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Probiotics and Prebiotics

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The Evolving Impact on Probiotics on the Gut Immune Heart connection

While probiotics has been associated with gut health as well as the emerging role in detoxification and immune regulation. Some of the more profound effects on metaflammation and inflammaging are just recently emerging. This talk will explain the relationship between the gut and its role in cardiometabolic health. We will also cover the impact of COVID-19 on the gut microbiome and how the shift in microbiome contributes to inflammatory signaling in COVID long haulers. With alterations in gut microbiome a cascade of inflammatory cytokines lead to cellular and tissue damage that can accelerate a march to conditions and diseases. One of the course corrections for negating inflammatory signaling is the use of probiotics, prebiotics, and the new area of synbiotics.

Biography

James B. LaValle is an internationally recognized clinical pharmacist, author, and board-certified clinical nutritionist, with over 35 years of clinical experience. LaValle is best known for his expertise in performance health and integrative care with personally seeing thousands of clients over the years. He has an extensive background in natural products, lifestyle, drug/nutrient depletion, and uncovering the underlying metabolic issues that keep people from feeling healthy and vital. He has developed programs for several industries including fitness, professional sports teams and health care companies. Most recently Jim was appointed the Clinical Director of the Pro Football Hall of Fame Performance Health Program.

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