

POOP TALK

Navigating complicated GI symptoms amongst
eating disorder clients

Dr. Heather Finley







SIBO

small intestinal bacterial overgrowth

THE LESSON

Identifying the GI symptoms allowed us to make more progress on her ED treatment

ABOUT ME

Dr. Heather Finley

REGISTERED DIETITIAN

Experience in clinical settings, outpatient treatment and now virtual private practice

GUT HEALTH SPECIALIST

Focused my doctorate training on gut-related research and have my own personal experience with 20+ years of digestive issues



PLAN FOR TODAY

1

**WHEN TO
LOOK
BEYOND ED**

2

**COMMON
SYMPTOMS
AND CAUSES**

3

**HOW TO
ACTUALLY
ADDRESS**



COMMON GI SYMPTOMS WITH ED PATIENTS

CONSTIPATION

BLOATING

DIARRHEA

GAS

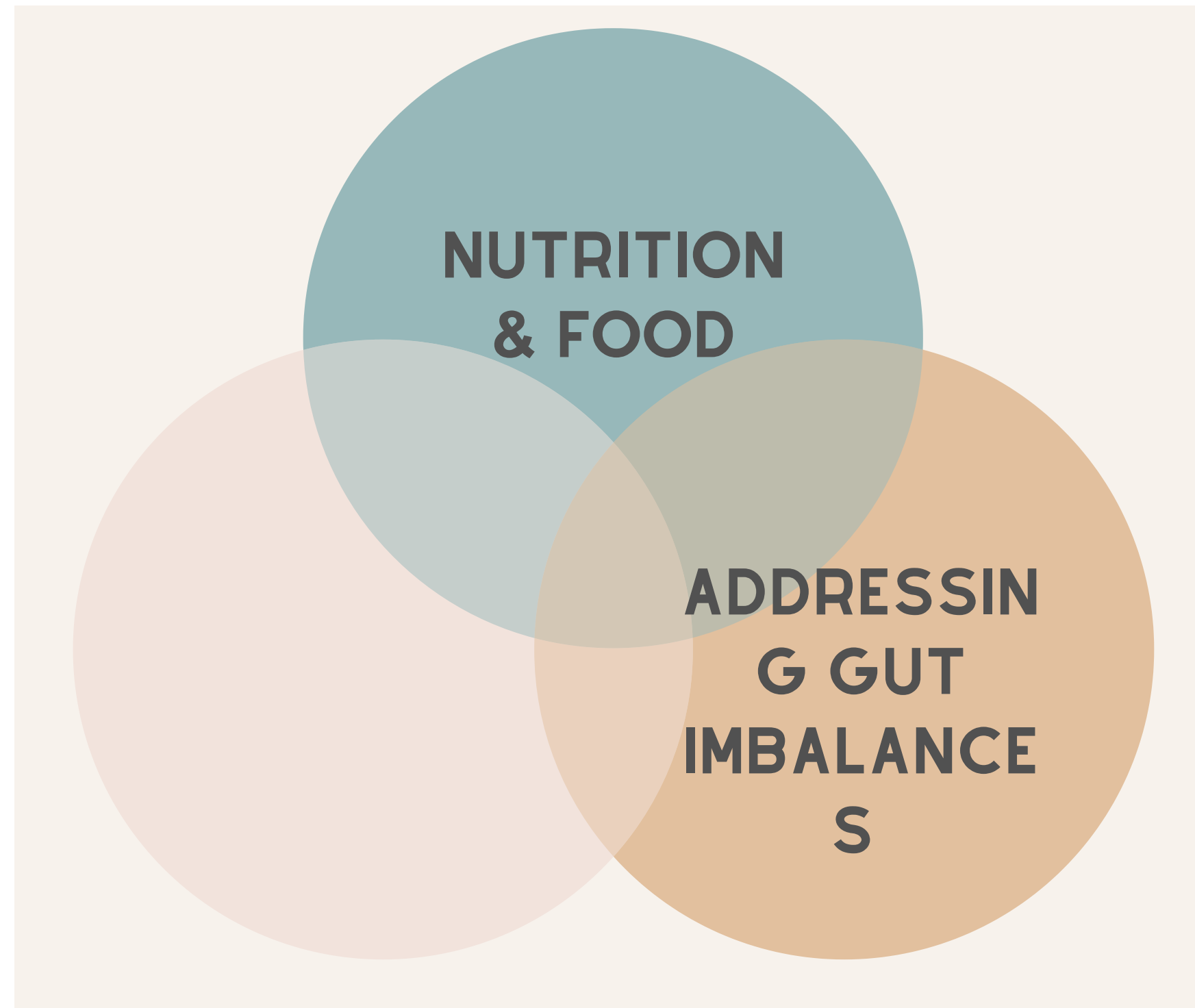
ACID REFLUX

CRAMPING

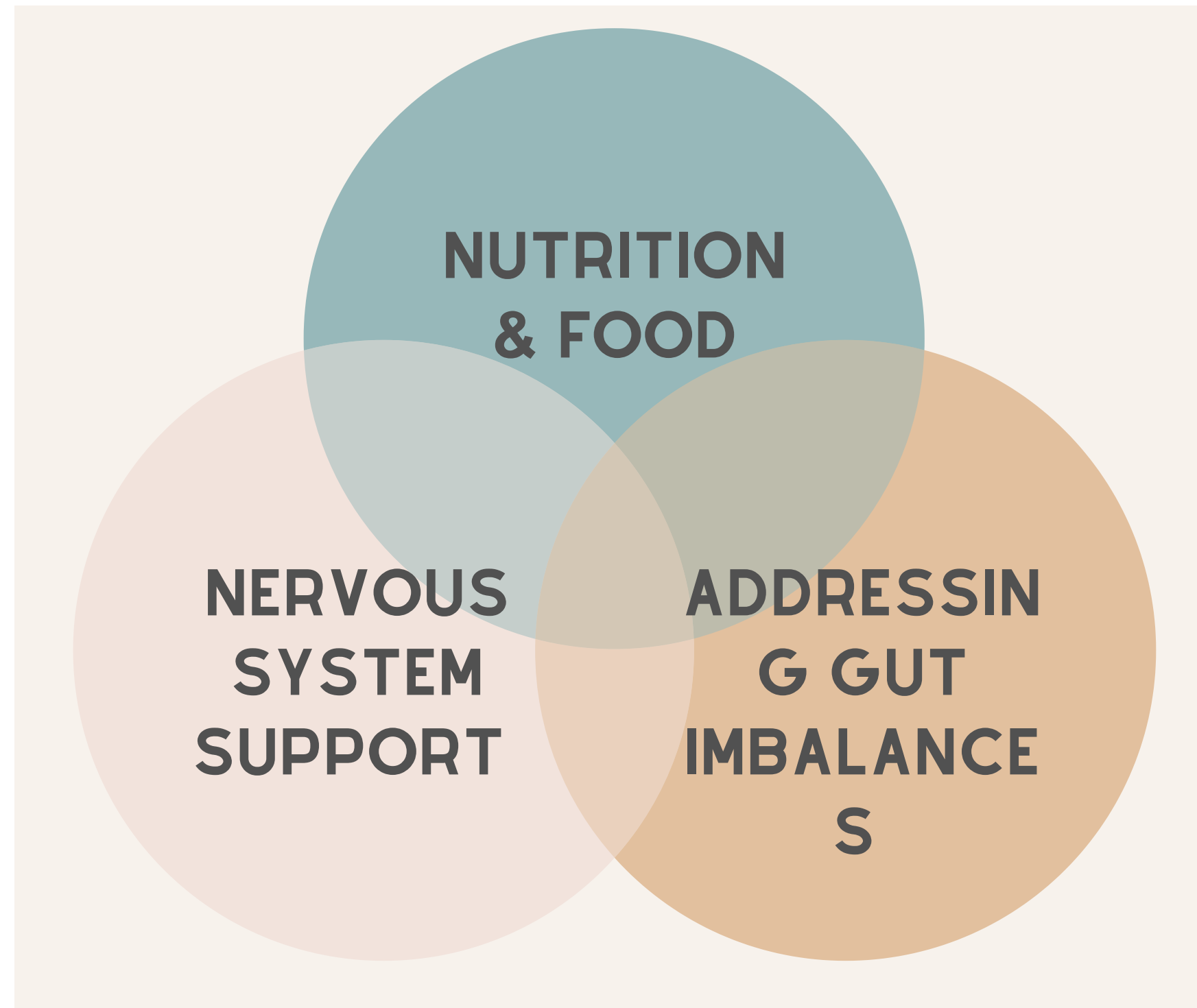
HOW DO WE HELP?

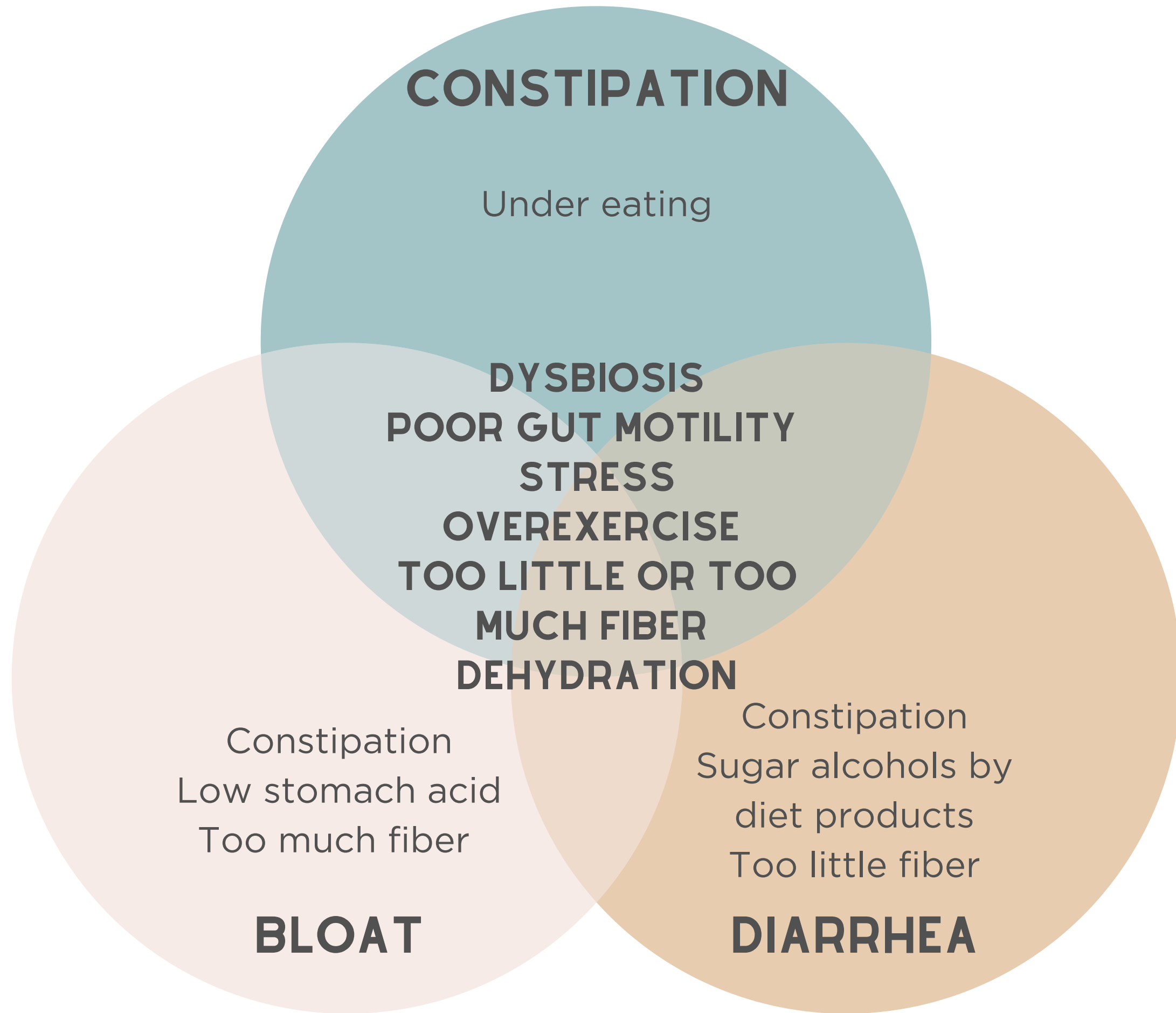


HOW DO WE HELP?



HOW DO WE HELP?





