



Cynthia Libert, M.D.
Functional Medicine for the
Brain & Body

The Brain Protection Plan:
How to Heal the Gut
(Seal the Leaks & Cultivate a Healthy Microbiome)

The Industrial Revolution & the Modern Gastrointestinal Experiment

- Refined sugar and flour became affordable
- Frozen, packaged, microwavable, globally shipped
- Additives: preservatives, dyes, artificial flavors and sweeteners
- Stress, poor air and water
- Soil nutrient depletion
- Widespread pesticide contamination on popular fruits and vegetables
- 20% of all American meals are eaten in the car
- Americans spend 10% of their disposable income on fast food every year.

What Americans are eating per year

- 638 cans of carbonated drinks (age 12-29)
- 134 pounds of refined sugar
- 90 pounds of fats and oils
- 63 dozen donuts
- 60 pounds of cakes and cookies
- 23 gallons of ice cream
- 22 pounds of candy
- 8 pounds of corn chips, popcorn and pretzels
- 7 pounds of potato chips



How Much Sugar?

- Two hundred years ago, the average American ate only 2 pounds of sugar a year.
- In 1970, we ate 123 pounds of sugar per year.
- Today, the average American consumes almost 152 pounds of sugar in one year. This is equal to 3 pounds (or 6 cups) of sugar consumed in one week!

How do we compare to the rest of the world?

- Western diet produces 5 oz stool a day
- Africans eating a traditional diet produce 16 oz stool a day
- Normal bowel movements should be 2-3/day
- The longer stool is in the bowel the more reabsorption



Why are we surprised?

- Obesity epidemic
- More violent than ever
- Infertility is higher than ever
- New conditions are recognized
 - ADD/ADHD
 - Chronic fatigue
 - Suicide in children
 - DM II and metabolic syndrome in children

