

# GROUP VISIT TOOLKIT

## GI Foundations: Heal Your Gut, Heal Your Body



Improve the health of your patients with meaningful information

- *Easy to implement*
- *Cost-effective*
- *Time-efficient*
- *Insurance-friendly*

# Your patients want to change... now you have the tools

This toolkit is designed to teach patients the importance of healthy GI function and how healing the GI tract can improve many chronic conditions. Patients are educated on the key concepts of increased intestinal permeability, chronic GI inflammation, food allergy/intolerance testing options, proper elimination and the use of hypo-allergenic diets for gut healing.

## Use for patients with these issues:

- IBS/IBD/Crohn's
- Constipation/Diarrhea
- Suspected food allergies
- Increased intestinal permeability
- Chronic pain, mood and sleep disorders
- Autoimmunity/Chronic inflammation
- Fatigue/Headaches
- Eczema/Psoriasis/Hives

## THIS GROUP VISIT TOOLKIT INCLUDES:



### Visit Forms:

Patient intake forms are designed to capture key information to create efficient, insurance-friendly patient encounters.



### Patient Handout(s):

Patient-friendly handout(s) assist you and improve the implementation of key lifestyle tips necessary to correct underlying causes of illness.



### Multi-Media Education:

Choose the format to best suit your presentation style

- Video + audio version
- Presentation slides for custom education

Ideal use for a Group Visit or one-on-one setting

**Shilpa P. Saxena, MD** is a Board-Certified Family Practice physician whose passion and purpose come to life through sharing her innovative patient education and practice management solutions in her classic 'keep it simple' style. She serves as Faculty with the Institute for Functional Medicine, the Arizona Center for Integrative Medicine, the University of Miami, Miller School of Medicine, and the Metabolic Medical Institute at George Washington University. Dr. Saxena is an expert in the Group Visit medical model, creator of Group Visit Toolkits, and co-author of *The Ingredients Matter: India*.



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## Digestive & Detoxification Issues

Patient Name: \_\_\_\_\_ Date of visit: \_\_\_\_\_

\_\_\_\_\_ (initial) I understand as a participant in this Group Visit/Shared Medical Appointment, that I and other patients will discuss medical information in the presence of other patients, people, staff, and the clinician. If I have medical concerns that are of a very private nature, I will request to discuss with the clinician in a private setting or will schedule an individual office visit. I will also respect the confidentiality of the other members of the group by not revealing medical, personal, or any other identifying information about others in attendance after the session is over.

CC (circle all that apply):	<input type="checkbox"/> Food Allergies	<input type="checkbox"/> Fatigue	<input type="checkbox"/> Rash	<input type="checkbox"/> Hormone Imbalance
	<input type="checkbox"/> Mood Issues	<input type="checkbox"/> Bloating	<input type="checkbox"/> Pain	<input type="checkbox"/> Sleep Disturbance
	<input type="checkbox"/> Diarrhea	<input type="checkbox"/> Mood Issues	<input type="checkbox"/> IBS	<input type="checkbox"/> Autoimmune Disease
	<input type="checkbox"/> Heartburn	<input type="checkbox"/> Constipation		

### History of Present Illness (check boxes as appropriate):

- How long ago did your symptoms start? \_\_\_\_\_  days  weeks  months  years
- My symptoms are  mild  moderate  severe  annoying  life-changing  disabling
- I feel better when I eliminate certain foods from my diet.  Yes  No
- I tend to experience side effects from medications easily.  Yes  No
- I develop symptoms from perfumes, cleaners, paint fumes or strong odors.  Yes  No
- I have a history of significant exposure to harmful chemicals.  No  Yes (List: \_\_\_\_\_)

### Review of Systems: (check all symptoms that you currently experience)

- dizziness  diarrhea  constipation  indigestion  \_\_\_\_\_  
 acne  muscle pain  joint pain  \_\_\_\_\_

