

Digestive Health During Illness

Ceres Project May 2, 2011

Liz Lipski, PhD, CCN, CHN

www.innovativehealing.com

liz@innovativehealing.com

- Nurturing Foods
- Nausea
- GERD
- Gallbladder issues
- Bowel Changes
- Weight Loss
- Food Reactions
- Appetite Change
- Mouth Sores

Standard American Diet: 2006

% of Calories from a few foods:

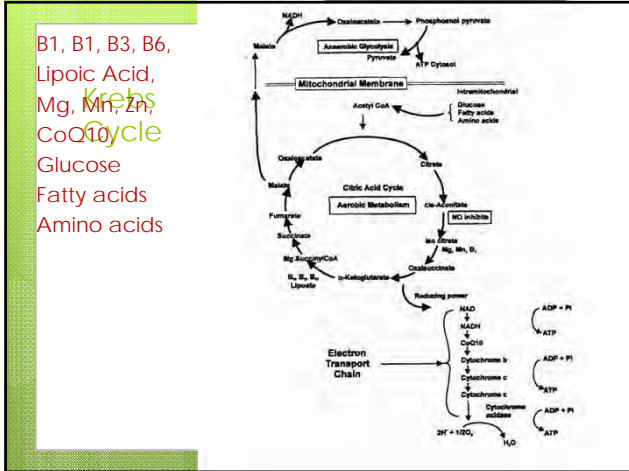
- Flour and cereal products: 23%
- Added fats: 24% (cooking oils: 11.8%, shortening 6.9%, butter 1.2%)
- Added sugars 17% (corn: 9.4, honey: 0.1) (Sweetened soft drinks: 5% [Teens 20%])
- Meat, eggs, and nuts: 17%
- Dairy 10%
- Fruit 3%
- Vegetables 5%

Source: USDA/Economic Research Service. Data last updated March 15, 2008.

Total Diet Study

- Over half of all Americans ate less than 80% of the RDA for:
Calcium, magnesium, iron, zinc, copper and manganese.
- 90% marginal in chromium
- 80% deficient in B6
- 20% women iron deficient.

- FDA/Total Diet Study, 2005



Dr. Albert Schweitzer

Arrived in West Africa 1913. Stayed 41 years.

“On my arrival in Gabon, I was astonished to encounter no cases of cancer...I cannot positively say that there was no cancer at all, but like other frontier doctors, I can only say that if any cases existed they must have been quite rare.”

Schweitzer A, 1933 Out of my Life and Thought

Samuel Hutton, MD 1902: Inuit

- Cancer: “I have not seen or heard of a case of malignant growth in an Eskimo.”
- No appendicitis

