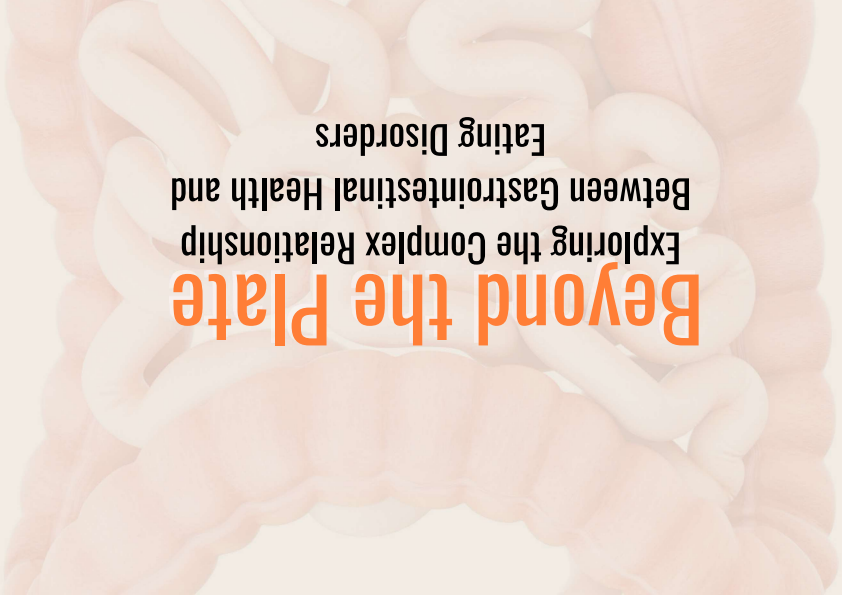




Beyond the Plate

Exploring the Complex Relationship
Between Gastrointestinal Health and
Eating Disorders



Potential impacts:



- Food tolerance
- Painful and disheartening meals
- Motivation and mindset



Food fear



Food refusal



Worsening stomach pain



More medications



Non-compliance



GI symptoms of all kinds

Have you had one or possibly many
clients that you felt struggled with
GI issues while in treatment?



This takes a team of professionals,
not just Registered Dietitians



Did you feel unsure of how to
address the eating disorder versus
the gut complaints?



Hi, I'm

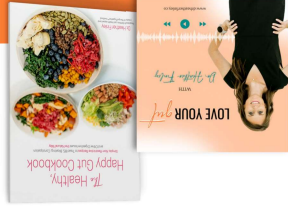
Dr. Heather Finley

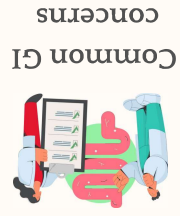
Registered Dietitian and gut health specialist

Struggled with my own digestive symptoms for 20 years.

Now my life's passion and work is helping individuals find relief from
digestive symptoms so they can love food again.

gut
together™
gutFractitioner™





PLAN FOR TODAY

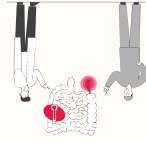
PLAN FOR TODAY

PLAN FOR TODAY

Common GI
concerns



The bi-directional
pathway



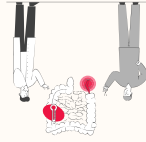
Solutions & Case
studies



Common GI
concerns



The bi-directional
pathway



PLAN FOR TODAY



Successes for your clients and for you as the clinician

Your clients will see digestive improvement and in
the meantime you will experience...

- ✔ Improved client retention
- ✔ Less conflict with clients
- ✔ Better compliance to recommendations
- ✔ Less "sunday scares" about going to work
- ✔ Confidence with your clients



Common GI Complaints

- ✓ Severe constipation
- ✓ Stomach pain
- ✓ Reflux
- ✓ Poor tolerance to new foods/meal plan

Today we're looking beyond the plate at how we can support clients with GI issues

What if the source of the stress
is the stress?



Common GI Complaints

- ✓ Ongoing long term GI issues can occur
- ✓ Painful bloating
- ✓ Inconsistent bowel patterns
- ✓ Poor gut motility

Stress as a main contributor

- Fight or flight
- Impacts mineral status
- Gut-brain connection
- Decreases salivation
- Decreases stomach acid production
- Stress about being stressed

[Progresses on the effects and mechanisms of stress on gut microbiota]

Review > Sheng Li Xue Bao, 2020 Jun 25;72(3):361-370.

