

Gut Health

Whole30 Coaches Summit 2019

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kestrelwellness.com/summit



All disease begins in the gut.

- Hippocrates

Case #1

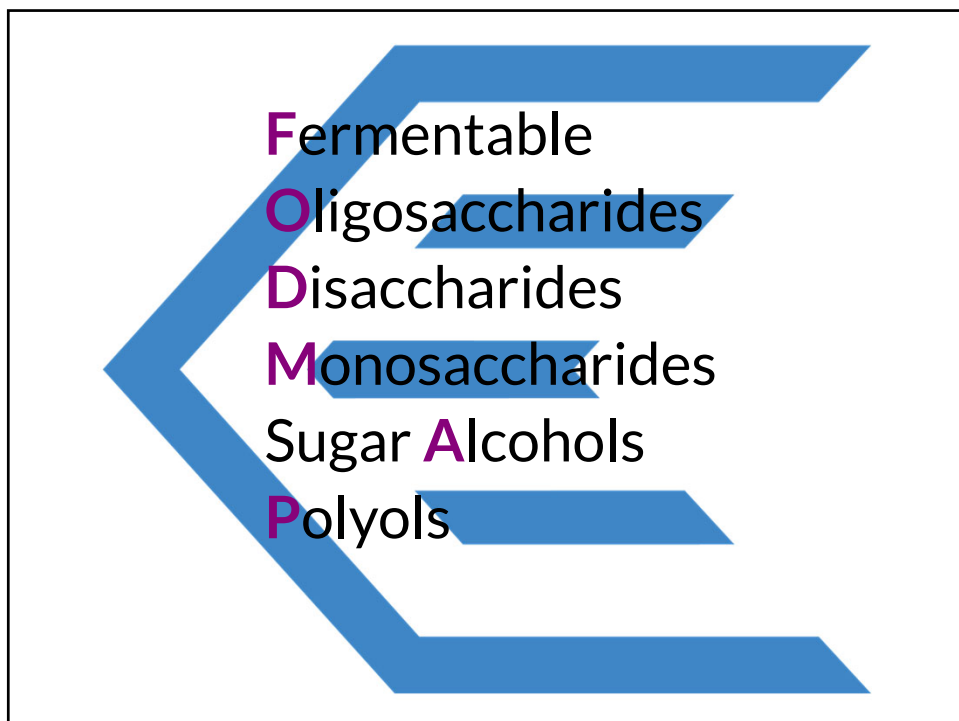
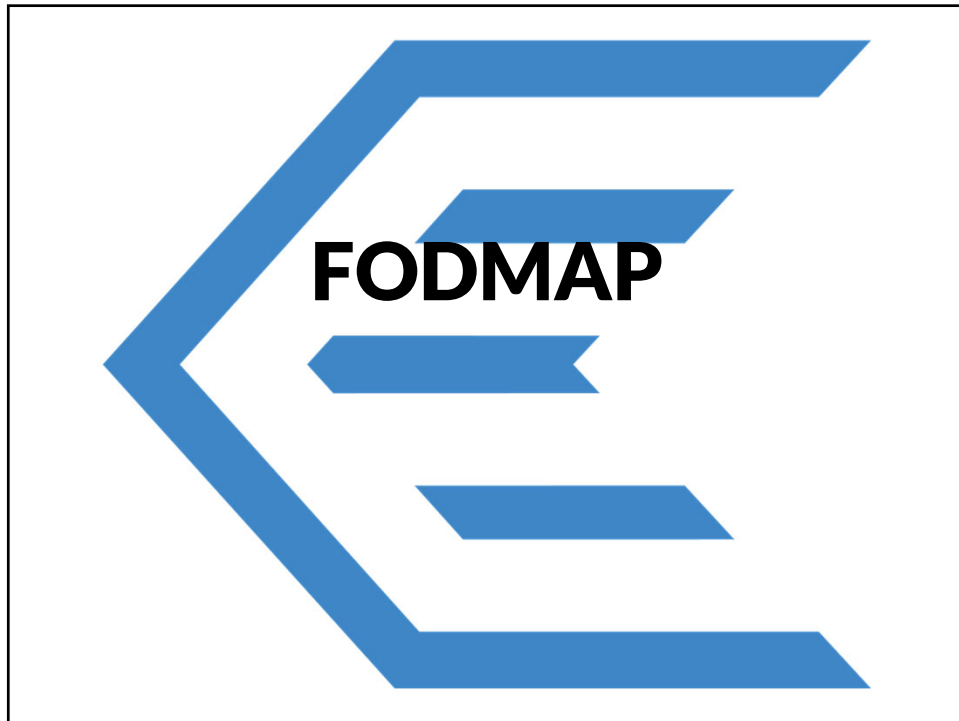
In groups of 3 or 4