MINI REVIEW article

Front. Psychiatry, 12 January 2021 | <https://doi.org/10.3389/fpsy.2020.611677>



The Gut Microbiome in Anorexia Nervosa: Friend or Foe?

Ana Ghenciu¹, Rebecca J. Park² and Philip W. J. Burnet^{2*}

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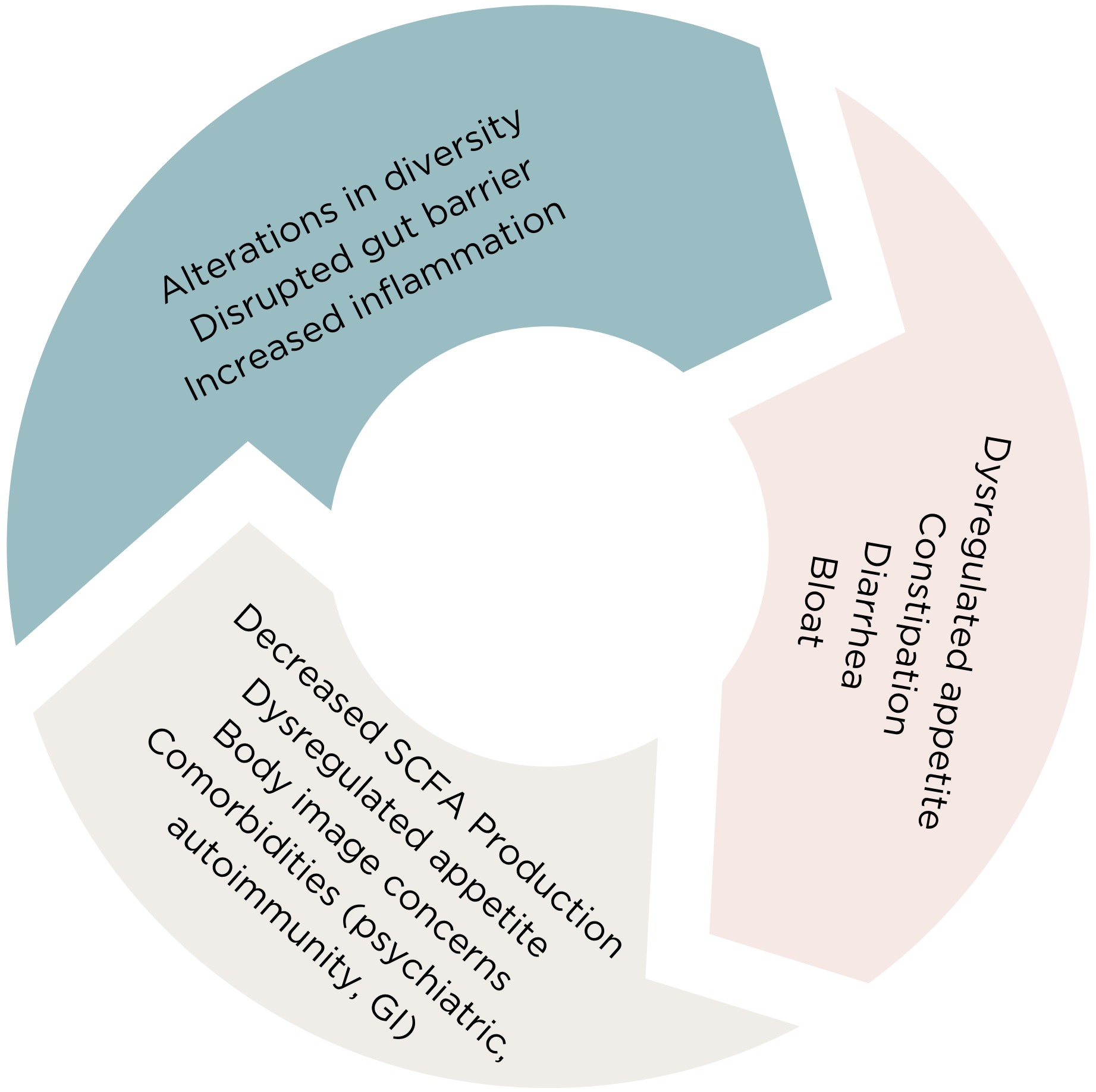
The human gut microbiome is emerging as a key modulator of host metabolism, with far-reaching implications for various multifactorial diseases, including anorexia nervosa (AN). The significance of the gut microbiome in the underlying mechanisms of this eating disorder are poorly understood, but the classical view defining AN as a purely psychiatric condition is increasingly being challenged. Accumulating evidence from comparative studies of AN and healthy fecal microbial composition reveals considerable low divergence and altered taxonomic abundance of the AN gut microbiome. When integrated with preclinical data, these findings point to a significant role of the gut microbiome in AN pathophysiology, via effects on host energy metabolism, intestinal permeability, immune function, appetite, and behavior. While complex causal relationships between genetic risk factors, dietary patterns and microbiome, and their relevance for AN onset and perpetuation have not been fully elucidated, preliminary

RESEARCH

Front. Psychiatry, 12 January 2021 | <https://doi.org/10.3389/fpsy.2020.611677>

https://www.frontiersin.org/files/Articles/611677/fpsy-11-611677-HTML-r1/image_m/fpsy-11-611677-t001.jpg







