

Digestion, Absorption and Microbiological Imbalances

Digestive diseases encompass more than 40 acute and chronic conditions of the GI tract. More than 70 million Americans are afflicted with some disease of the digestive system. The annual economic impact on the US economy is more than \$141 billion. It is acknowledged that western lifestyle and diet are major drivers of diseases of the GI tract. The adoption of an integrative model by practitioners would achieve more effective prevention and treatment of digestive disease.

Hour 1

Review association between digestive health and chronic disease.

Gut microbiome in health and disease

Review pathophysiology and nutritional therapies for intestinal permeability, small bacterial overgrowth and dysbiosis and fungal infections.

Hour 2

Gut brain connection

Gut dysfunction might lead to inflammatory disease.

Clinical pearls.