- Discuss potential causes
- Discuss potential treatments
- Discuss helpful resources

IBS Symptoms

- Bloating
- Flatulence
- Abdominal Pain
- Diarrhea
- Constipation
- Urgency
- Tenesmus
- Relief with stooling

IBS is a series of symptoms
due in part to poor
absorption of saccharides



Fermentation

- Chemical reaction that turns a sugar into an acid, alcohol or gas
- Common reaction for bacteria and yeast
- Can happen in human cells (lactic acid)
- Can produce different gases hydrogen and methane

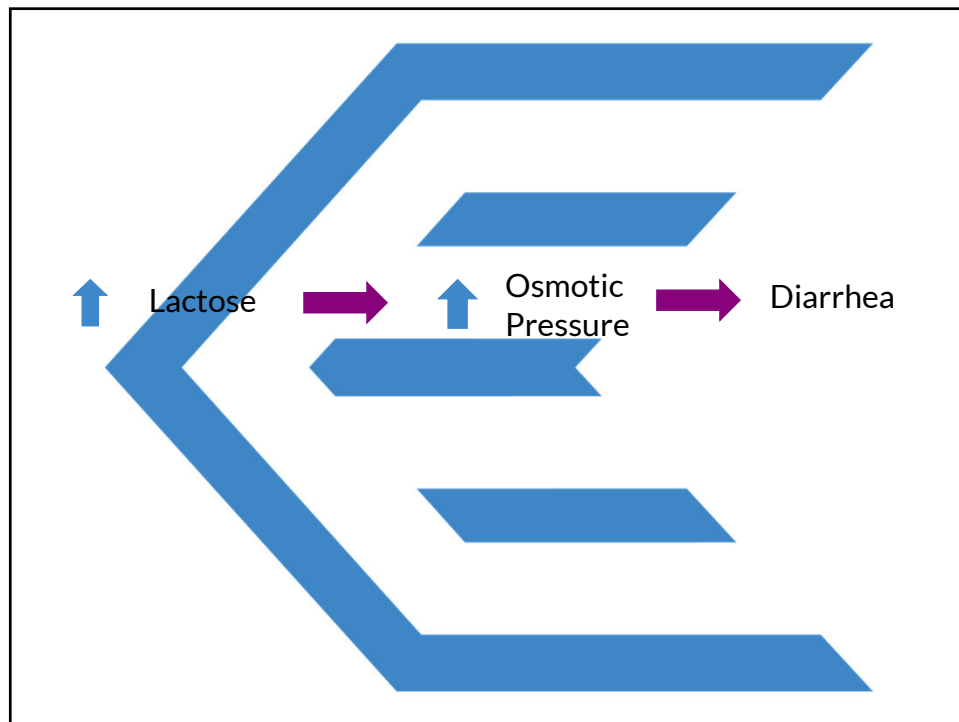
Bond Problems

Lactose

- Lactase required to digest into galactose and glucose

Raffinose

- Galactose joined by an alpha bond to fructose
- Found in beans
- Must have alpha galactosidase to break the bond
- Alpha galactosidase is found in beans



Fructose

- Monosaccharide
- Combines to fructo-oligo-saccharides (FOS)
- Absorption through 2 pathways
 - GLUT2 in presence of GLUCOSE
 - GLUT5 a low-capacity facultative transporter

Increased symptoms if there is not a balance of fructose to glucose.

Fructose and Fructans

- Wheat accounts for the majority of people's fructan intake!
- Found in high levels in certain fruits, vegetables, and grains.