ORDER OF EVENTS

ADDRESS
BOWEL
CONSISTENCY
AND MOTILITY

ORDER OF EVENTS

ADDRESS
BOWEL
CONSISTENCY
AND MOTILITY



NUTRITIONAL
REHABILITATION

ORDER OF EVENTS

ADDRESS
BOWEL
CONSISTENCY
AND MOTILITY



NUTRITIONAL
REHABILITATION



UTILIZE
ADDITIONAL
TESTING OR
INTERVENTIONS

CONSTIPATION

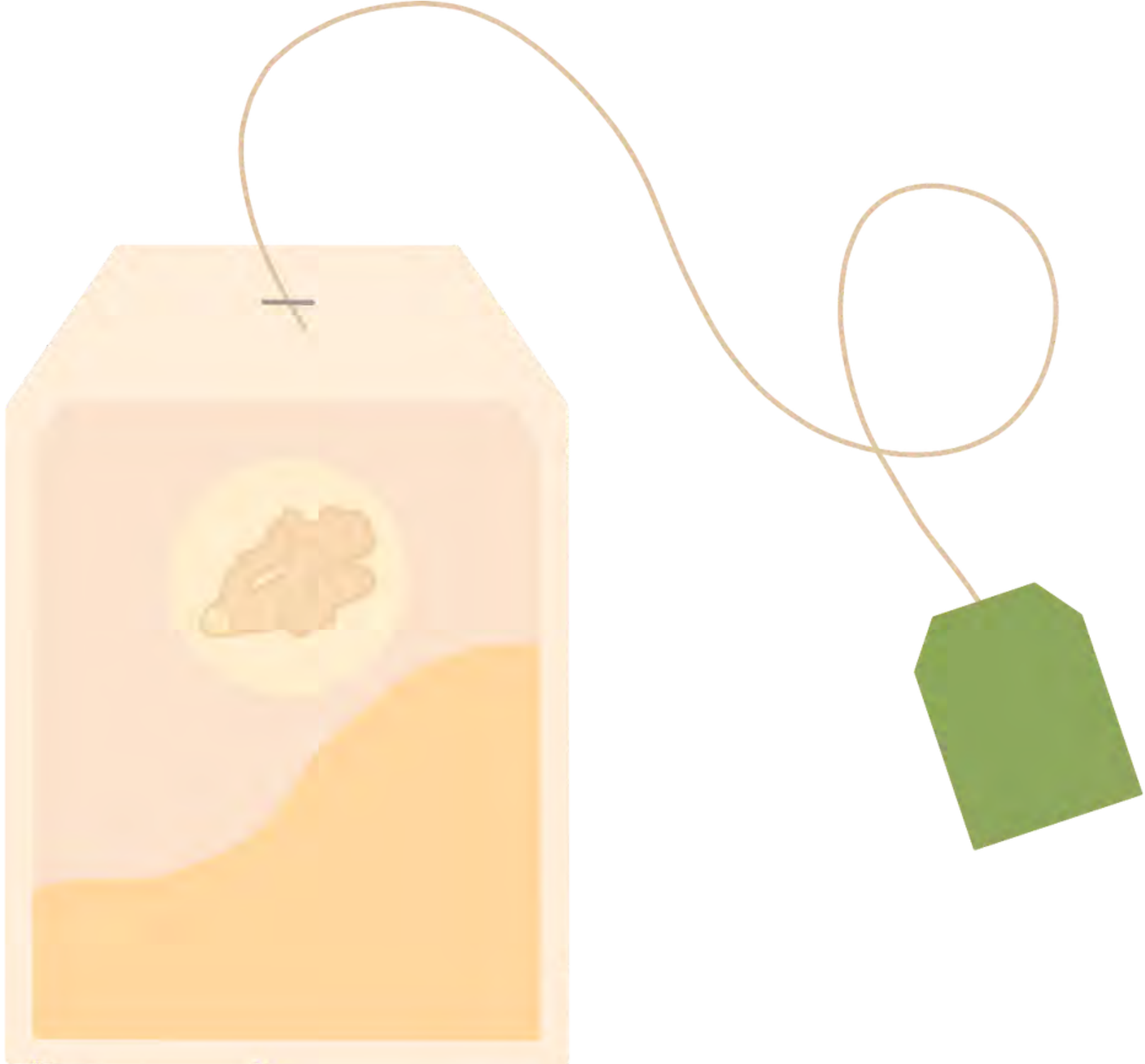


First step:
Ensure adequate
hydration

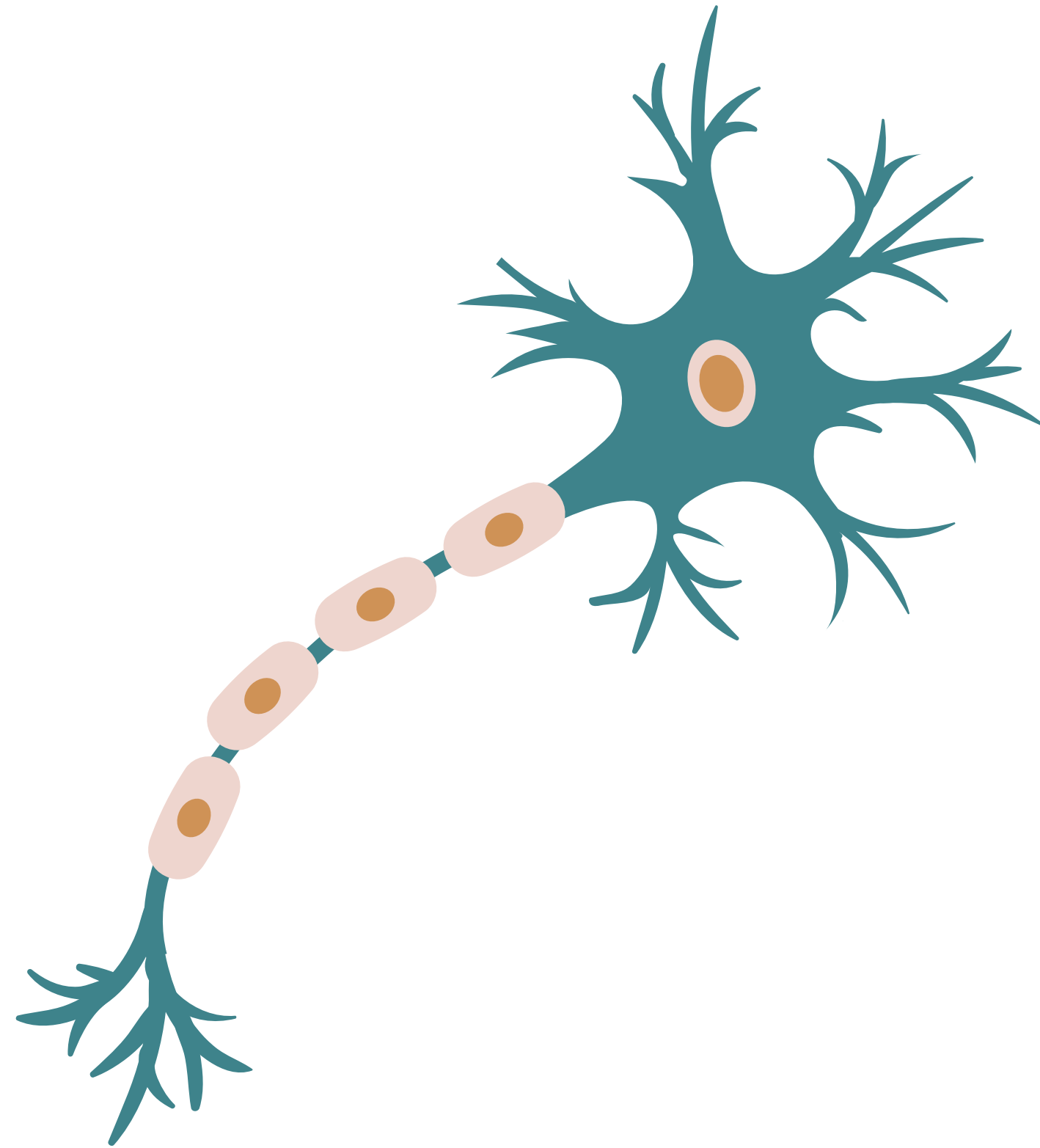
MAGNESIUM



GINGER TEA

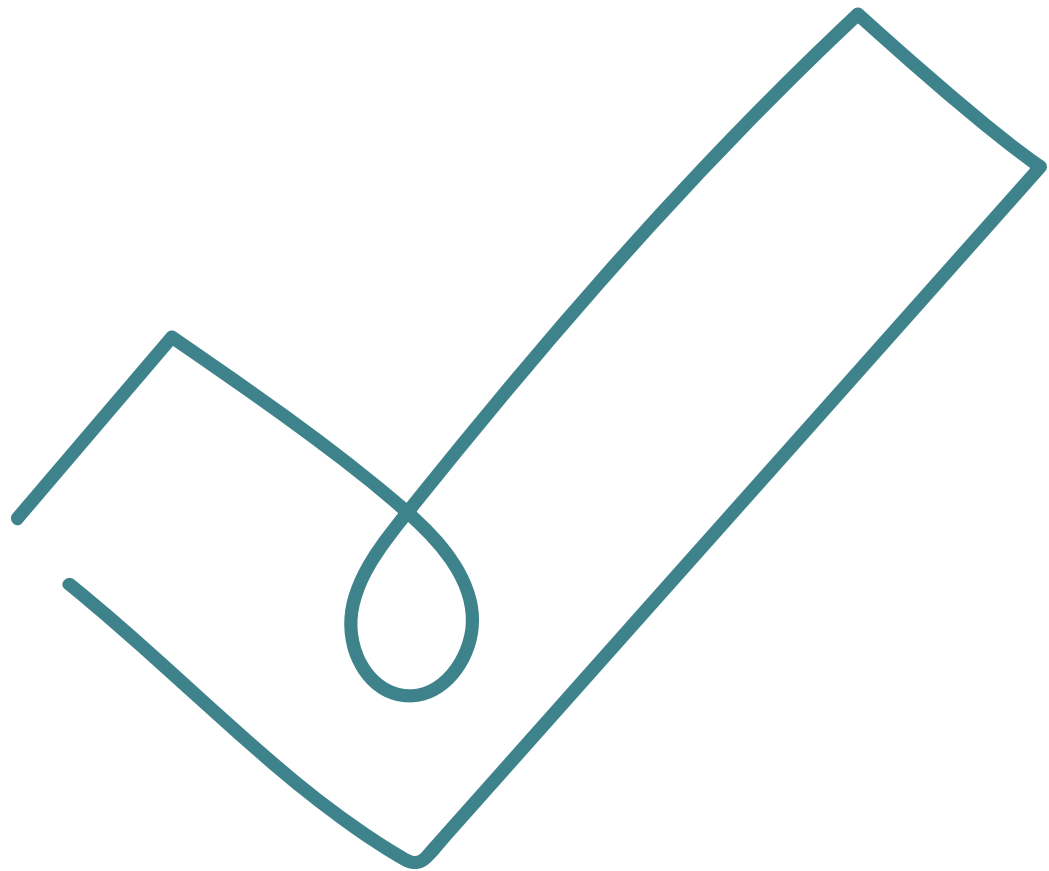


VAGUS NERVE



GAS AND

BLOAT



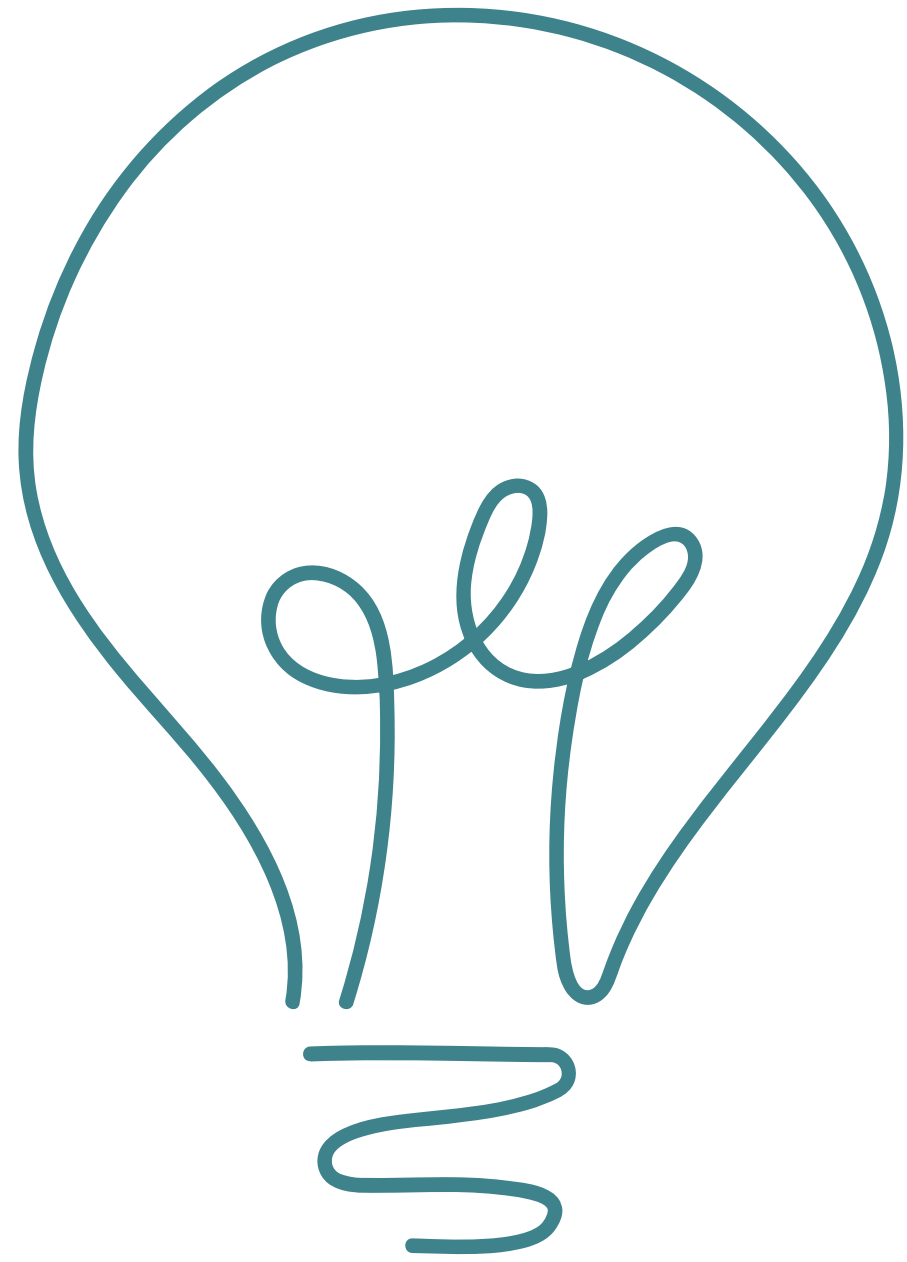
First step: Rule
out constipation
and resolve it!