Covering Up the Symptoms



Pillars of GI Health

- Digestion
- Elimination
- Microbial Balance
- Gut Integrity

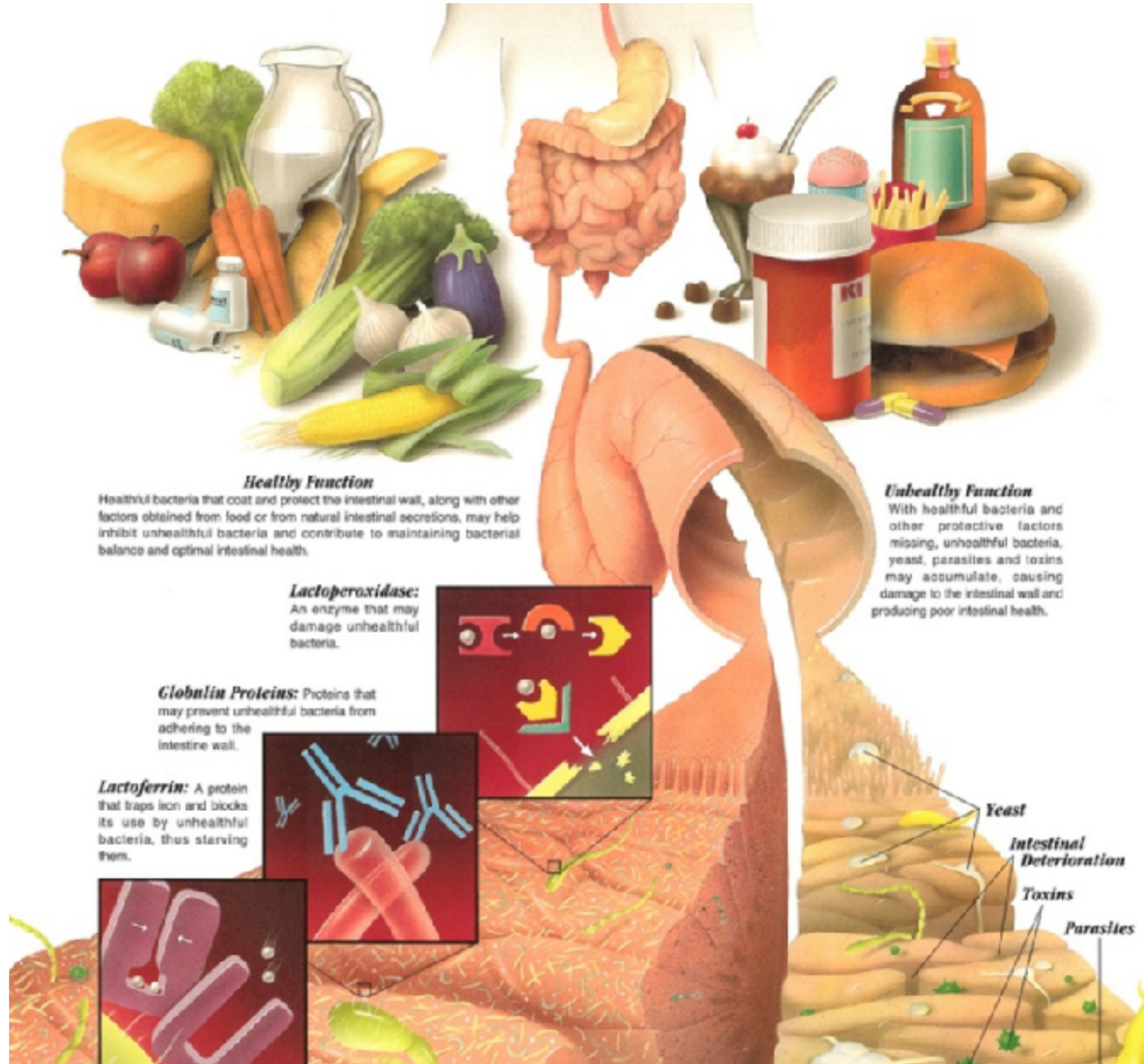


When the Pillars Fail



Why do the Pillars Fail?

- Diet
- Toxins
- Allergens
- Aging
- Drugs
- Infections
- Stress





Diet



Food Allergies, Intolerances and Sensitivities

- Peanut
- Tree Nuts
- Milk
- Soy
- Egg
- Shellfish
- Fish
- Wheat (Gluten)
- Yeast
- Fructose



