

Ostomy Support Group

Naturopathic Support and Nutrition



Christine Bowen, ND

Bothell Natural Health

10614 Beardslee Blvd. Suite C

Bothell, WA 98011

425-485-7441

www.bothellnaturalhealth.com

“Let food be
thy medicine
and medicine
be thy food”

-Hippocrates



What is a Naturopathic Doctor?

- **Similar to MD's but with bigger "toolboxes".**
- **We think differently!**
- **Determine ROOT CAUSE**
- **Spend time with patients**
- **Diet and Lifestyle guidance**
- **Healthcare partnerships**



Naturopathic Nutrition Basics

- **Quality:** Cleanly sourced food whenever possible.
- **Avoid white foods:** white sugar, white rice, white potatoes and white flour. Low nutrient content high sugar impact.
- **Fatigue after meals:** reactive hypoglycemia
- **Avoid heavily processed foods:** chemicals, glues, binders, oils, long, incomprehensible ingredient lists.
- **Beyond the basics:** we modify the diet of individual to support specific health goals.

Kick the Sugar Habit to the Curb...



Do I need to buy ALL organic????

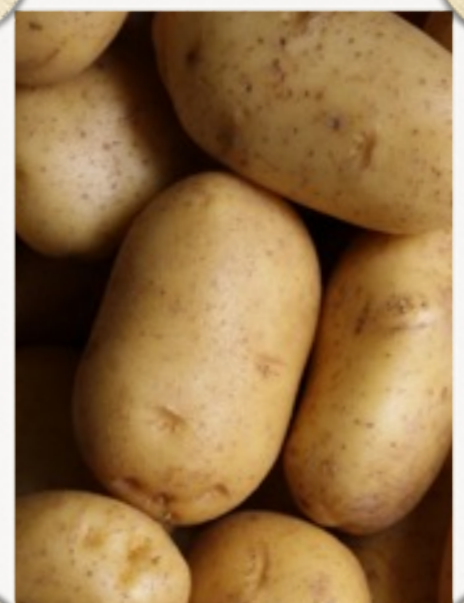


How to avoid toxins in your food...

- **Plastics:** Do not cook in or reuse plastics
- **Read lists of ingredients** and let that inform your decision.
- **Organic and non-GMO when possible.**
- **Avoid food additives, gums and thickeners:** Carrageenan, Guar Gum, emulsifiers (degrade mucous layer in gut)

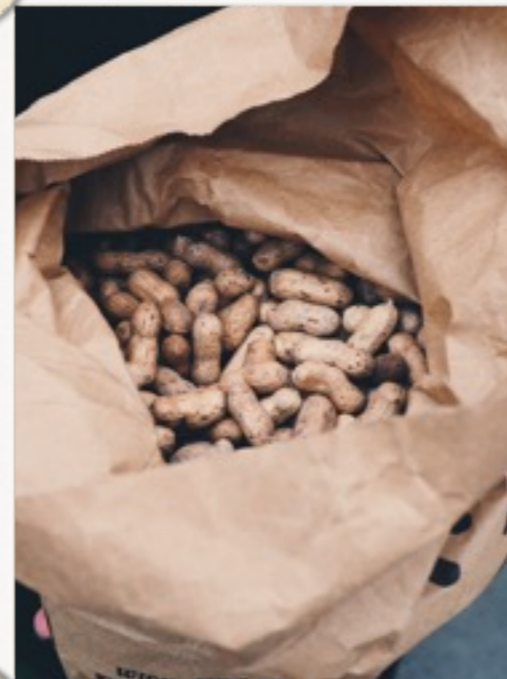
Anti-Inflammatory Diet

- **No Nightshades:** tomatoes, potatoes, eggplant, white potato, peppers (including spices)
- **No citrus fruits:** oranges, grapefruit, lemon, and lime; grapes, fruit drinks, -ades (lemon, lime), dried fruits
- **No:** Wheat, corn, oats, barely, spelt, kamut, rye, and all gluten containing products

