



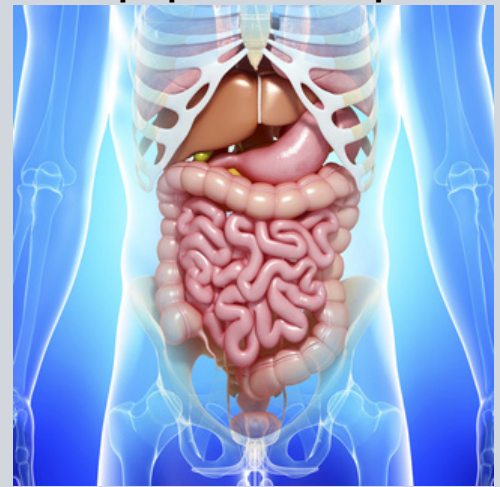
Functional Nutrition Working Group Newsletter

August 2023

The mission of the Functional Nutrition Working Group is to educate our profession and aid in lobbying efforts in order to be a resource in enhancing their ability to gain knowledge in the field of functional nutrition and provide their patients with effective holistic healthcare.

Gastrointestinal Disorders

- Approximately 70% of the immune system is located in the GIT.
- Adequate nutrition, proper digestion, and blocking of toxic chemicals lead to optimum gut health.
- Many GI disorders can have a visceral referral to back pain.
- The examination consists of observation, auscultation, percussion, palpation, and special tests for organ involvement.
- GI disorders can be mechanical or non-mechanical.



What to look for?

Many disorders can be found within the GI tract:

- Infections (bacterial or fungal)
- Nutritional deficiencies (such as SIBO)
- HCl impairment (acidic vs. alkaline)
- Changing bowel habits (adequate fiber)
- Change in appetite

Tests to look at:

- Questionnaires- to assist potential deficits among diet and underlying problems.
- Labs such as:
 - CBC w/diff to identify infections
 - Food allergy testing
 - Urine analysis or dipstick
 - CMP to see electrolyte imbalances
 - Fecal tests for SIBO
- Review Diets and Medications for potential deficiencies and depletions.
- If you are unsure make sure to refer to PCP for consult or co-management.

[Register for Upcoming Webinar](#)

[Heart Disease & ASCVD](#)

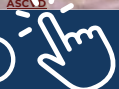
Presented by:

[Dr. Chris Turnpaugh](#)

[August 17, 2023 12:30-1:30 PM](#)

HEART DISEASE & ASCVD BLOOD CHEMISTRY PART 2
 THURSDAY AUGUST 17 12:30-1:30PM
 PCA MEMBER \$24
 NON MEMBER \$32
 1 CE
 Dr. Chris Turnpaugh
 Heart Disease/ASCVD is the Number 1 Cause of Death in America
 We will discuss cholesterol metabolism starting with dietary intake and ending with cholesterol clearance, including markers and their interplay with risk of ASCVD.

[CLICK HERE](#)



Disclaimer. All content, including text, images, or other formats were created for informational purposes only and do not serve as medical advice nor should be relied upon as such. The content is general information for PCA Members only and is NOT intended to be a substitute for professional medical advice, diagnosis, or treatment. The statements and information have not necessarily been evaluated by the Food and Drug Administration. Professional medical advice and consultation should never be disregarded nor should seeking it be delayed because of this information. The Pennsylvania Chiropractic Association expressly disclaims to any person or entity for any liability, loss or damage caused or alleged to be caused directly or indirectly as a result of the use, application or interpretation of any information provided herein. Chiropractors should seek a legal opinion from an attorney for interpretation of Pennsylvania laws and regulations including scope of practice.