### Dietary History: (check all you consume on a regular basis- at least once a week)

- soft drinks  alcohol  coffee  gluten  \_\_\_\_\_

### Exam:

- Vitals: Weight: \_\_\_\_\_ BP: \_\_\_\_\_
- Abdomen:  NTND, NI bowel sounds, No HSM  Abn \_\_\_\_\_
- Lungs:  CTA bilaterally, NI effort  Abnl \_\_\_\_\_
- Skin:  NI  Abnl keratosis pilaris ecze \_\_\_\_\_

Assessment/Plan: \_\_\_\_\_

### PATIENT – CENTERED PLAN OF CARE

<input checked="" type="checkbox"/> Patient will track potential food triggers of symptoms	<input type="checkbox"/> Patient _____ status
<input checked="" type="checkbox"/> Patient educated on barrier integrity & elimination and detoxification roles of GI system	<input type="checkbox"/> Patient _____ elimination diet
<input checked="" type="checkbox"/> Take medications as prescribed	<input type="checkbox"/> Labs/T _____ of detoxification
<input checked="" type="checkbox"/> Patient given handouts on elimination diet and detoxification for managing symptoms	<input type="checkbox"/> Follow-up: _____

## SOAP Note

- ✓ Insurance-friendly
- ✓ Can be scanned into EMR
- ✓ Patient completes all non-gray box sections

# GI Foundations:

Heal Your Gut, Heal Your Body



Constipation, diarrhea, bloating, and intestinal/stomach pain are common symptoms within

Did you know that other symptoms of faulty digestion include headaches/migraines, eczema, psoriasis, hi

Join us as we take a functional tour of the why healing digestion can heal so many

## Event Flyer

- ✓ Market to office patients
- ✓ Market to the greater community
- ✓ Customizable Word format

LOGO AREA

**Learn to improve your health, starting with better digestion!**

**Register for our upcoming patient Group Visit:**

**Date/Time/Location**



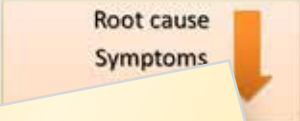
## GROUP VISIT

### GI Foundations: Heal Your Gut, Heal Your Body

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### WHY PATIENTS SEE DOCTORS

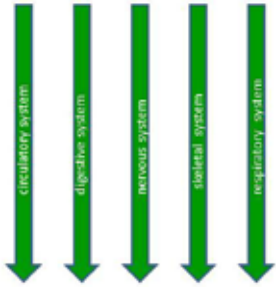
- Fatigue
- "Stomach problems"
- Cough & congestion
- Hormone imbalance



## PowerPoint Slides

- ✓ Concepts reviewed in video
- ✓ PPT slide files for clinician to present and modify as needed
- ✓ Handouts for patients

### Disconnected Systems

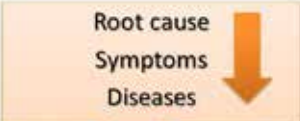


### FUNCTIONAL MEDICINE



### WHY PATIENTS SEE DOCTORS

- Fatigue
- "Stomach problems"
- Cough & congestion
- Hormone imbalance
- High blood pressure, diabetes, cholesterol
- Sadness & irritability
- Pain



## WHY PATIENTS SEE DOCTORS

- Fatigue
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## How We Fail Our Bodies

- Eat the wrong foods
  - Hydrogenated Oils
  - Processed or Preserved
  - Sugar, Fat, Salt
  - Genetically Modified
    - Inflammatory
    - Allergenic
    - Intolerant
- Eat too much
- Eat too fast