[Article in Chinese]
Li-Lin Song ¹, Jin-Dong Zhang ¹, Li-Ping Duan ²

Affiliations + expand

PMID: 32572433

Free article

Abstract

Stress is the non-specific systemic response that occurs when the body is stimulated by factors, and it can affect multiple systems of the body. Recent studies have shown that gut microbiota is an essential part of human microecology, and plays a pivotal role in keeping healthy. Stress can result in gut dysbiosis by affecting the function of intestinal mucosal immunity. This article reviewed the alteration of gut microbiota caused by stress and the possible mechanisms involved.

Published December

Similar articles

Song LJ, Zhang JD, Duan LP. [Progresses on the effects and mechanisms of stress on gut microbiota]. Sheng Li Xue Bao, 2020 Jun 25;72(3):361-370. Chinese. PMID: 32572433 as Novel Therapeutic Approaches. Int J Mol Sci, 2021 Feb 26;22(3):2371. doi: 10.3390/ijms22032371. PMID: 33629262; PMCID: PMC7954575.

Psychological Stress and Gut Microbiota Composition: A Systematic Review of Human Studies

Lu Ma ¹, Yiting Yan ², Richard James Webb ³, Ying Li ⁴, Samaz Mehrabani ⁵, Bao Xie ⁶, Xiaomin Sun ¹, Youfa Wang ¹, Mohamed Mazi ⁷ & *

Affiliations + expand

PMID: 37670369 DOI: 10.1155/000533131

Free article

Abstract

Introduction: The associations between psychological stress and gut microbiota composition are not fully understood. This study investigated associations between psychological stress and gut microbiota composition and examined the potential modifying effects of age, sex, and ethnicity on such associations.

Methods: A systematic literature search was conducted using PubMed, Web of Science, PsycINFO, and Embase databases for studies published until November 2021 which examined associations between psychological stress and gut microbiota composition.

Results: During the search process, 10,780 studies were identified, and after screening, 13 met the eligibility criteria and were included. The median sample size was 70, and the median age of participants was 28.0 years. Most of the included studies did not report associations between measures of alpha- and beta diversity of the gut microbiota composition and psychological stress. A few studies reported that the Shannon index, Chao 1, Simpson index, and weighted UniFrac were negatively associated with psychological stress. Significant reductions in several taxa at the phylum-

Ma L, Yan Y, Webb R, Li Y, Mehrabani S, Xie B, Sun X, Wang Y, Mazi M, Psychological Stress and Gut Microbiota Composition: A Systematic Review of Human Studies. Biomed Research International, 2023;23(1):247-262. doi: 10.1155/2023/131. Epub 2023 Sep 6. PMID: 37670369. ISSN 1557-4159
<https://doi.org/10.1155/2023/131>
<https://www.frontiersin.org/journal/10.1155/2023/131>

The vagus nerve

- 10th cranial nerve
- Bi-directional communication between the gut and the brain
- Dysfunction can result in GI issues, mood disorders, inflammation, etc.

