Thank you for joining us for

An Influx of Reflux: Managing GERD and Other Debilitating Digestive Conditions

We will start promptly at 12 noon EST. Please note that until that time, the line will be silent.

Thank you!

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1. All attendees are muted. If you have a technical question, please send a message to the host.

2. Questions: If you have a question for Dr Kalish, please message that to the host.

Questions will be answered at the end of the webinar as time allows.
An Influx of Reflux: Managing GERD and Other Debilitating Digestive Conditions

September 11, 2013

Proudly Hosted by
Our Presenter:

Dr. Daniel Kalish, DC
• Founder of the Kalish Method: A Functional Medicine Training Program based on his 20 years of clinical experience
• Learn more by visiting: www.emersonecologics.com/kalish
An Influx of Reflux: Managing GERD and Other Debilitating Digestive Conditions

Presented by Dr. Daniel Kalish
YOUR PATIENTS?

- GERD
- Acid reflux
- Diarrhea
- Constipation
- Bloating
- Gas

- Cramping
- Gastritis
- Hiatal hernia
- Nausea
- Abdominal pain
WHAT YOU’LL GET OUT OF TODAY

• Demystifying GERD
• Clear course of action
THE KALISH METHOD APPROACH...

1. Reduce inflammation through diet and lifestyle changes
2. Strengthen SIgA levels through adrenal protocols
3. Kill bugs

Lab testing + diet and lifestyle coaching = health
2 COMMON FAILURES

1. Practitioners use wrong sequence with treatments
   • Treat GI first?

2. Most often used tests vs. most accurate tests
OBJECTIVES

• Learn how chronic stress effects cortisol levels and SIgA (Secretory Immunoglobulin A), leading to GERD

• Learn why H. pylori treatment protocols frequently fail and how to design nutritional programs to increase your success rate by integrating:
  • Mastica gum
  • GI anti-inflammatory and gut repair supplements
  • Probiotics
CAUSES OF STRESS

- Emotional
- Dietary
- Pain & hidden inflammation
FUNCTIONS OF CORTISOL

- REGULATES SIgA PRODUCTION IN GI TRACT LINING
- Counters inflammation
- Maintains mood and emotional stability
Steroid Hormone Pathways

17α-Hydroxylation

Progesterone

17-Hydroxyprogesterone

11-Deoxycortisol

Cortisol

Cortisone

Pregnenolone

17α-Hydroxylation

Dehydroepiandrosterone

Androstenedione

Androstenediol

Testosterone

5α-Dihydrotestosterone

19-Hydroxytestosterone

19-Hydroxyandrostenedione

Estradiol - 17α

Estradiol - 17β

Estrone

Acetyl CoA

B5

Cholesterol
Mucous membranes comprise the primary interface between the external environment and the internal environment of the body.

Most absorption of nutrients AND toxins occurs across mucous membranes.

Most pathogens enter the body by binding to and penetrating mucous membranes.
Secretory immunoglobulin A (SIgA): a mucous membrane surface antibody produced by immunocytes in mucous membranes

• SIgA provides first physical barrier of defense protecting against pathogens (parasites, bacteria, yeast)
COMMON GERD TRIGGERS

- Problems in small intestine
- Food reactions
- Positioning of stomach
- Stress

- What about stomach cancer?
• Patients relate to clusters of symptoms (i.e. fatigue, heartburn, bloating), not to body systems or process at work

• Symptoms change over time and may not parallel original problem

• Key points - how do you uncover the origin of their health problem, the two most important questions to ask every patient
CORRECT BODY SYSTEMS IN ORDER THAT PROBLEMS OCCUR

Correct Adrenal Hormones
- Correct GI
  - Nutrient replacement:
    - Amino acids
    - EFAs
    - Minerals
- Stress management
- Healing diet
- Spiritual/emotional
- Exercise
- Sleep

Correct GI
- Treat h. pylori
- Support stomach repair with:
  - Mastica
  - GI repair products
  - Probiotics

Detox/Nutrient Replacement
- Replace missing nutrients, especially amino acids
H. PYLORI

- Causes damage to stomach lining and reduces stomach acid production
- Common in patients with heartburn, GERD, bloating
- Easily acquired infection, leads to increased risk of ulcers and stomach cancer
- Acquired from food
- Acquired from kissing
Helicobacter pylori — the bacterium causing peptic ulcer disease

Infection
Helicobacter pylori infects the lower part of the stomach, antrum.

Inflammation
Helicobacter pylori causes inflammation of the gastric mucosa (gastritis). This is often asymptomatic.

Ulcer
Gastric inflammation may lead to duodenal or gastric ulcer. Severe complications include bleeding ulcer and perforated ulcer.

