagram, Facebook, and YouTube are all @drbhanote So you will find me right there and we can talk about cells as much as you want.

And why don't you spell your name, for our listeners as well? Yes, it's D R Doctor and then Bhanote is B H A N O T E Thank you so much. This has been wonderful.

Thank you so much for having me, Terry.