Stress of all kinds impacts the entire digestive process

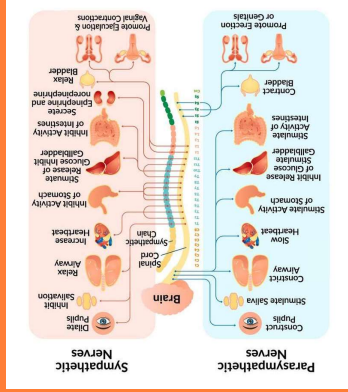
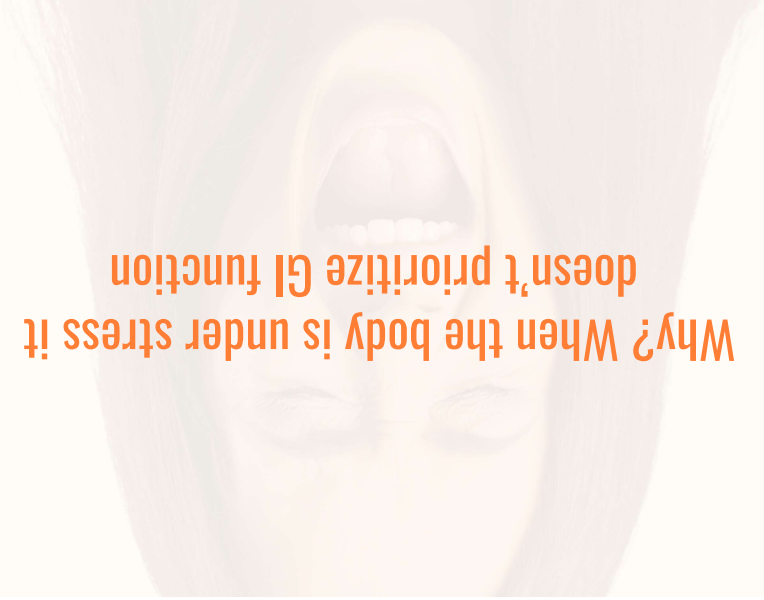
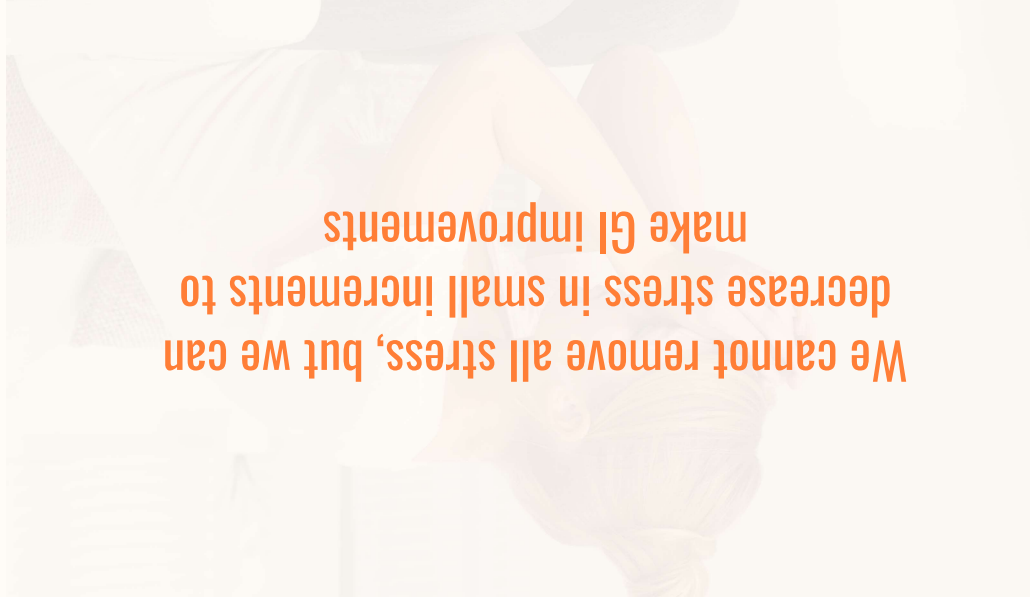


Image from: <https://my.sagepub.com/doi/10.1177/0898010117700000>



Why? When the body is under stress it
doesn't prioritize GI function



We cannot remove all stress, but we can
decrease stress in small increments to
make GI improvements

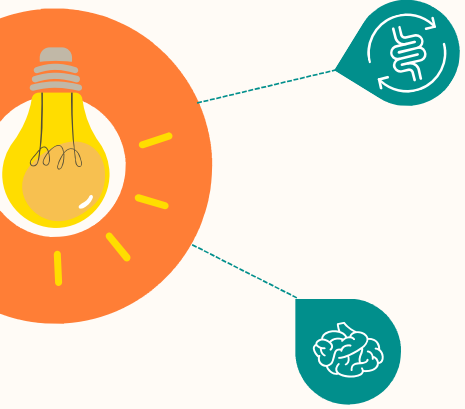
Where do we start?

