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The gut balance revolution

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The pathophysiology of obesity is still unknown but there is mounting evidence that the gut microbiome, intestinal permeability and systemic inflammation may play an important role in disease pathogenesis and possibly treatment. Alterations in diet have been shown to shift the gut microbiome's effects on metabolism and regulation of body weight. This session will provide a focused overview of the scientific literature regarding the potential role of gut microbiome as a therapeutic target of weight management. The lecture will first review the pathophysiology of obesity from a functional medicine perspective and discuss how a functional medicine evidence-based approach can achieve optimal weight management by 3 steps: 1) Remove; 2) Restore; and 3) Renew. Learning objectives: 1) To discuss the influence of the gut microbiome on energy metabolism; 2) To understand how disruption of the gut microbiome can lead to obesity; and 3) To know how prebiotic and probiotic foods and supplements may influence weight by favorably altering the gut microbiome.

Biography

Gerard E Mullin, MD, is a Board-Certified Internist, Gastroenterologist and Nutritionist. He is an Associate Professor of Medicine and Director of Integrative GI Nutrition Services at the Johns Hopkins Hospital. He is regarded as an authority in Integrative Gastroenterology. He teaches medical professionals at international conferences on the role of nutrition and lifestyle and the gut microbiome in digestive health and weight control. He is the author of several professional desk references and trade books including his latest: *"The Gut Balance Revolution: Boost Your Metabolism, Restore Your Inner Ecology, and Lose the Weight for Good!"*

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