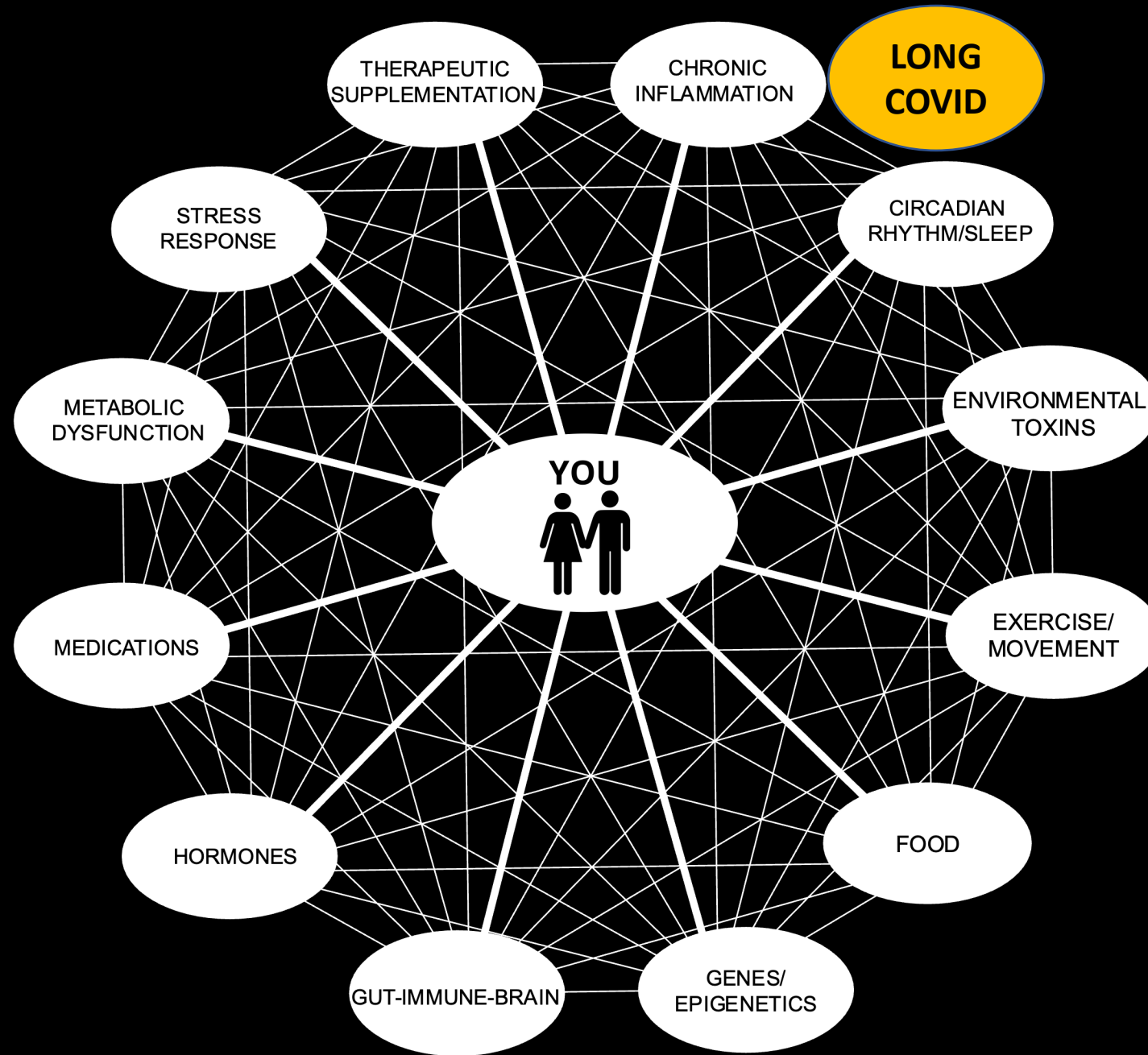


# Gut Health: Webinar 1

1. Gut symptoms questionnaire
2. 5 R Program of gut healing
3. Elimination diet
4. Low FODMAPs diet
5. Lactose intolerance
6. How to decide on the best approach to a patient



# Gut Symptoms Questionnaire

<https://drkar.md.com/gut-symptoms-questionnaire/>

# Gut Conditions

1. DGBI/IBS
2. GERD
3. SIBO
4. SIFO
5. Inflammatory Bowel Disease. Crohn's and  
Ulcerative Colitis
6. "Leaky Gut"
7. Gastroparesis
8. Food sensitivity
9. Lactose intolerance
10. Celiac disease
11. Non-Celiac Gluten Sensitivity
12. Colon cancer
13. GI TB
14. Covid 19
15. Mast Cell Activation Syndrome (MCAS)

# DGBI -Disorders Of Gut-Brain Interaction

A group of disorders classified by GI symptoms related to any combination of:

- Motility disturbance
- Visceral hypersensitivity
- Altered mucosal and immune function
- Altered gut microbiota
- Altered central nervous system (CNS) processing

# IBS-DGBl Disorders Of Gut-Brain Interaction

## Rome IV Criteria

Recurrent abdominal pain on average at least 1 day/week in the last 3 months, associated with two or more of the following criteria:

1. Related to defecation
2. Associated with a change in frequency of stool
3. Associated with a change in form (appearance) of stool

Criteria fulfilled for the last 3 months with symptom onset at least 6 months prior to diagnosis

# GERD

## Symptoms

- Heartburn
- Regurgitation or “repeating” food
- Chest pain
- Nausea
- Problems swallowing or pain while swallowing
- Chronic cough or hoarseness

# Gut Symptoms



Alarming features
Blood in stools
More than 10% unintentional weight loss
Disease that wakes the patient up during the night
Fever
New onset of signs and symptoms after the 50 <sup>th</sup> year of age
Family history of colorectal cancer, inflammatory bowel disease, or celiac disease

**Iron deficiency?**

Hadjivasilis, Alexandros, et al. "New insights into irritable bowel syndrome: from pathophysiology to treatment." *Annals of gastroenterology* 32.6 (2019): 554.