Common Food Allergens and Sensitivities

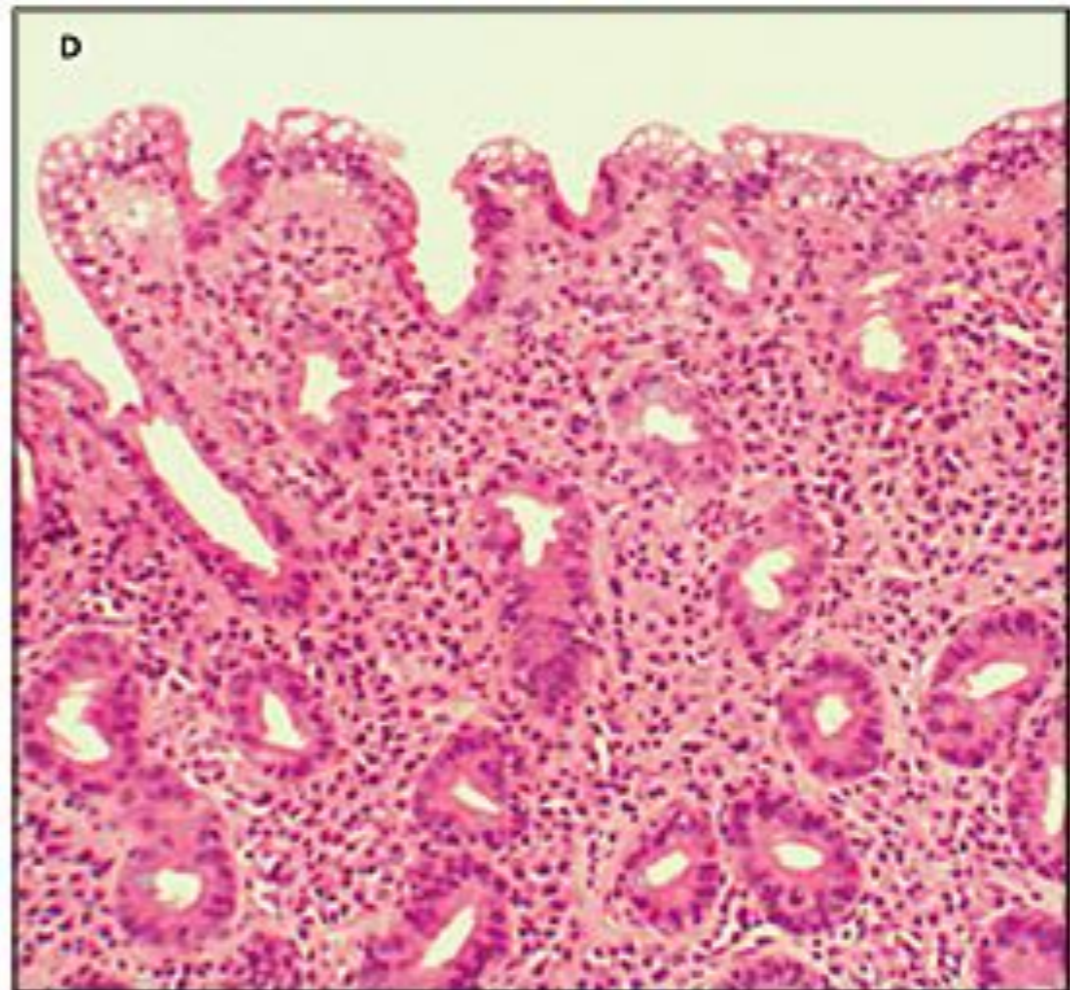
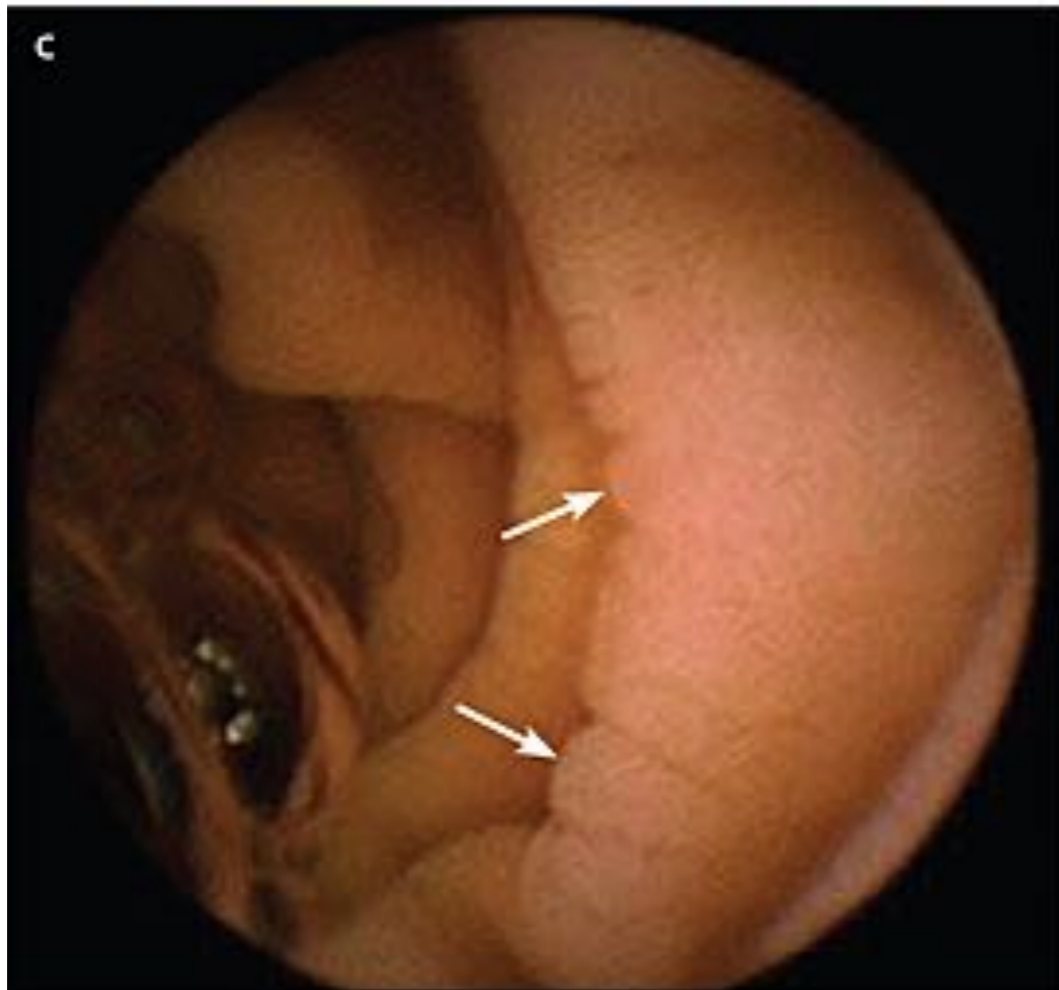
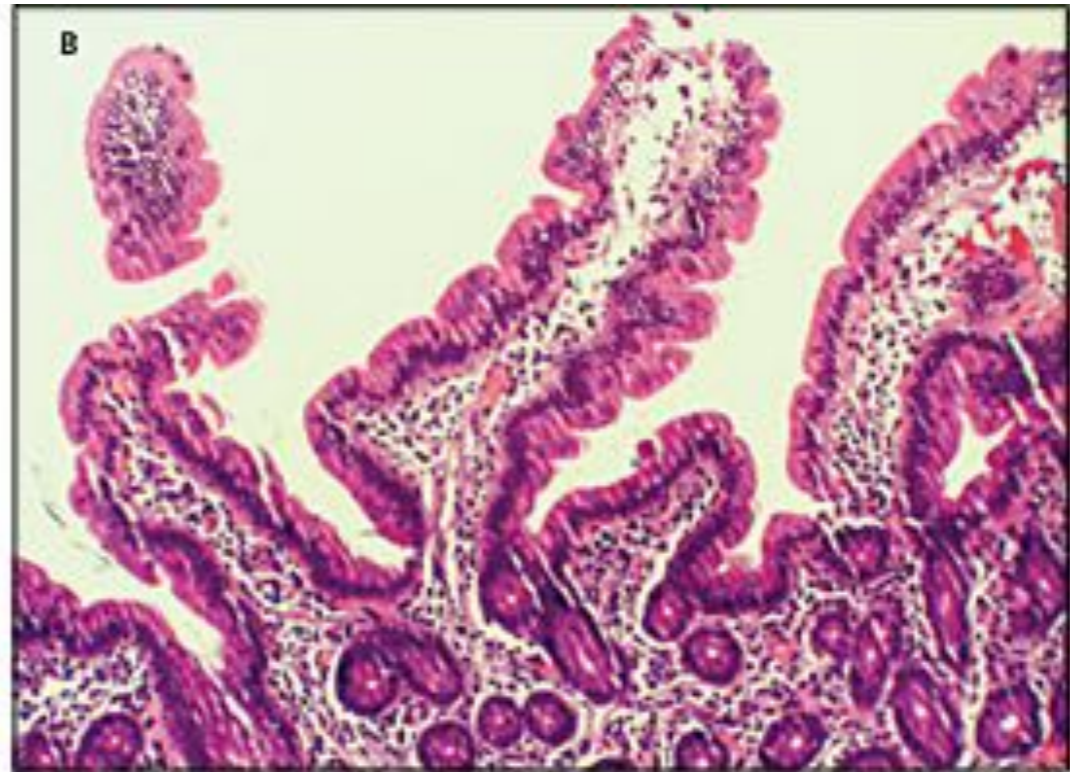
- Strawberries
- Chocolate
- Food Additives (preservatives, colors, flavors)
- Sulphites
- Salicylates
- MSG
- Nightshade family
- Alcohol
- Refined sugar



