

Annual Meeting on
**NATUROPATHIC PHYSICIANS &
ACUPUNCTURISTS**

July 24-26, 2017 Melbourne, Australia

Nutritional management of metabolic endotoxemia: A clinical review

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Diet induced metabolic endotoxemia is emerging as an important contributory factor to the development of a wide range of chronic disease including cardio metabolic, autoimmune, psychiatric and neurodegenerative illness. Pathological elevation of circulating endotoxin activates inflammatory and oxidative pathways that may give rise to physiological dysfunction and disease over time. Emerging human clinical studies have demonstrated that diet and dietary components are potent modifiers of circulating endotoxin and can be used to significantly reduce plasma levels and improve metabolic health. Nutritional modification of metabolic endotoxemia occurs through multiple pathways, including reduction of gut microbiota endotoxin reserve, mitigating gastrointestinal translocation, buffering postprandial elevations, reducing the deleterious effects of circulating endotoxin and increasing endotoxin clearance. Improving dietary quality, optimizing intake of phytonutrient rich foods, improving micronutrient status, consumption of fermented foods, manipulation of the gut microflora with prebiotics and probiotics and the use of specific nutritional supplements such as glutamine, lactoferrin, resveratrol and berberine could be used in the development of personalized nutritional management of metabolic endotoxemia in a clinical setting.

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