GUT HEALING

**5-R PROGRAM**



# WHAT IS THE 5-R PROGRAM?

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Remove

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Replace

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Reinoculate

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Repair

---

Rebalance

# REMOVE

- Food sensitivities. Gluten, dairy
- Parasites, bacteria or yeast. H. Pylori

# Non-Celiac Gluten Sensitivity (NCGS)

# Gluten Sensitivity Is Not Celiac Disease

<https://drkar.md.com/are-you-sensitive-to-gluten/>

<https://drkar.md.com/should-you-stop-eating-gluten/>

# Lactose Intolerance

# Lactose Intolerance

- Lactose intolerance is a condition that makes it difficult to digest lactose.
- Lactose is normally broken down by lactase, which is produced by cells in the lining of the small intestine.
- Congenital lactase deficiency is rare.
- Lactose intolerance in adulthood can be caused by the reduced production of lactase after infancy (lactase non-persistence).
- Acquired: Damage to villi
- Symptoms: abdominal pain, bloating, flatulence, nausea, and diarrhea beginning 30 minutes to 2 hours after eating/drinking lactose-containing food.

# Lactose Intolerance

- Approximately 65 percent of the human population has a reduced ability to digest lactose after infancy.
- Lactase non-persistence is most prevalent in people of East Asian, West African, Arab, Jewish, Greek, and Italian descent.
- Not common in people of Northern European descent.



# Lactose-containing Food

Lactose is found in food containing animal milk and dairy products made from milk from cows, goats and sheep.

- Milk
- Butter
- Cheese
- Cream
- Yoghurt
- Ice cream

Processed foods can also contain lactose

- Cereals
- Bread, crackers, cakes, cookies, and pastry
- Sauces and salad dressings
- Diet and protein shakes

Beware of  
lactose-free  
food.  
Read food  
labels.

# Low FODMAPs Diet

# FODMAPs

FODMAPs are short-chain carbohydrates (sugars) that aren't absorbed properly in the gut, which can trigger symptoms in people with IBS.

- **F-Fermentable**
- **O-Oligosaccharides**. Fructans & GOS - found in foods such as wheat, rye, onions, garlic and legumes/pulses.
- **D-Disaccharides**. Lactose - found in dairy products like milk, soft cheeses and yogurts.
- **M-Monosaccharides**. Fructose - found in honey, apples, high fructose corn syrups, etc.
- **A-And**
- **P-Polyols**. Sorbitol and Mannitol - Found in some fruit and vegetables and used as artificial sweeteners.



## HIGH FODMAP FOODS AND

## LOW FODMAP ALTERNATIVES

Vegetables

Artichoke, asparagus, cauliflower, garlic, green peas, mushrooms, onion, sugar snap peas

Aubergine/eggplant, bean (green), bok choy, green capsicum (bell pepper), carrot, cucumber, lettuce, potato, bean shoots, zucchini (1/5 cup or 65g)

Fruits

Apples, apple juice, cherries, dried fruit, mango, nectarines, peaches, pears, plums, watermelon

Cantaloupe (3/4 cup or 120g), kiwi fruit (green), mandarin, orange, pineapple, strawberries (5 mediums)

Dairy and alternatives

Cow's milk, custard, evaporated milk, ice cream, soy milk (made from whole soybeans), sweetened condensed milk, yoghurt

Almond milk, brie/camembert cheese, feta cheese, hard cheeses, lactose-free milk, soy milk (made from soy protein)

Protein sources

Most legumes/pulses, some marinated meats/poultry/seafood, some processed meats

Eggs, firm tofu, plain cooked meats/poultry/seafood, tempeh

Breads and cereal products

Wheat/rye/barley based breads, breakfast cereals, biscuits and snack products

Gluten free corn flakes, oats, quinoa flakes, quinoa/rice/corn pasta, rice cakes (plain), sourdough spelt bread, wheat/rye/barley free breads

Sugars/ sweeteners

High fructose corn syrup, honey, sugar free confectionery

Dark chocolate, maple syrup, rice malt syrup, table sugar

# Elimination Diet

## Basic Elimination Diet:

- Eliminate gluten, dairy, soy, corn, processed food, grains, sugar, alcohol. Coffee? Tea?
- Eliminate for 2 weeks.
- Reintroduce one food at a time. Start with favourite food. Wait for 3 days before introducing next food.
- Track symptoms. Headache, “brain fog”, joint pain, itching, gut symptoms.

# REPLACE

- Digestive Enzymes
- Hydrochloric Acid
- Bile Acids

# REINOCULATE

- Address gut dysbiosis. Food
- Prebiotics
- Probiotics

# REPAIR

By providing key nutrients like

- Zinc
- L-glutamine
- Antioxidants



# REBALANCE

- Sleep
- Stress management
- Movement/exercise



# WHAT IS THE 5-R PROGRAM?

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Remove

---

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How to decide on the best  
approach to a patient

## SYMPTOM SCORING

Less than 60=Mild

61-100=Moderate

101 and more= Severe.

- Start with an elimination diet.
- Support liver detoxification.
- 5-R Program