

Food as Medicine

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No disclosures from Dr. Polk
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Objectives

- Discuss some ways that foods can add to inflammation
- Describe some simple practical ways to utilize diet changes to optimize metabolism and energy level
- Discuss dietary strategies for longevity

Real People, Real Changes

- 56 year old Jane with advanced djd in hands, feet, knees, hips, back progressing to the point of using a cane...

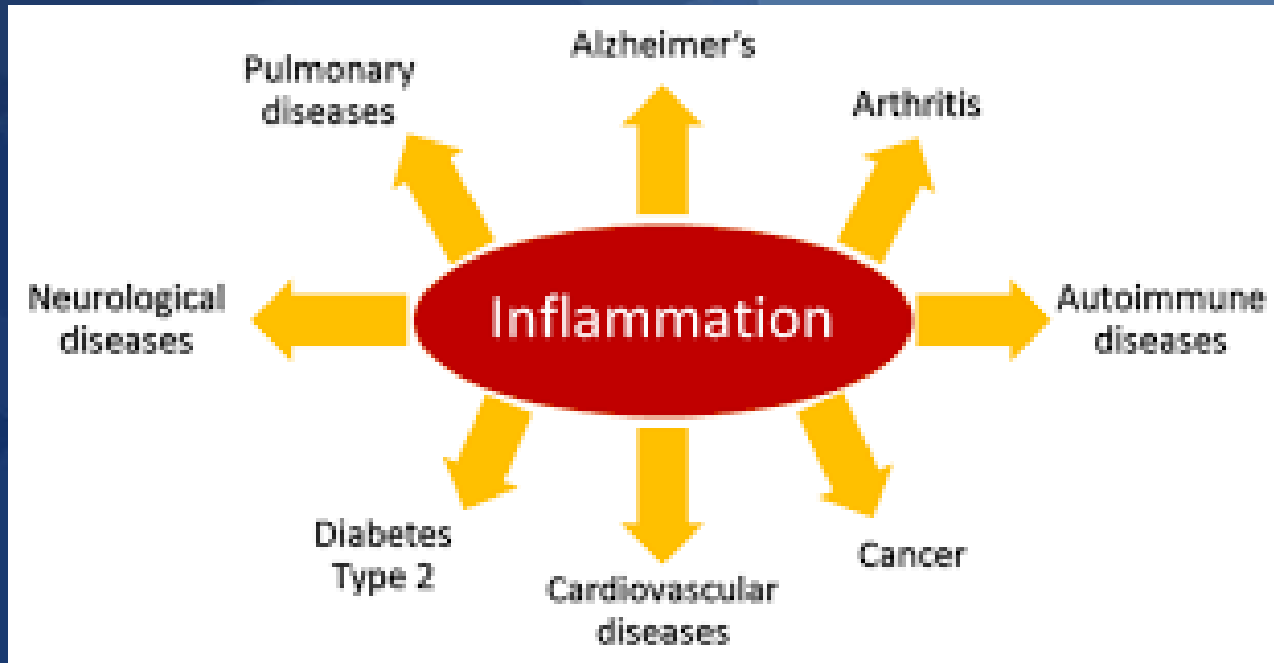


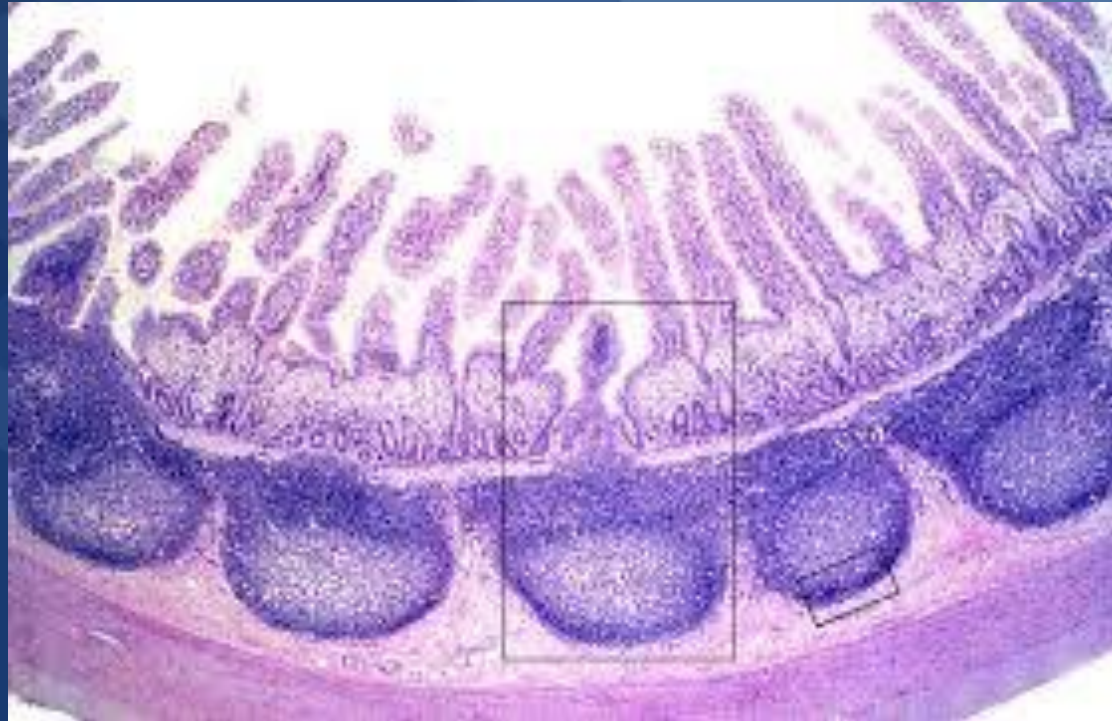
- Now hikes regularly – without her cane!



Autoimmune Disaster







- What is causing the inflammatory response?

Is it fodmaps, lectins, sugars, gluten, processing agents?

- What are FODMAPs?
- Fermentable
- Oligosaccharides
- Disaccharides
- Monosaccharides
- And
- Polyols

- Why a low FODMAP diet?
- Fodmap foods feed gut bacteria and can lead to bacterial overgrowth

LOW-FODMAP DIET APPROPRIATE FOR IBS

FOODS TO LIMIT

FRUCTOSE	LACTOSE	POLYOLS	FRUCTANS	GALACTANS
Apples	Custard	Apples	Asparagus	Chickpeas
Mango	Condensed milk	Apricots	Brussels sprouts	Legumes
Pear	Evaporated milk	Longan	Garlic	Lentils
Watermelon	Ice cream	Lychee	Onion	Pistachio nuts
Asparagus	Milk	Nashi pears	Rye	Cashews
Artichokes	Cheeses	Nectarines	Wheat	
Sugar snap peas	Yogurt	Peaches		
Fruit juices		Pears		
Dried fruit		Plums		
High-fructose corn syrup		Cauliflower		
Honey		Mushrooms		
		Snow peas		
		Isomalt		
		Maltitol		
		Mannitol		
		Sorbitol		
		Xylitol		