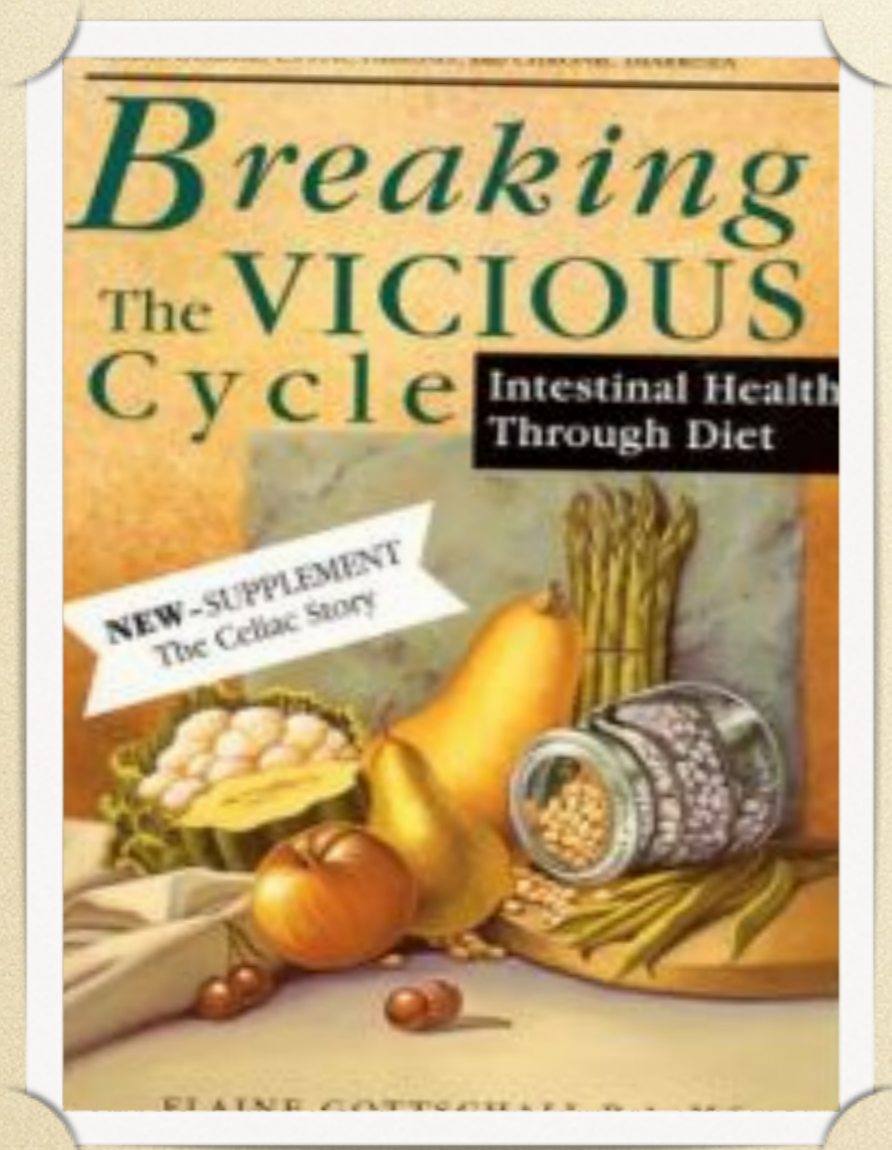


Anti-Inflammatory Diet

- **No:** Peanuts, pistachios, peanut butter (other nuts and seeds are ok though)
- **No Dairy:** Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, nondairy creamer
- **Eliminate alcohol**
- **Identify and remove food sensitivities**



The Specific Carbohydrate Diet



- **What is included:** fruit, vegetables, nuts, seeds, protein, spices, fats. All should be free of additives and from the cleanest source possible. Mono and disaccharides are included as they are easier to digest.
- **What is excluded:** refined sugar, gluten, grains, lactose, soy, starch, additives, fillers, coloring, natural flavors, binders, gums, resins and polysaccharides of all forms.