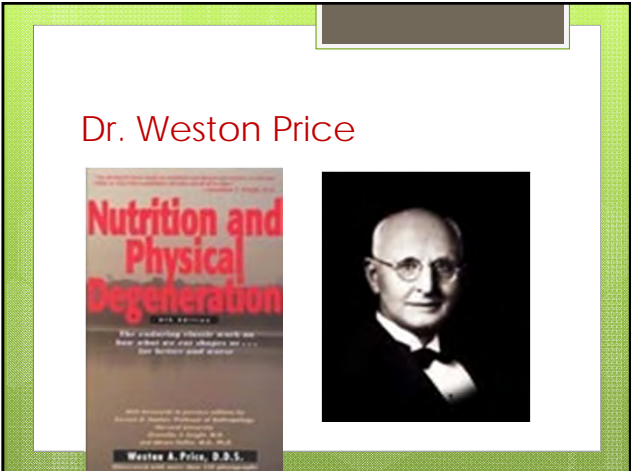
Issac Levin, 1910: American Indians

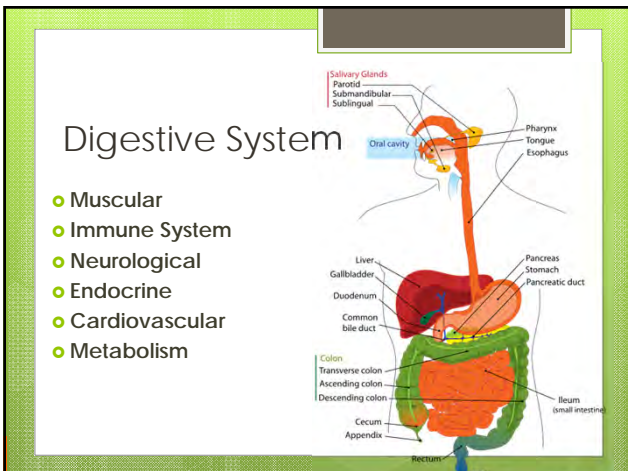
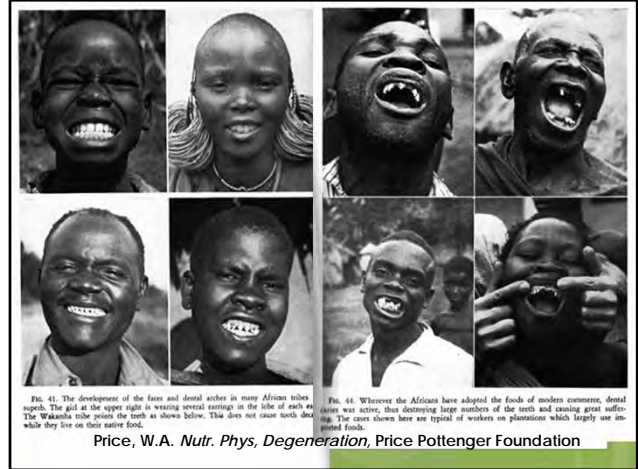
- Henry E Goodrich: 15 years 2000 people one case of cancer

Canadian Physicians in 1975

- No breast cancer in an Inuit patient before 1966.
- 1967-1974 only 2 cases

Gary Taubes, *Good Calories, Bad Calories*
Hutton, SK 1912 *Among the Eskimos of Labrador*
Levin I. 1019 “The Study of the Etiology of Cancer Based on Clinical Statistics”, *Ann. Of Surgery*.





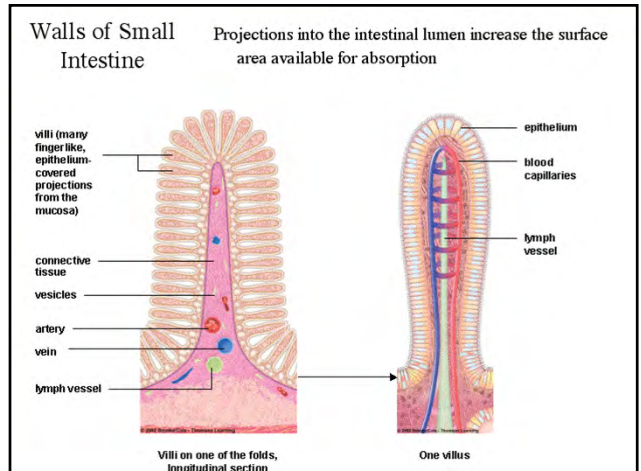
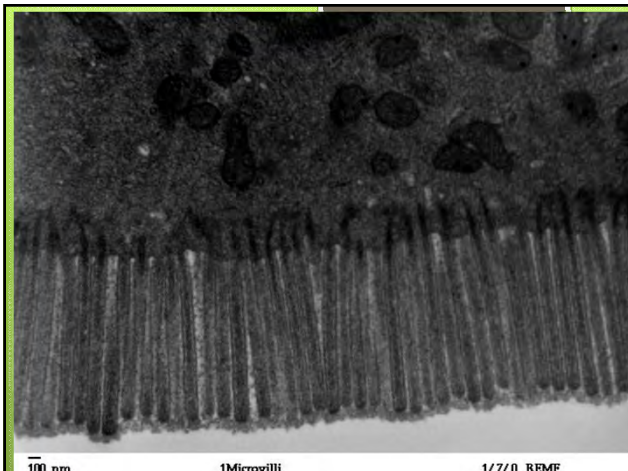
DIGIN Model