Melkape



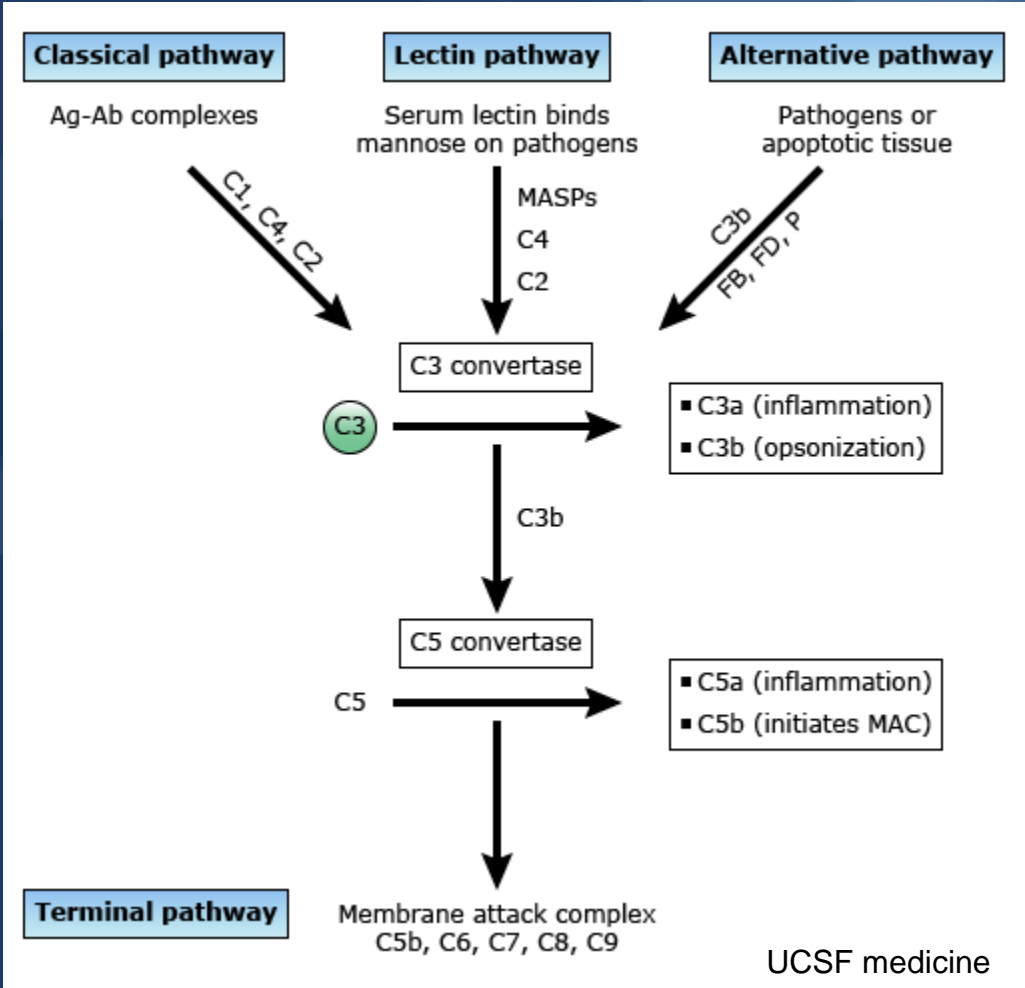
- What's wrong with processed foods?
- Common food additives that might add to problems:
 - Emulsifiers – used to add texture and increase shelf life - but break down mucous membrane in small intestine
- Artificial Sweeteners
 - Produce a different microbiota that can lead to insulin resistance, metabolic syndrome and larger waistline

Processed?

- If you can't pronounce something on the ingredient label, don't eat it.

What about lectins?

- Lectins are proteins that bind specifically to certain sugars and can cause inflammatory responses.
- Sometimes can be reduced/removed by cooking practices (pressure cooker)



What to eliminate first?

- Grains including wheat, corn, soy, oats, quinoa, barley
- Sugars and artificial sweeteners
- Cow's milk dairy and eggs for some
- Nightshade family foods (tomato and eggplant and peppers)
- All inflammatory oils – vegetable, canola, corn, soy, trans fats, grape seed, sunflower oil

Legumes?

- Okay for some – best to reintroduce after a 2-3 week trial of elimination
- Sometimes pressure cooking can make them more tolerable
- Includes peanuts and cashews

What can/should we eat?

- Healthy fats: olive oil, coconut oil, avocado oil, butter
- Leafy greens and cruciferous vegetables
- Proteins in smaller amounts
- Nuts and seeds
- Berries – especially dark berries
- Dark Chocolate

More human data coming!

- Several larger trials underway in humans to look at diet effects in microbiome and disease modification

Resources for patients

- The Inflammation Spectrum – Dr. Will Cole
- Food – by Dr. Mark Hyman
- The Wahls protocol – by Dr. Terry Wahls
- The Plant Paradox – by Dr. Steven Gundry
- Healing Arthritis – by Dr. Susan Blum
- The Better Brain Solution – by Dr. Steven Masley