Navigating IBD Flares with Nutrition

- **SCD Intro Diet:**

- www.pecanbread.com for intro diet recipes
- No more than 2-5 days before needing to include foods in stage I (peeled, deseeded, cooked and pureed)

- **Elemental Diet (EEN)**

- Only complete liquid nutrition to allow for bowel rest.
- Only with physician guidance for safety.



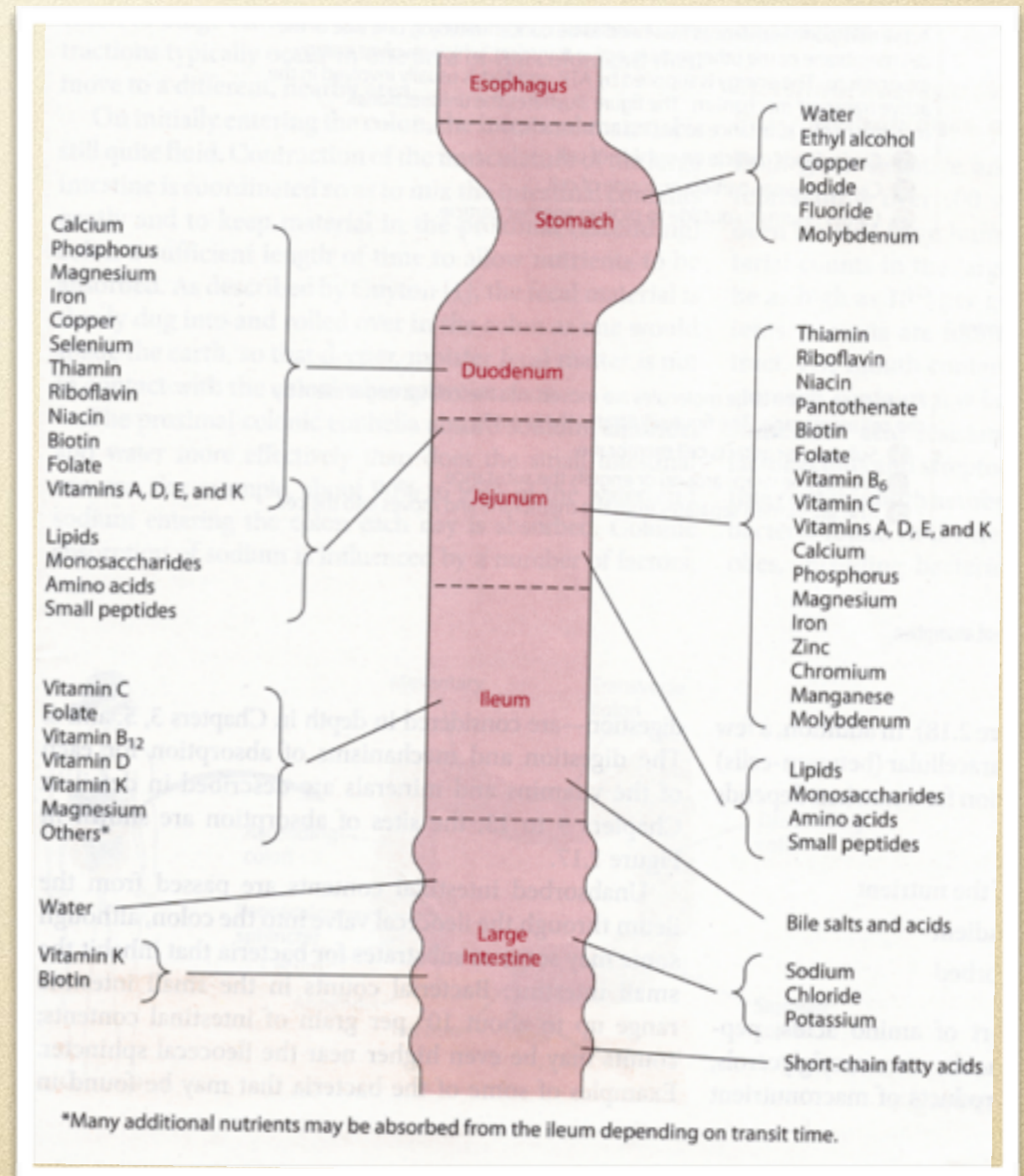
Healthy Snacks

- **Soft snacks if in IBD flare:** applesauce, carrot puree, homemade jell-o, nut butter with honey
- **Healthy snacks for no diet restrictions:** nuts and seeds, olives, sardines, oysters, nut butters, berries, fruit, carrots, hard boiled eggs, baby bel cheese, meat sticks.



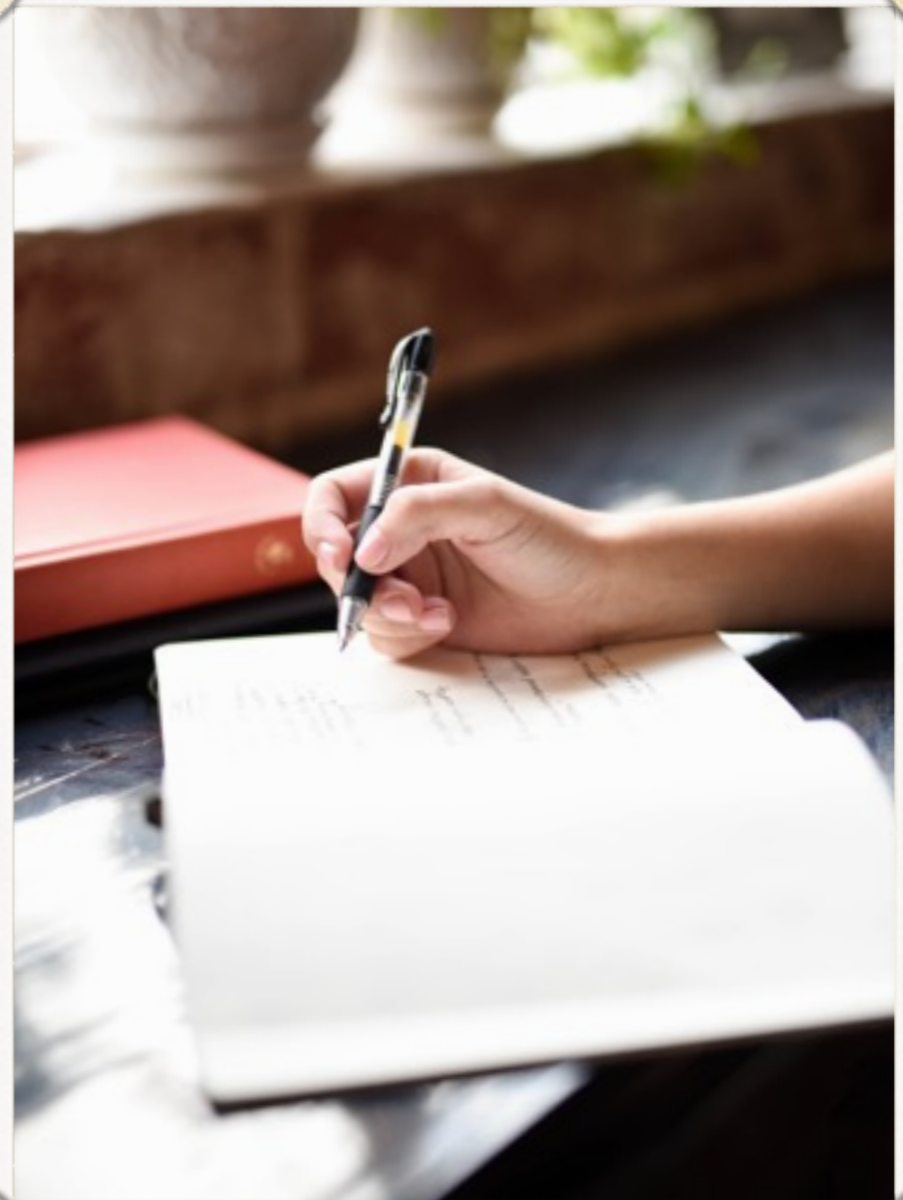
Nutrient Absorption

- Malabsorption, surgery, or otherwise impaired digestive tracts may lead to nutrient deficiencies.
- May need to consider nutrient replacement or supplementation.