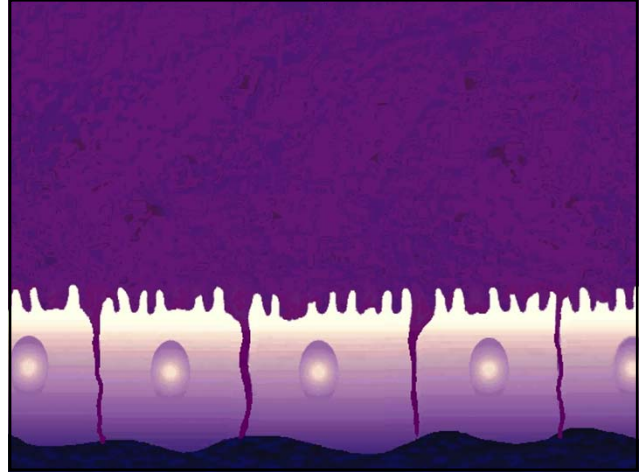
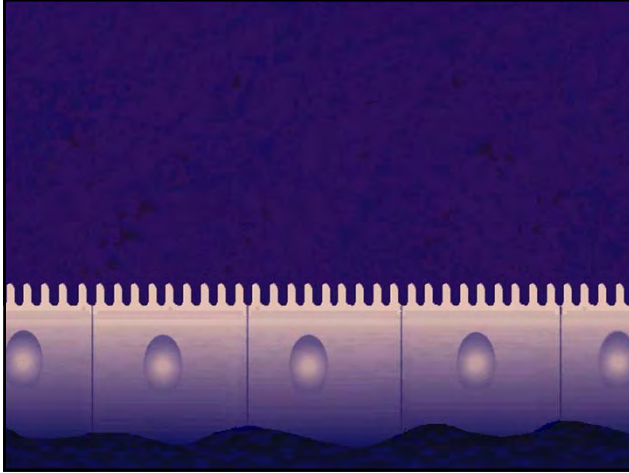
- Digestion/Absorption
- Intestinal Permeability
- Gut Microbiota
- Probiotics/Dysbiosis
- Inflammation/Immune
- Nervous System

Institute for Functional Medicine
Mullin, Hanaway, Lipski, for IFM 2010

THE 5 R'S

- Remove: infection, toxins, poor choices
- Replace: enzymes, HCl, good choices
- Reinoculate: probiotics/prebiotics
- Repair: nutrients & herbs
- Restore: mind-body





Healing a Leaky Gut

- o Glutamine
- o Quercetin
- o Gamma-oryzanol
- o Fish Peptides
- o Vitamin A
- o Marshmallow root
- o Vitamin C
- o Deglycyrrhized Licorice
- o Folic Acid
- o Enzymes: Digestive & Protease
- o Aloe vera

Inflammation & Cancer

- o breast cancer
- o colorectal cancer
- o ovarian cancer
- o lung cancer
- o oral cancer
- o pancreatic cancer
- o cervical cancer
- o stomach cancer
- o hepatocellular carcinoma
- o esophageal cancer

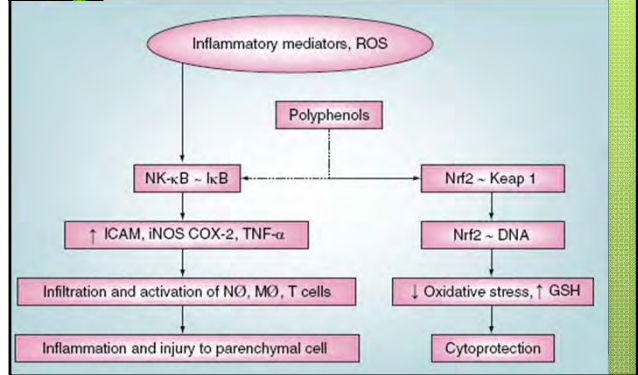


Refined foods > cytokines

"Dietary patterns high in refined starches, sugar, and saturated and trans-fatty acids, poor in natural antioxidants and fiber from fruits, vegetables, and whole grains, and poor in omega-3 fatty acids may cause an activation of the innate immune system, most likely by an excessive production of proinflammatory cytokines associated with a reduced production of anti-inflammatory cytokines."

J Am Coll Cardiol. 2006 Aug 15;48(4):677-85.