What is Exactly is Gluten?







Clinical Conditions associated with gluten immune responses

- Depression
- Obesity
- Neuropathies (ataxia)
- Osteoporosis
- Type 1 Diabetes
- Thyroid Disease
- Poor pregnancy outcomes
- Iron deficiency anemia
- Asthma
- ADHD
- Autism
- Bed wetting
- Chronic diarrhea
- Otitis media
- Allergic rhinitis
- Short stature
- IBS
- IBD

Clinical Conditions associated with gluten immune responses

- Dermatitis (Eczema, psoriasis, hives)
- Interstitial cystitis
- Respiratory illness (sinusitis, rhinitis, asthma)
- Nephritis
- Chronic Pain (Headaches, Arthritis)
- Autoimmune diseases (RA, SLE, Idiopathic cardiomyopathy, Sjogren's, Scleroderma, AI liver disease)

Gluten Free ≠ Health Food



Aging



Drugs



Infections



Stress and the GI tract



Stress

Inflammation

- Gastric Motility
+ Colonic Motility
Altered gut pH
Dysbiosis
Membrane Permeability
Overstimulation of GALT

4 R Approach to Rebuilding the Pillars of GI Health

- Elimination
 - Remove
 - Allergens & Toxins
 - Harmful Organisms
- Digestion
 - Replace
 - Digestive enzymes
 - Acid
- Microbial Balance
 - Re-Inoculate
 - Pro/Prebiotics
- Gut Integrity
 - Repair
 - Anti-inflammatory diet
 - Reduce fat mass
 - Herbs



Personalized Medicine

“It is much more important to know what sort of patient has a disease than what sort of disease a patient has.”

~William Osler

Slow Down & Enjoy!

- Spend more time around food
- Socialize around food
- Chew your food
- Eat regular meals
- Eat until your 7/10 full
- Drink only a small amount of water with your meals



Medicinal Plants & Nutrients for GI Health

- Deglycyrrhized Licorice Root Extract (DGL)
- L-Glutamine
- N-Acetyl Glucosamine
- Aloe Vera Leaf Gel
- Zinc

Questions?

help@caringforthebody.org