Increased acid secretion
Duodenal ulcer

Inflammation

Bleeding ulcer

Gastric ulcer

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Hormonal System: increased cortisol

Increased cortisol usually precipitated by one of the following events:
- death in family
- divorce
- overwork

Decreased immune response in stomach tissue/low HCL

Digestive System: H. pylori acquired

H. pylori acquired typically courses through:

- Detox System: nutrient depletion, especially amino acids

TOXINS
GUIDELINES FOR H. PYLORI

- Test for h. pylori – stool antigen/blood antibodies
- Eliminate pathogen
- Replace healthy bacteria
- Retest to verify bugs gone and probiotics have recolonized
- Repair leaky gut
- I promise this works
LAB TESTING

- Breath test
- Blood tests
- Endoscopic exams
- Stool antigen testing
PROTOCOLS

• H. pylori treatment
• Gluten free diets
• Treating other pathogens
H. PYLORI TREATMENT

• Treat with prescriptions
• Support h. pylori treatment with:
  • Mastica Gum, Slippery Elm
  • Probiotics: multi-strain, high potency
  • GI Repair powder– Glutamine Plus
  • There are several prescription regimens that can be used to treat H. Pylori. The most common combination is a PrevPac: amoxicillin, clarithromycin (Biaxin) andPrevacid for 14 days. Other combinations might use metronidazole or tetracycline, or an acid reducer other than Prevacid.
CHILDREN WITH GERD

- Fatigue/depression
- Unable to attend school
- Stomach pain
- Nausea
- Unable to focus, concentrate or exercise
DAVID - IS THERE AN INFECTION PRESENT?

- Fatigue
- Awakened at night with stomach pain/GERD
- Sleep disorder
- Neurotransmitter (AA) depletion
- Connection with blastocystis hominis
- Problems first started at age one after trip to Caribbean
INTEGRATIVE TREATMENT PROGRAM

Step 1: Anti-inflammatory/Digestive System Healing Phase:
• GI repair products, addressing food allergies - 60 days

Step 2: Treatment Phase:
• Antibiotics to treat, assisted by herbs to cleanse stomach

Step 3: Re-colonization:
• Introduction of healthy bacteria - 30 days
STEP 1: HEALING DIET
HEALTHY NUTRITION, INCLUDING ADDRESSING FOOD ALLERGIES

• Start patient on proper diet for two months using one of two methods:
  • Healing diet: eliminating gluten and dairy, and rotating foods
  • Use lab tests to determine specific food allergies, presence of gluten intolerance and leaky gut
• Start anti-inflammatory repair supplement program
STEP 2: KILLING BUGS
CLEANSING STOMACH

• DETECT
  • Eliminate (this is in small type on purpose)
STEP 2: CLEARING PATHOGENS

- Antibiotic and herbal protocols
  - Medications used at proper time
  - Mastica Gum to facilitate rapid recovery

- Treat as appropriate after 60 days of successful adherence to proper diet from Step One
STEP 3: PROBIOTICS

- Recolonization of intestines with healthy bacteria to encourage GI repair process
- May need further GI repair supplements to assist complete recovery as well
- Retest two months after completion of pathogen protocols
GLUTEN INTOLERANCE

- Genetic autoimmune disorder that destroys mucous membrane tissue, damages SIgA production, and creates an overly permeable GI tract
- Under-diagnosed condition
- Common in those with alcohol and food-related disorders
INTESTINAL VILLUS
THE CONTRIBUTING FACTORS

In order to be gluten intolerant, a patient must have:

1. The gene for gluten intolerance (most commonly English, Irish, Scandinavian, Scottish, Eastern European)
2. Sufficient gluten in the diet
3. Triggers such as physical trauma, severe emotional stress, surgery, infection
STRENGTHENING SIGA LEVELS THROUGH ADRENAL PROTOCOLS AND STRESS MANAGEMENT

• Test adrenal hormones

• Determine stage of adrenal exhaustion

• Treat adrenals and clean up lifestyle stressors
Gluten free, anti-inflammatory diet for at least 60 days

Consultation

First Round Adrenals

Second Round Adrenals

Treatment of H. Pylori (from 1st stool tests)

Anti-Candida Program

Liver Detox

Nutrient Replacement, Esp. AA

Adrenal Test (Saliva)

Stool Test

Organix Test (Urine)

- Labs In - Report of Findings
The Kalish Method Mentorship
Program begins tonight!

• Basics:
  • 6-month Functional Medicine training program
  • All online
  • Based in Adrenal Hormones, GI, Detoxification, Diet and Lifestyle Coaching
  • Class is open to anyone, but is designed for licensed practitioners
The Kalish Method Mentorship
Program begins Wednesday, September 11th

MENTORSHIP INCLUDES:

• TWO MAJOR COMPONENTS TO THE LEARNING:
  • Substantive, recorded content
    • 24 weekly lectures detailing all aspects of the **Three Body Systems:**
      • Adrenal and Female Hormones, GI, and Detoxification
      • You can do as much learning as you want: 2-5 hours per week, more?
  • Live, practical application
    • 24 live, weekly, small-group practical Q&A calls
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THANKS
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Learn more about Dr. Kalish and the 6 Month Mentorship program at www.kalishinstitute.com
Go to www.emersonecologics.com/events periodically to view any upcoming webinars that we will be hosting.

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