Food is a threat to the system and this
potential threat increases GI symptoms
(not necessarily because of the food)



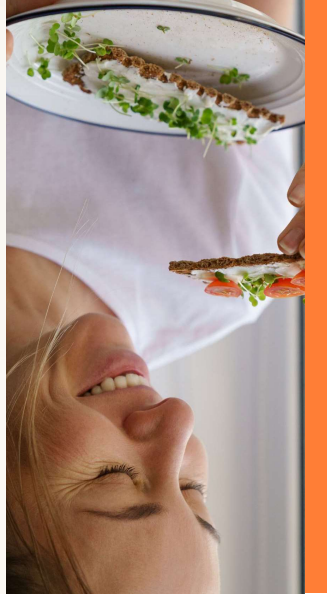
Improving digestion doesn't involve just
"taking a good probiotic"

2 ways to support stress in EDO clients with



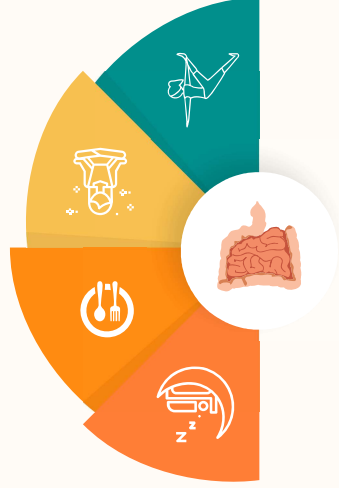
Inadequate stomach acid can result in:

- Feeling like food sits in the stomach like a brick
- Nausea
- Slow motility
- Early fullness
- Poor mineral absorption



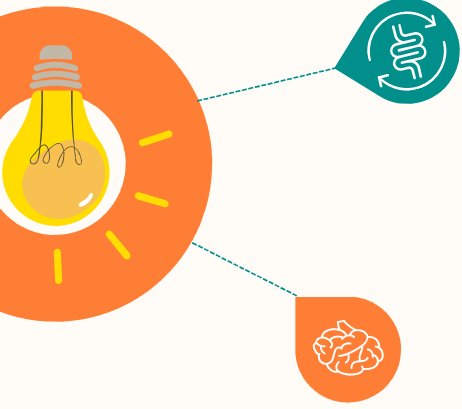
**Digestion starts in the mouth with
salivary amylase**

When digestion is turned off, the entire process shuts down including stomach acid



- Sleep
- Time between meals for MMC
- Stress management
- Gentle movement for gut motility

Solution #1: Supporting digestion from the top down





Stress Management

Intervention #2:

Any stress on the body is a threat

Digestive function will not turn on if the brain perceives it is being chased by a tiger

Proper meal time habits:

- Humming
- Singing
- Deep breathing



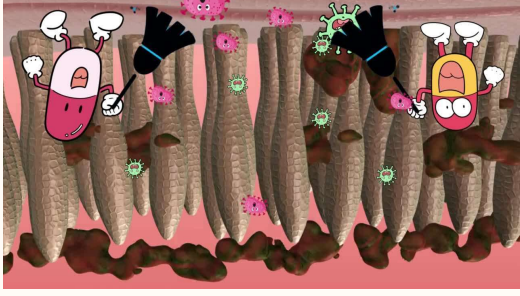
Sleep

Intervention #1:

When the gut “rests and digests” the most Promoting proper sleep hygiene is critical:

- Morning light exposure
- Preventing blue light before bed
- Sleep routine
- Sleep supportive supplementation if needed

Migrating Motor Complex: Intestinal Cleanup crew



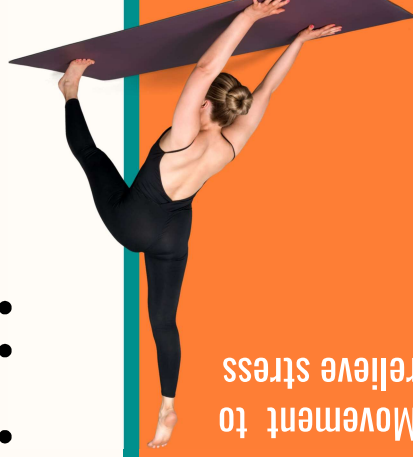
Intervention #3:

Time between
meals

- Gentle walking to improve bile flow and motility
- Yoga for digestion
- The “I love you” massage