Polyphenols Attenuate Inflammation and Injury



Rainbows in our Food: Phytonutrients


- Lycopene in tomatoes
- Resveratrol in grapes and peanuts
- Sulphoraphanes – cruciferous veggies like broccoli, cabbage
- Isoflavones – soy
- Catechins – green tea
- Allicin – garlic
- Lignans - flaxseed

Top Food Antioxidants

100 Grams:	1 Each:
Cinnamon, 267,536	Delicious apple 5900
Aronia black chokeberry 16062	Granny Smith apple 5381
<u>½ cup:</u>	Black plum 4844
Dry Small Red Bean 13727	Russet potato cooked 4649
Dry Red kidney bean 13259	Plum 4118
Dry Pinto bean 11864	Gala apple 3903
Dry Black bean 4181	<u>1 cup:</u>
Prune ½ cup 7291	Wild blueberry 13427
<u>1 ounce:</u>	Blueberry 9019
Pecan 1 oz 5095	Cranberry 8983
	Artichoke hearts 7904
	Blackberry cultivated 7701
	Raspberry 6058
	Strawberry 5938

Anti-Inflammatory Foods


- oGinger
- oTurmeric
- oGarlic
- oVegetables
- oFruits
- oNuts & Seeds
- oBeans and Peas
- oHerbs/Spices
- oCherries



Liver Detoxification

Phase I

- B2, B3, B6, B12
- Folic acid
- GSH
- BCAA
- Flavonoids
- Phospholipids



Phase 2


- Glycine
- Taurine
- Glutamine
- NAC
- Cysteine
- Methionine

Intermediary Metabolites

Carotenoids, Vit C, Vit E, SE, CU, ZN, MN, CoQ10, Thiols (garlic, onions, cruciferous veg), bioflavonoids, milk thistle, pycnogenol

The Human Microbiome

- o10 x than cells in body
- o100x more DNA
- oQuorum Sensing
- oRuns our metabolism
- o500-1000 types of microbes in our GI
- oBiofilms



Probiotic Rich foods

oCultured dairy	oKombucha
oMiso	oFermented vegetables
oNatto	oCoconut kefir
oTempeh	oButtermilk
oSauerkraut	oRaw whey
oKim chee	oRaw vinegars
oRaw pickles	oFermented sausages
oFermented anything	oSourdough?
oRoot and ginger beers	oEssene bread?
oPulke	oBeer
	oWine

Prebiotic Foods

- Jerusalem artichokes
- Onions
- Chicory
- Garlic
- Leeks
- Bananas
- Fruit
- Soybeans
- Burdock root
- Asparagus
- Sugar maple
- Chinese chives
- Peas
- Legumes
- Eggplant
- Honey
- Green Tea
- Yogurt, cottage cheese, kefir

Probiotics: Dosage

- Eat cultured and fermented foods
- Best source: fermented foods or freeze dried/found in refrigerator
- Lactobacillus and Bifidobacteria. May contain other bacteria in addition: Capsules: 2-6 caps daily
- Powdered: ¼-1 tsp daily



GERD = Heartburn

- Check for H. pylori
- Check for food allergies/sensitivities
- Check for adequacy of HCl
- Stress Management
- Try natural products: aloe, cabbage juice, DGL licorice

Gallbladder

- Difficulty digesting fatty foods
- Food allergies and sensitivities
- Lipase loaded digestive enzymes
- Bile Salts
- Cholagogues: radishes, daikon, green leafy vegetables, dandelion

During Treatment



During Chemo/Radiation

- Nausea: Ginger, vitamin B6, homeopathic ipecac or homeopathic nux vomica
- If not feeling well, think nurture: soups, stews, well-cooked vegetables, puddings, smoothies, bananas, whey protein shakes, easy to digest foods
- Smoothies
- Small amounts throughout the day
- High protein levels
- Medical Foods

Food doesn't taste good?

-Think Zinc

Glutamine in Cancer Therapy

- Glutamine used therapeutically
- Reduces damage to intestinal lining
- Reduces side-effects of cancer treatments
 - < nausea, < weight loss, < malnutrition, < malabsorption
- Does not preferentially stimulate tumor growth
- > NK cell activity, < tumor size, rat studies

Dosage: 20-40 grams daily



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Liz Lipski, PhD, CCN
828-645-7224
Asheville, NC
For copies of these slides:
Email: Liz@innovativehealing.com
www.InnovativeHealing.com