DIGESTIVE BITTERS



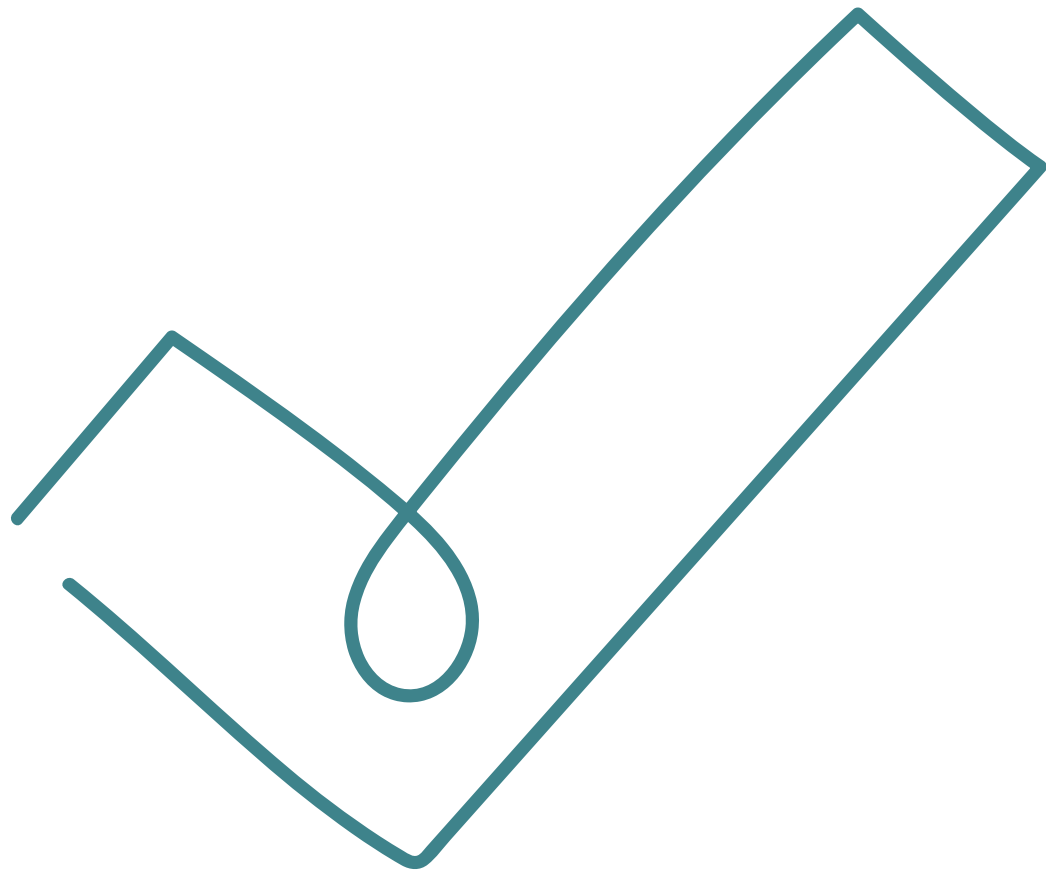
ASSESS FOR FOOD INTOLERANCES





Typically
bloating is the
last symptom to
resolve

DIARRHEA



First step: Rule
out overflow
diarrhea



EVERY 3 DAYS?

EVERYDAY?