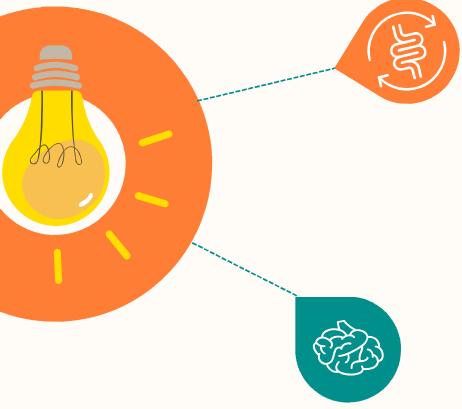
Intervention #4:

Movement to
relieve stress



As much as stress up top impacts digestion
down below, the pathway runs both ways

Solution #2: Support from the
bottom up



Psychobiotics

Psychobiotics are live microorganisms (probiotics) or non-digestible fibers (prebiotics) that, when consumed in adequate amounts, confer mental health benefits through interactions with the gut microbiota-brain axis.

Psychobiotics

Psychobiotics are live microorganisms (probiotics) or non-digestible fibers (prebiotics) that, when consumed in adequate amounts, confer mental health benefits through interactions with the gut microbiota-brain axis.

Mechanism of Action:

Psychobiotics exert their effects by modulating gut microbiota composition, promoting the production of neurotransmitters and short-chain fatty acids (SCFAs) such as butyrate, and reducing inflammation in the gut and brain. These effects can lead to improvements in mood, cognition, stress response, and overall mental well-being.

Other impacts on gut-brain connection

- Dysbiosis: Imbalance of “good” and “bad” bacteria
- Poor digestion
- Stress response
- Poor SCFA production
- Inflammation in the gut

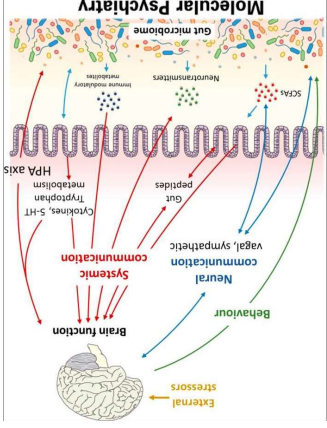
What can we use?

- Bifidobacterium 1714
- Lactobacillus hammosus GG
- Bifidobacterium longum
- FOS, GOS prebiotics
- Inulin

Prebiotics:

Prebiotics:

Molecular Psychiatry



Molecular Psychiatry (2016) 21, 738-748;
doi:10.1038/mp.2016.50

Figure 1

We can make greater strides with patients when we
improve the pathway bi-directionally



Constitution/ Slow Motility	×	×	×	×	×
Diarrhea	×	×	×	×	×
Acid Reflux	×	×	×	×	×
Food Fear/ Limited Diet	×	×	×	×	×
MMC	×	×	×	×	×
Vagus Nerve Stimulation	×	×	×	×	×
Stress Around Food	×	×	×	×	×
Blood Sugar Balance	×	×	×	×	×
Dietary Diversity	×	×	×	×	×
Meal Hygiene	×	×	×	×	×

Beyond the plate, what is there evidence for?

- Spore based probiotic supplementation
- Prebiotic fiber support
- Psychobiotic strains

Case Study for
IOP/Outpatient:

Case Study for
Residential

Potential solutions:

- Meal balance: protein, fat, carbohydrate for blood sugar balance 
- Normalizing meal times and MMC 
- Sunfiber or XOS, GOS, FOS prebiotic 
- Utilize ginger + magnesium for constipation/diarrhea 
- Potential for use of spore based probiotic of Bifidobacterium 1714 
- Working on stress around food & body image 
- Circadian rhythm (sun exposure first thing in the AM) and gentle movement walks if enjoyable 

- 42 yo client identifying as she/her with diagnosed BED, PCOS and IBS
- Alternating constipation/diarrhea, reflux, perceived food intolerances.
- Follows a limited diet due to research done on PCOS, “food addiction”
- Weight restored, pt expresses desire to lose weight
- Significant stress in her life due to changes in home life



Quiz Answers

- Amylase
- At birth
- Bumps on the back of arms
- Intestines
- Short chain fatty acid
- Vagus Nerve
- An imbalance of “good” and “bad” bacteria
- The mouth
- 3-5 hours
- The brain and spine



Give Heather a Feedback to receive a FREE Digestive Checklist

Scan Me



or go to:
www.drheatherfinley.co/digestivechecklist

