

FOOD AS MEDICINE FOR DIGESTIVE HEALTH

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FOOD AS MEDICINE

Description

“How do we answer these questions as healthcare providers:

Should I stop having meat? What kind of protein is better for digestion? Will eliminating milk help with bloating? What kind of probiotics should we use? Is organic produce really better? What is BPA? Do vegans really need a multivitamin? How can I lose weight? What about kombucha? Should I go gluten free? Do you think coconut oil is better than olive oil? What about GMO foods?

Guided by evidence, we will discuss what is true about using certain food and supplements as adjunct therapy to fix bloating, gas, abdominal pain and food sensitivities.”

Learning Objectives

1. Using food as medicine: immune supportive foods, avoidance of foods, targeted macronutrient therapy.
2. Heal the gut: pre/probiotics, gut healing remedies, remove triggers.
3. Dietary principals for addressing inflammation.
4. Evidence vs. diet trends: how to answer common questions.