Functional Nutrition & The Gut: Understanding Your “Other Brain”

Interview with Kathie Swift, MS, RD, LDN
Co-author of The Inside Tract: Your Good Gut Guide to Great Digestive Health
Learning Objectives

At the conclusion of this webinar, the learner will be able to:

- Define integrative and functional medicine
- Define integrative and functional nutrition
- State three benefits of functional nutrition, and why the author chose to specialize in it
- Define the ENS, and state three characteristics of it
- List three conditions that occur outside the gut that are influenced by gut health
- Describe two guiding principles of the Inside Tract Diet
- Define the term ‘detox’ as used in The Inside Tract
- State two ways to encourage detoxification
- Define probiotics, and state three conditions they have been shown to mitigate
- State a basic principle of each of the three food plans
What is Integrative and Functional Medicine?

- Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.

- Reference: [http://www.imconsortium.org/about/home.html](http://www.imconsortium.org/about/home.html)
Functional Medicine

- Functional medicine involves understanding the *origins, prevention, and treatment* of complex, chronic disease.

- Hallmarks of a functional medicine approach include:
  - **Patient-centered care.** The focus of functional medicine is on patient-centered care, promoting health as a positive vitality, beyond just the absence of disease. By listening to the patient and learning his or her story, the practitioner brings the patient into the discovery process and tailors treatments that address the individual’s unique needs.
  
  - **An integrative, science-based healthcare approach.** Functional medicine practitioners look “upstream” to consider the complex web of interactions in the patient’s history, physiology, and lifestyle that can lead to illness. The unique genetic makeup of each patient is considered, along with both internal (mind, body, and spirit) and external (physical and social environment) factors that affect total functioning.
  
  - **Integrating best medical practices.** Functional medicine integrates traditional Western medical practices with what is sometimes considered “alternative” or “integrative” medicine, creating a focus on prevention through nutrition, diet, and exercise; use of the latest laboratory testing and other diagnostic techniques; and prescribed combinations of drugs and/or botanical medicines, supplements, therapeutic diets, detoxification programs, or stress-management techniques.

- Reference:  http://functionalmedicine.org/about/whatisifm/
What is Integrative/Functional Nutrition?

- How is it different?

- How did you become an integrative and functional medicine dietitian?

- What opportunities does it offer RDs?
Benefits of the Functional Approach

- Understanding of root causes
- Genes + Environmental Influence
- Radial approach to the Nutrition care process
- Conventional and Functional diagnostics
The Inside Tract Book: Three Parts

- Part I: The Gastrointestinal Superhighway
- Part II: The Inside Tract Prescription to Wellness
- Part III: Food as Medicine for Digestive Health
The Inside Tract Book: Three Parts:

Part I: The Gastrointestinal Superhighway
The Enteric Nervous System (ENS)

- Only system in your body—besides the brain—that has its own dedicated nervous system
- Highly integrated into CNS
- Negative emotions impact gut health
- “Gut Instincts”
- ENS is central in integrative/functional medicine
The Gut’s Role in Health and Disease: A Look at Traditional Medicine

- Ayurvedic medicine and TCM
- Digestion is central to health
- Poor digestion is root of disease
- Holistic perspective that aims to keep people healthy—gut health is essential to overall well-being
Diseases Related to Gut Health

- Epidemic of chronic disease in America
- 60-70 million Americans affected by a digestive disease
- Many other chronic illnesses likely originate at least partially from GI imbalances—allergies, arthritis, chronic fatigue, migraines, osteoporosis, etc
- A diseased gut can cause systemic symptoms! (e.g., SIBO)
- Dietary changes should be frontline therapies
The Inside Tract Book: Three Parts:

Part II: The Inside Tract Prescription to Wellness
Functional/Integrative Approach to Treat Disease & Promote Wellness

The Inside Tract Diet: 10 Principles of Nutritional Integrity
- RDs would agree with list
- Great to use with clients
- Incorporates functional medicine principles:
  - Maintain acid-alkaline balance
  - Low-glycemic load and gut function

The Inside Tract to a Better Life:
- Lifestyle survey
- Tips and guidelines for relaxation and cognitive reprogramming, meditation, exercise and more.

How does Kathie use?
Functional/Integrative Approach to Treat Disease & Promote Wellness

- Toxins and Detox
- Controversial!
- Let’s get our definitions straight
- Book has basic guidelines for:
  - Limiting toxin exposure
  - Detox → optimizing your body’s elimination and detoxification pathways
  - Food and lifestyle are central!
- How does Kathie use?
Functional/Integrative Approach to Treat Disease & Promote Wellness

- Food is central, but supplements also helpful
- Indications for use
- Ex: Probiotics “Eat Foods that Promote Good Digestion and Support Gut Flora”
  - What are they?
  - Different kinds
  - Considerations for use
  - What are some types you use for what conditions?
The Inside Tract Book: Three Parts:

Part III: Food as Medicine for Digestive Health
Track 1: Foundational Food Plan

- What is it?
- How did Kathie develop?
- Who is it useful for?
- Anecdotes/experiences with use
Track 2: Exclusion Food Plan

- What is it?
- How did Kathie develop?
- Who is it useful for?
- Anecdotes/experiences with use
Track 3: Specific Food Plan

- What is it?
- How did Kathie develop?
- Who is it useful for?
- Anecdotes/experiences with use
Question & Answer
For Your Continued Learning

- *The Inside Tract: Your Good Gut Guide to Great Digestive Health* (20 CPEs)
- Available at [http://www.skellypublishing.com/The_Inside_Tract_p/tract-01.htm](http://www.skellypublishing.com/The_Inside_Tract_p/tract-01.htm)
For Your Continued Learning

- Consider joining Dietitians in Functional Medicine (DIFM DPG) practice group of AND
- Learn more at: [http://integrativerd.org](http://integrativerd.org)
- Join the DIFM listserv!
- Questions? [info@integrativeRD.org](mailto:info@integrativeRD.org)
- Pre-FNCE conference: Diabesity: Integrative/Functional Nutrition Therapy
  – Sat Oct 4\textsuperscript{th}, Philadelphia
Thank You!

- Thanks for joining us!
- Please click the link below to receive your 1-CPE certificate: