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Premier Online Education in Integrative and  
Functional Medical Nutrition Therapy (IFMNT)

# Question and Answer Session

## Navigating The Gut-Brain Superhighway

Hosted by: Susan Allen-Evenson RDN, CCN, FMN  
Presented by: Sarah Greenfield RDN, CSSD





# Microbiome

- You mentioned 2 hours of stress can alter the gut microbiome. Do you have a particular reference for that? I would love to see that!
  - <https://www.ncbi.nlm.nih.gov/pubmed/25028050>
- How do you balance the excessive exercise piece as a marathon runner and not change the microbiome?



# Microbiome

- Have you seen any studies in memory reversal when change the microbiome in people over 70 who have had chronic IBS for many years?
- Keto is fascinating...I heard someone's take on this that the body adapts with microbiome by shifting to utilizing the SCFAs (because diet will be higher in this)...Any thoughts?



# Foods

- With the 40 different whole foods, does that include animal foods, or just plant foods?
- Do you think there should be a 21 day threshold for reintroduction of food allergy offenders to address IgG4 clearance?



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# Neurotransmitters

If someone has stress which is preventing them from making serotonin out of tryptophan, that will cause them to become more stressed....it's a vicious cycle. Would you intervene with 5-htp? How can the cycle be interrupted if meditation-type activities are disregarded by the patient?



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# Neurotransmitters

If a person is already on antidepressants and anti-anxiety issues, can you still supplement with GABA? How do you know how to handle adding GABA when patients are already being treated with traditional meds?



# Zonulin

- I heard in a summit that serum zonulin is more accurate than zonulin in stool testing. I believe the source was Dr. Jill Carnahan, MD. Do you have any information on this?
- What is a good lab for serum zonulin testing?



# Autism

- Many kids on the spectrum have high clostridia levels that produce Butyrate. Is the goal to balance it to normal by reducing simple carbs?
- What are the specific bacterial strains beneficial to Autism?
  - Besides what's listed in webinar slides, consider *Lactobacillus reuteri* and *bacteroides fragillus*





# Leaky Gut

- Can you explain exactly what is permeability? (Maybe that sounds like dumb question and maybe I should already know, but I am trying to learn more about this topic)
- I often see high glucose with the leaky gut. Could that be from the lipo-saccharide ?



# SIBO Testing

- I know so many test for SIBO. I worry that this is a dietitian diagnosing and treating something. How do you feel about dietitians ordering and treating the SIBO?
- How often do you see IBS that is not linked to SIBO?
- Is there a SIBO test that is covered by insurance. Do you like a lactulose test, glucose test or what?
- Can you test for SIBO with someone on a PPI?



# Probiotics

- Still confusing about using probiotics when we have been drilled by Kiran Krishnan that they don't make it to gut in order to change diversity. But sounds like you like them: how much do you give (billions), and which ones (other than Megasporebiotic)?



# Probiotics

- Can you give a spore probiotic to a person who is sensitive to molds?
- How do you decide among the large array of commercial probiotic blends: Garden of Life, Mercola, Jarrodophilus, PB8, etc.?