

Title of Program: Mastering the Gut & Microbiome: The Epicenter of Health in the 21<sup>st</sup> Century

Date: May 4, 2024

Time: Saturday 8:00 am - 5:00 pm

Instructor: Jennifer Stagg, ND

Total CE hours: 8

### Program description

Gastrointestinal conditions are one the most common complaints of patients that present to an integrative medical practice, so it is important for clinicians to have a deep understanding of the core principles of GI function, as well as a current view of key pathways where GI health can be disrupted. Furthermore, GI dysfunction can not only lead to conditions and disease states within the GI system, but can also result in systemic disease, supporting the old adage, "all disease begins in the gut." Evidence now supports the critical role of gut health, especially that of the microbiome, in human disease. Knowing the most useful testing modalities, and when to use them, is necessary to guide selection of effective therapeutic options to address the unique needs of each patient.

Join us as we explore updates on this topic from a clinical perspective with actionable evidence-based therapies and protocols. We will include a review of these concepts and therapies with real world patient cases.

### Program Objectives

At the end of the seminar, healthcare professional attendees will have a detailed understanding of:

- The updated fundamentals of digestive function and the microbiome/ mycobiome
- The role of the gut barrier and gut-mediated immunity in disease
- Routine GI clinical testing and functional diagnostics • Diagnosis and management of SIBO and SIFO
- Integrative nutritional management of common and complex GI conditions, including case study reviews

### Outline

#### 8-9 AM Understanding Digestive Function

1. The role of enzymes, hydrochloric acid, bile salts and gut hormones
2. Bitter receptors and signaling
3. Enteric nervous system and migratory motor complex

#### 9-10 AM—Microbiome, Mycobiome and Optimal Health

1. Key aspects of a healthy microbiome and mycobiome
2. Defining dysbiosis, pathogenic strains, candida overgrowth vs. systemic candidiasis
3. Exogenous contributors to dysbiosis
4. The role of phytonutrients in health of the microbiota and nutrition-based interventions

10-11 AM— Gut Barrier, Immune Function and Stress

1. Understanding gut barrier structure and function
2. Overview of gut mediated immunity
3. Implications of permeability in systemic disease
4. Impact of emotional stress in the gut

11-12 PM GI Assessment and Testing in an Integrative Practice

1. Routine clinical assessments
2. Common GI testing
3. Interpretation of advanced stool profiles
4. Food intolerance and intestinal permeability

12 pm – 1 pm – Lunch provided by Biotics

1-2 PM Integrative Management of Common GI Conditions

1. Constipation, Diarrhea, Irritable Bowel Syndrome
2. GERD, Hypochlorhydria and Functional Dyspepsia
3. Intestinal Permeability, Malabsorption Syndrome

2-3 PM SIBO, SIFO

1. Symptoms, Predisposing Factors, Incidence
2. Effects and dysfunction in body systems
3. Assessment
4. Condition management

3-4 PM Integrative Medical Approaches Complex and Advanced GI Conditions

1. Non-Alcoholic Steatohepatitis (NASH), Gastritis/ PUD, Exocrine Pancreas Insufficiency (EPI), Celiac Disease
2. Inflammatory Bowel Disease, Cyclic Vomiting Syndrome, Diverticular Disease, Gastroparesis, Achalasia, Microscopic Colitis

4-5 PM GI Case Studies

1. Case management in a wide variety of GI conditions including chronic diarrhea, SIBO/SIFO and inflammatory bowel disease
2. Evidence Based nutrition protocols