



## Top Ten Intelligent Medicine podcasts of 2019 (part two)



Last week, I began my recap of the best *Intelligent Medicine* podcasts of the year, highlighting topics ranging from childhood illness to DNA testing kits! This week, I'm finishing up our yearly Top Ten with five more picks for you to enjoy before the ball drops on Tuesday!

**Optimizing Sexual Performance for Women:** Dr. Madeleine Castellanos joined us for a discussion of integrative treatment of female sexual dysfunction. Dr. Castellanos was a chapter co-author with me on “Integrative Sexual Health,” part of a Dr. Andrew Weil series of textbooks about integrative medicine. She offers a deep dive on women’s sexual responses, which involve a complex interplay between physical and psychological factors. What health benefits does sex confer? What are common roadblocks to sexual enjoyment among women? Why was “female Viagra” a bust? What are the roles of testosterone, DHEA, pregnenolone, oxytocin, estrogen, progesterone? Why are birth control pills and antidepressants sexual downers? Can a woman’s thyroid get in the way of her sexual enjoyment? Do diet and supplements make a difference? Are nutraceuticals like Maca, ginseng and soy isoflavones helpful? What does “Mindfulness” have to do with sex?

**A Revolution in the Diagnosis and Treatment of GI Disorders:** SIBO—small intestine bacterial overgrowth—is a concept that has revolutionized our diagnosis and treatment of common GI disorders, especially IBS (irritable bowel syndrome). Gary Stapleton, founder and director of Aerodiagnostic Labs, is a leading authority on the performance and interpretation of testing for SIBO. What is SIBO? Who might suspect they have it? SIBO manifestations go way beyond just gastrointestinal symptoms like diarrhea, cramps, bloating and constipation; SIBO often is an underlying cause of autoimmune disorders and even brain fog, depression, anxiety and fatigue. Why test? What’s the principal behind breath testing? How does detection of various gases guide therapeutic decisions and increase treatment success? Are there alternatives to drugs for treatment of SIBO? What can go wrong with breath testing? Improper patient prepping, imprecise collection, poorly calibrated testing machinery, and inexperienced interpretation can confuse the diagnosis. Stapleton outlines the extraordinary steps Aerodiagnostics takes to assure quality control. Breath testing can also be used to pinpoint diagnoses of lactose, fructose or sucrose intolerance.

**Natural Treatment for Chronic Fatigue Syndrome:** Dr. Courtney Craig, herself a sufferer of Chronic Fatigue Syndrome, first diagnosed at age 16, has made CFS/ME her professional focus. She is author of *All My Test Results are Normal: A Smart Guide to Testing for Chronic Fatigue Syndrome*. She discusses her decades-long personal journey towards wellness and improved productivity. What are current theories about the causation of CFS? Why is it often relegated to a “waste basket diagnosis”? Are

there objective tests for CFS? Why do some persist in claiming it's a psychological condition? The controversial role of "graded exercise" for CFS recovery; The possible benefits of a Keto diet or intermittent fasting; Mitochondrial support? Microbiome diversity? Antioxidant and anti-inflammatory supplements? Low-dose naltrexone (LDN)? Antivirals? Ampligen? Cortene? How have the "Millions Missing Marches" dramatized the plight of CFS sufferers?

**The Water You Drink:** With all the emphasis on optimal hydration, it's especially important that we pay attention to, not just the quantity, but the quality of our water. The recent lead debacle in Newark highlights the hazards posed by contaminated water. But there are numerous contaminants in our water, and many are not policed adequately by regulators. Naturopathic physician Tina Beaudoin highlights some of the problems: What is the history of water quality oversight and how is tap water regulated in our country? Are the rules monitored and enforced? How is our water disinfected? What about water fluoridation? What are some of the major contaminants found in drinking water? How do you determine if your water source is safe? What are the different types of water filtration? How can you tell if you have a quality water filter? What about bottled water?

**Dispelling Myths About Meat:** This year's EAT-Lancet report is a blueprint for a nearly meatless planet. It claims that the world's population can reap health benefits while averting climate catastrophe and widespread environmental devastation. But this episode's guest, Nicolette Hahn Niman, believes otherwise. She's a rancher, former vegetarian, environmental lawyer and author of **Defending Beef: The Case for Sustainable Meat Production**<sup>ⓧ</sup>, an eloquent defense of sustainable, regenerative agriculture. Niman demolishes the myth that meat-raising needs to be bad for the environment, or that meat consumption is the prime driver of our modern epidemics of degenerative disease. Are "cow farts" adding to the burden of global greenhouse gases? Is there an alternative to factory farms and polluting hog lagoons? Is it elitist to urge people to consume pricey organic, grass-fed meats? What are the food industry and agribusiness incentives to push a vegetarian agenda? Niman ultimately concludes that there's hope that with greater consumer awareness and engagement by ethical meat producers, we can revolutionize our dysfunctional agricultural economy, preserve our environment, and advance the health of Americans.

I hope you've enjoyed our stroll down Podcast Memory Lane! I urge you to take some time during what's left of your holiday break to further your health knowledge by taking in a few episodes.

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Wishing you all a Happy and Healthy New Year!