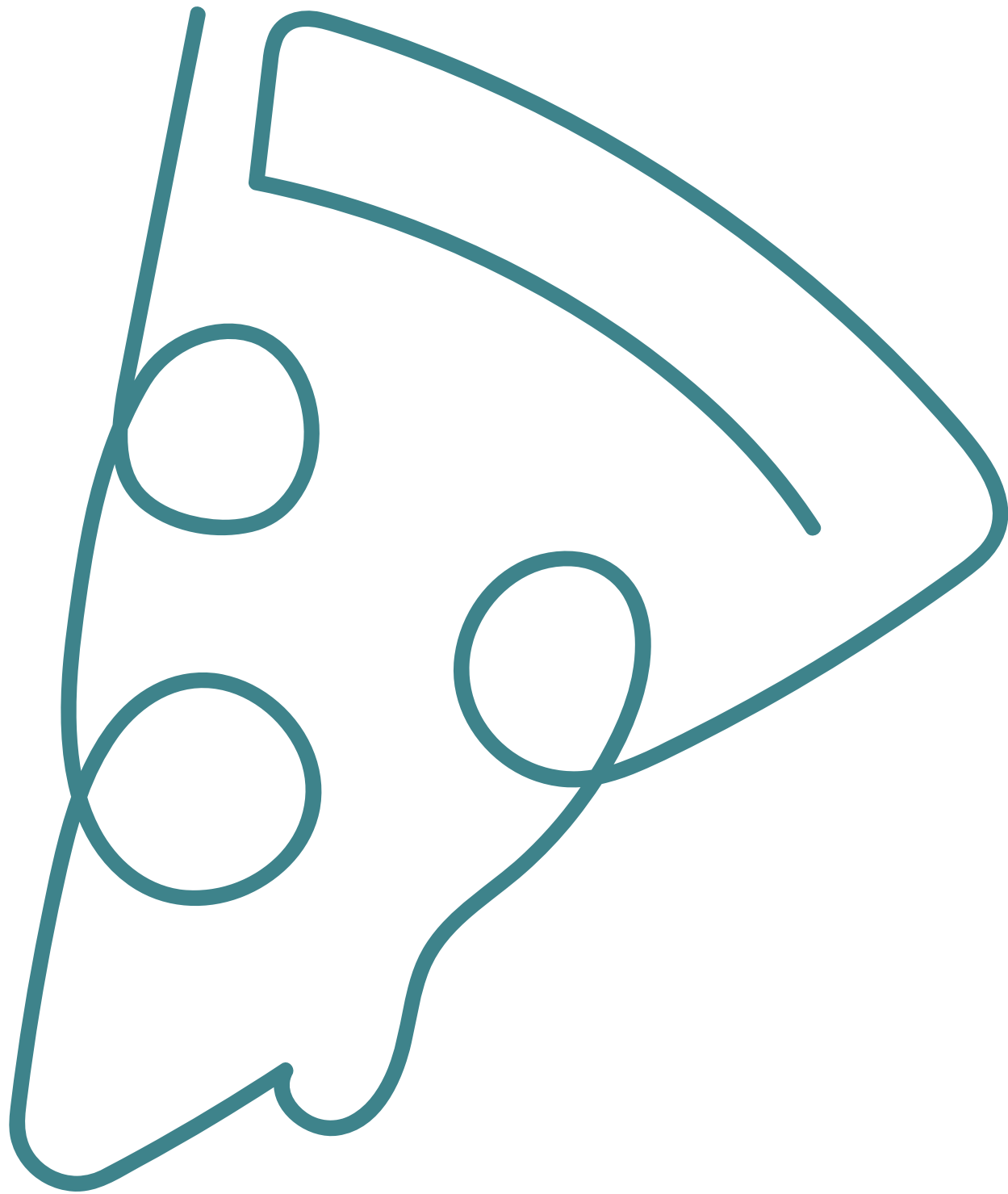


**CONSISTENTLY
AFTER A MEAL?**

URGENT?