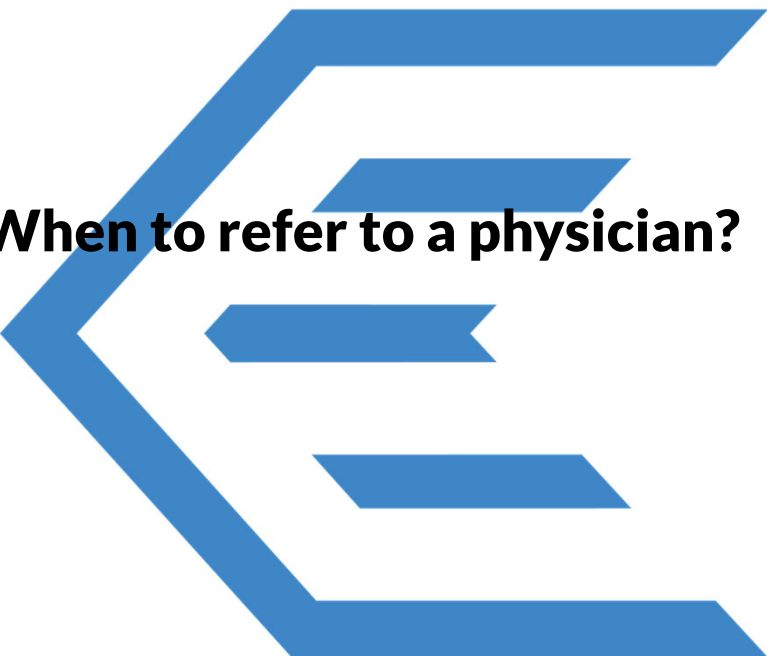
Polyols

- Fruits like apples and avocado
- Vegetables such as cauliflower have high levels of mannitol
- Sweeteners
 - Sorbitol
 - Mannitol
 - Isomalt
 - Xylitol

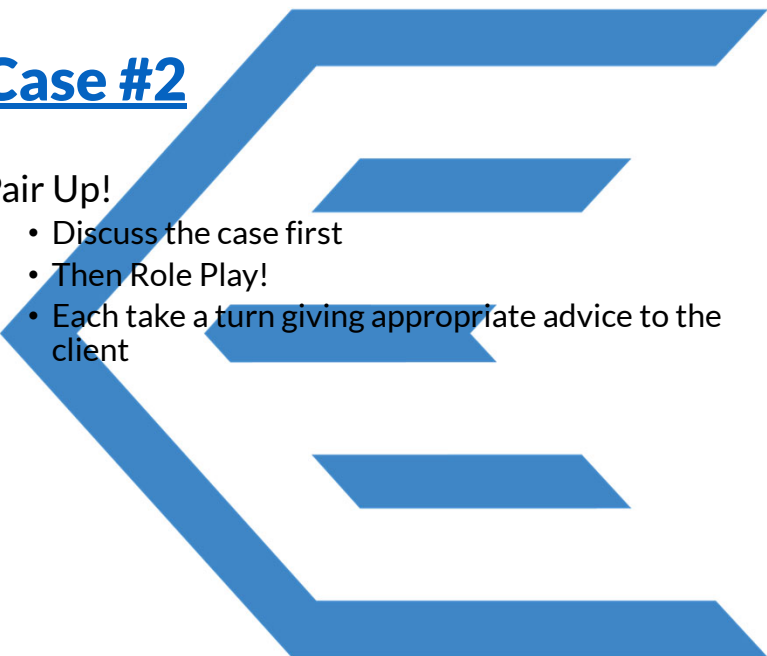
These are not **allergies**...

- Limiting the FODMAPS has a **dose response** unlike celiac or some other type of allergy.
- This can be a bit difficult for patients to understand.
- For example, for some people onions are a major source of symptoms but using onion powder to season would not cause symptoms.

Whole30 and IBS

A large blue geometric graphic consisting of a large 'L' shape with three horizontal bars of varying lengths extending from its right side.

When to refer to a physician?

A large blue geometric graphic consisting of a large 'L' shape with three horizontal bars of varying lengths extending from its right side.

Case #2

Pair Up!

- Discuss the case first
- Then Role Play!
- Each take a turn giving appropriate advice to the client

