

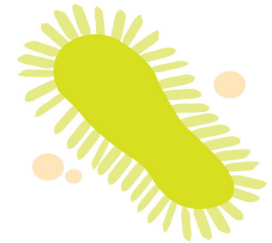
Integrative Nutrition for Digestive Health

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Integrative Nutrition for Digestive Health

Description

“The human microbiota is composed of bacteria, bacteriophages, fungi, yeast, protozoa, and viruses that live inside and on the human body is now considered an organ estimated to weigh between 2 and 6 pounds. Increased diversity (species) associated with optimal health. Changes to diet can change the fecal microbial fingerprint rapidly in just one day.”



Learning Objectives

1. Overview of functions of GI system.
2. Overview microbiome and dietary/environmental inputs.
3. Discuss pathologies and integrative therapies for GERD, IBS, SIBO.
4. Apply 5R program for disease states.
5. Further education for the RDN.