

Systemic Inflammation, Food Intolerance & Autoimmunity Seminar

with Paul Bergner, MH, CN

Course Outline

- **Systemic Inflammation**
 - The pathophysiology of systemic inflammation and its systems.
 - Lab values that indicate inflammation.
- **Nutrition: Minerals and Trace Elements**
 - The physiological role of trace elements in connective tissue integrity and inflammation.
- **Fats and Oils**
 - Dietary oils and preparation which can have pro- or anti-inflammatory effects.
- **Vitamin D and Inflammation**
 - A review of the role of vitamin D in connective tissue integrity and inflammation.
 - A discussion of lab testing and dosages, and potential adverse effects.
- **Leaky Gut Syndrome**
 - The pathological causes and consequences of increased intestinal permeability.
- **Gut associated immunity: Lymphoid Tissue and Systemic Inflammation**
 - The function and morphology of the Gut Associated Lymphoid Tissue and its role in systemic inflammation.
- **Molecular Mimicry**
 - Cross-reactivity between peptides in common foods and tissue types in the body.
 - If the gut makes antibodies to the component of the food, these antibodies can attack various tissues in the body.
 - Some chronic inflammatory conditions can be routinely cured with screening and the removal of specific foods.

- **Drugs and Herbs for Pain**
 - While pharmaceuticals are repeatedly used in the treatment of inflammation, there are many Western herbal medicines that do a fine job.
 - Paul talks about both forms of treatment, and offers some herbal formulations.
 - Herbal pairs for inflammation can be used topically and internally.
- **Fasting and Inflammation**
 - Fasting strategies for patients of varying constitutions.
 - Explanation of the physiological roles of the hormone ghrelin for regulating appetite and enhancing tissue repair.
- **Anti-Inflammatory Herbs**
 - A large number of Western herbs are commonly used for systemic inflammation.
 - Effective pairs and combinations will be offered.
 - Herbs discussed include: coffee, salicylate-containing herbs, *Matricaria recutita* (chamomile), *Achillea millefolium* (yarrow) *Althaea officinalis* (marshmallow), *Calendula officinalis* (marigold), *Plantago spp.* (plantain), *Urtica dioica* (stinging nettle), *Curcuma longa* (turmeric), and *Glycyrrhiza glabra* (licorice), *Zingiber officinale* (ginger), *Angelica archangelica* (Angelica), *Apium graveolens* (celery), *Rosmarinus officinalis* (rosemary), *Salvia officinalis* (sage), berberine-containing herbs, and *Commiphora myrrha* (myrrh).
- **Pathophysiology of Food Intolerance**
 - The processes and symptomatic presentations of food intolerance with typical digestive, musculoskeletal, and mood/energy symptoms.
 - An overview of therapeutic interventions for addressing food intolerance symptoms, as well as the microbiome as a metabolic organ.
 - The symptomatic presentations of food intolerance within the digestive system, including an in-depth look at Celiac disease.
 - Common systemic conditions routinely cured with elimination of food intolerance, including autoimmune conditions and psychological disorders.

- **Elimination Diets in History**
 - A historical review of elimination diets in Western medical history—from Ancient Egypt, through Greek, Roman, and Arabic Medicine, and into modern times.
- **Clinical Experience and Case Studies**
 - Conditions routinely cured with food intolerance elimination as seen in cases from several decades in a teaching clinic.
- **Assessment**
 - Methods of assessment for identifying food intolerance from presenting symptoms, with before and after pictures.
- **Interview strategies**
 - How to collect information about lifestyle, diet, and presenting symptoms of patients.
- **Intuitive techniques**
 - This section serves as an intuitive practice to promote mindfulness when shopping and eating.
- **Lab Testing**
 - A review of the scientific literature on the evaluation of food intolerance using standard antibody testing.
- **Elimination and Re-challenge**
 - The gold standard of assessment. The process of effective testing with food elimination in this section and with patient education, interview skills, and motivational techniques.
 - How to effectively follow-up with patients testing with food elimination to monitor their progress.
 - The process of reintroduction.
- **Therapeutics**
 - Comprehensive therapeutics for food intolerance and associated inflammation can be obtained with the right dietary and supplement protocols. Learn about them in this section.

- **Probiotics**
 - This section serves as a review of the importance of “friendly” bacteria to barrier and immune function in the gut, with the importance of probiotic and prebiotic supplement protocols.
- **Herbal Therapeutics for Leaky Gut**
 - The benefits of herbal medicine over conventional medicine to support the optimal function of the body.
 - The roles of bitter, demulcent, alterative, carminative, lymphatic, anti-inflammatory, and immunomodulating herbs to promote regeneration of the digestive system and manage systemic inflammation.
- **Immunomodulating herbs**
 - This is a continuation of herbal therapeutics for digestion, and includes a deeper look at immunomodulating herbs, including *Ganoderma lucidum* (reishi), *Lentinula edodes* (shiitake), and *Astragalus membranaceus* (Astragalus).
- **Autoimmunity**
 - A final review of some of the most common autoimmune conditions.
 - Protocols for food eliminations and additions and symptomatic treatment with botanicals.