

Healing with food: Treating gastrointestinal dysfunctions by diet prescription and supplementation

Mireille Rizk Corbani

Le Gabarit Diet Center, Lebanon

Statement of the Problem: Many people are suffering from digestive problems, ranging from dysphagia, bloating, constipation, gut flora and nutritional insufficiencies. We are also seeing more gluten intolerances in patients with chronic diseases. We will try to identify when to consider a gastro-intestinal specific dietary program to treat cases of GI dysfunction. Identify as well the Factors including age, genetics and diet that may influence micro-biome composition, and how they are related in digestion and absorption. Also we will identify factors that inhibit optimal health and function of digestive tract. Recall pros and cons of conventional and unconventional diagnostic tools to assess malabsorption & maldigestion. Learn when to prescribe specific food plan: (Low-FODMAP, specific carbohydrate, renew food plan, elimination, restorative, etc...) And when and what to prescribe as botanicals and nutraceuticals to improve outcomes in patients with GI dysfunctions. References are adapted from Gibson PR, Barrett JS. Clinical Ramifications of malabsorption of Fructose and other short-chain carbohydrates. Nutrition issues in Gastroenterology. Beyer PL, Caviar EM, McCallum RW. Fructose intake at current levels in the United States may cause gastrointestinal distress in normal adults.

Biography

Mireille Rizk Corbani is a Clinical Dietician, Founder and Chief Dietician of the famous Le Gabarit Health & Nutrition Center, leading the health and nutrition trends in Lebanon. An advocate and believer in the Mediterranean diet. More than 25 yrs experience in assessing the nutritional needs of different age groups and across many health challenges and issues. Committed to constantly building and developing capabilities across many specialization areas in the world's leading institutions, to maintain a cutting edge of knowledge, skill and expertise.