**THE QUICKEST WAY TO
CHANGE THE GUT
MICROBIOTA IS THROUGH
DIET NOT SUPPLEMENTS**

OBSTACLES & CHALLENGES

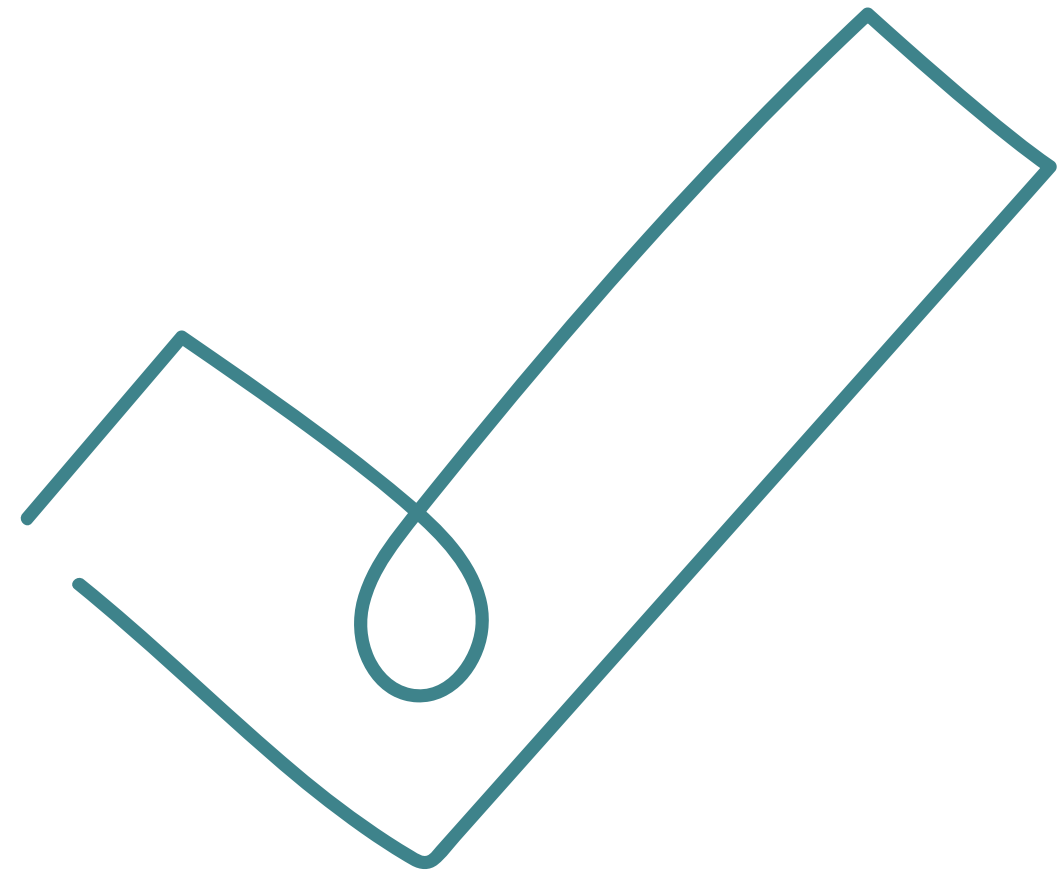


**FOOD
MINDSET,
NERVOUS
SYSTEM
AND
DIGESTION**

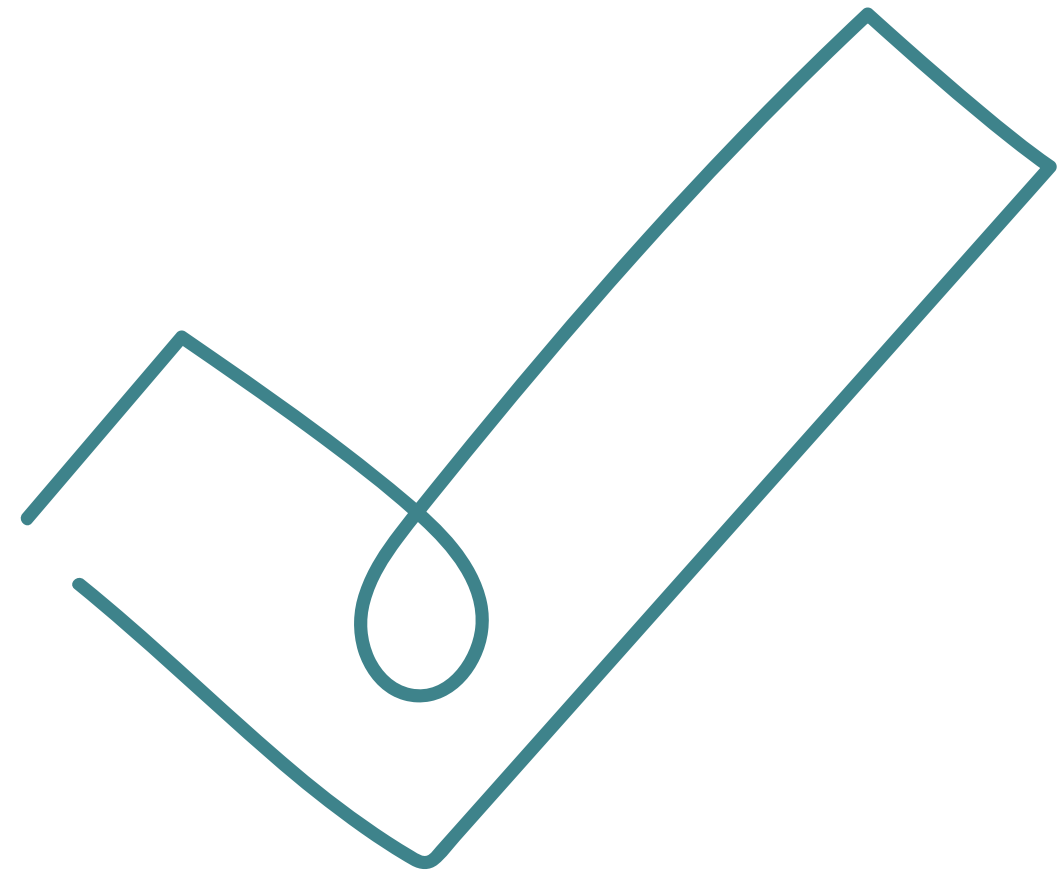




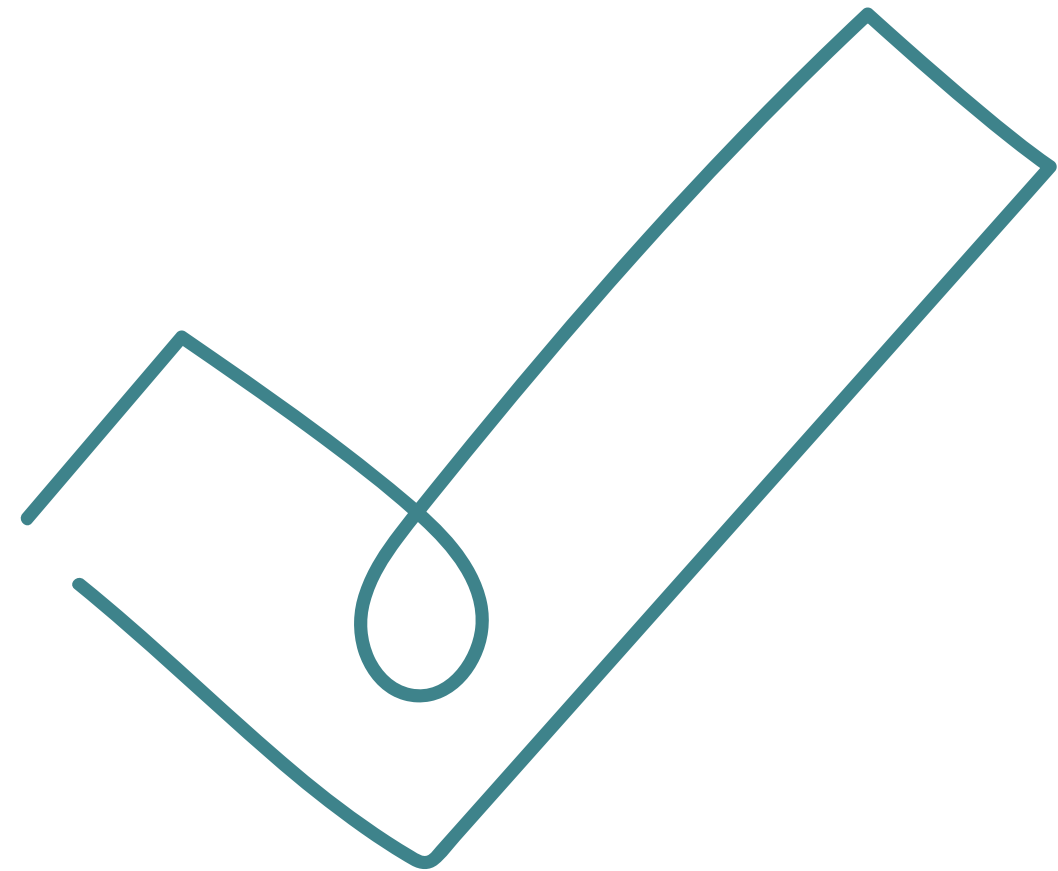
TAKEAWAYS



**IF
CONSTIPATED,
GET THE
BOWELS
MOVING!**



**IF GAS AND
BLOAT, RULE
OUT
CONSTIPATION
FIRST!**



**IF DIARRRHEA,
RULE OUT
CONSTIPATION!**

**WHEN YOU TRANSFORM
THE GUT, YOU CAN
TRANSFORM THE CLIENT
OUTCOME**

DO YOU WANT THE CHECKLIST?



Visit:

drheatherfinley.co/digestivechecklist



HOW WE CAN CONNECT



ON INSTAGRAM
@drheatherfinley

ON LINKED IN

Dr. Heather Finley
Dietitian Heather, LLC

MY PODCAST
Love your Gut with Dr.
Heather Finley



QUESTIONS?

KEY REFERENCES

Front. Psychiatry, 12 January 2021 | <https://doi.org/10.3389/fpsy.2020.611677>

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