Before Diet Change...

- **Begin Journaling:** Symptoms and Labs/health history to date. Vitals (especially weight, BP and pulse)
- **Get Lab work done**
- **Baseline testing and journaling are essential to:**
 - Assess progress
 - Ensure good nutrient status
 - Track inflammatory markers and symptoms (ensure they are improving).



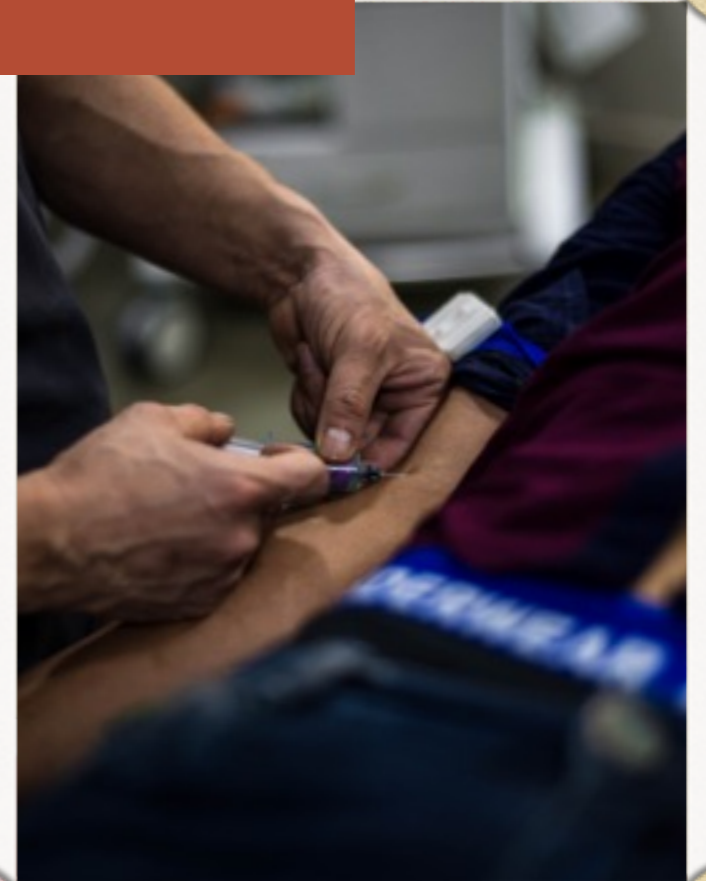
Before Diet Change...

- **Lab work:**
 - **Blood:** CMP (esp. serum albumin), CBC, ESR, CRP, Iron panel with Ferritin, Serum B-12 and Folate, MMA, Celiac Test, (IBD: SACER, ANCA)
 - **Stool Panel:** fecal calprotectin (quantitative), fecal lactoferrin (quantitative), stool culture (O and P x 3, yeast/stool culture, stool RBC's, WBC's, etc...).
 - **Urine:** ensure proper kidney function and rule out infections or stones.



Alternative Nutrient Replacement

- Sublingual
- Transdermal
- Intra-Muscular
- Intravenous



Aggressive Self-Care



- Massage
- Exercise
- Counseling
- Acupuncture
- Fun
- Stress Management

Healthcare Partnerships



“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame, in diet and in the cause and prevention of disease.”

-Thomas Edison



* * Special Offer * *

- **FREE** 15 minute consultation
- Get a crystal clear plan for how to improve or recover your health using natural medicine!!
- **Questions??**



Resources

- www.pecanbread.com
- https://drjeffreytucker.com/Nutrition/anti-inflammatory_diet.pdf
- <http://www.breakingtheviciouscycle.info/>
- **EEN in Crohn's:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5452177/>
- <https://www.ewg.org/>