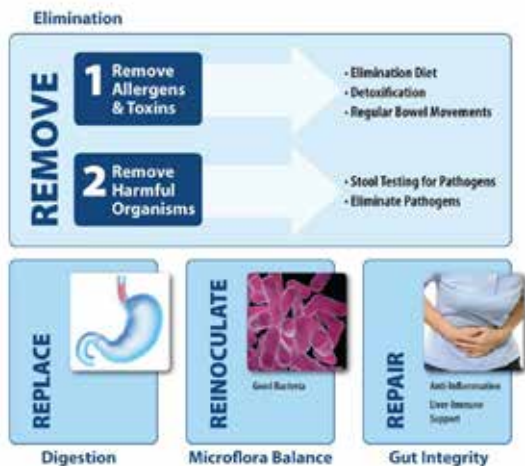
## The 4 Pillars of GI Health

- Digestion
- Elimination
- MicroFlora Balance
- Gut Integrity

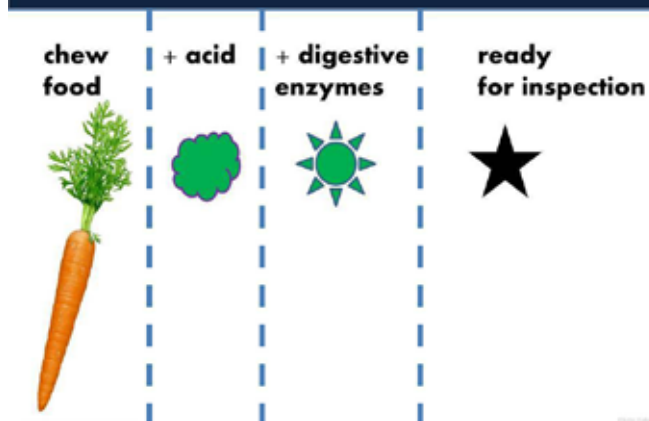
## How Do I Achieve This?

- Digestion
- Elimination
- MicroFlora Balance
- Gut Integrity

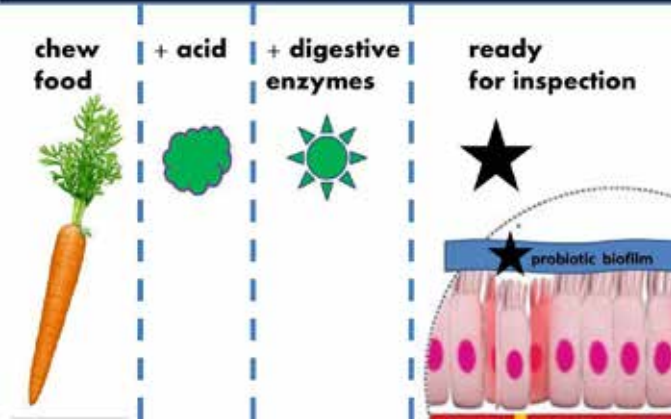
## The 4 R's of GI Health



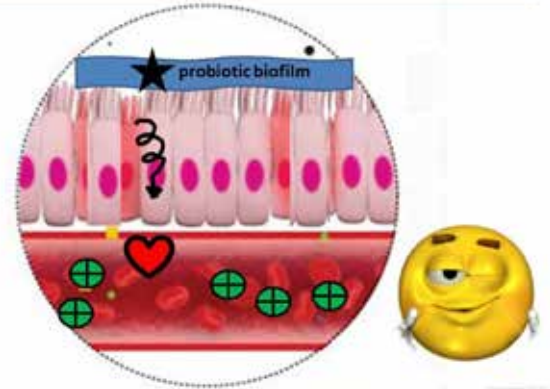
## GI Health 101:



## GI Health 101:



## The Perfect Pathway



## Process for Protection



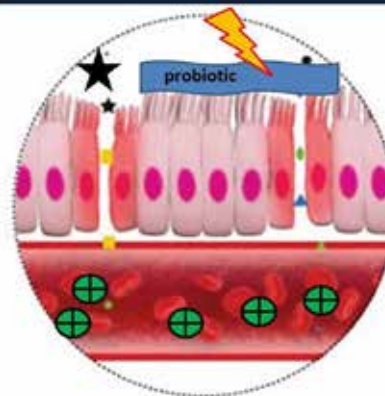
## Process for Protection



## Losing Barrier Integrity

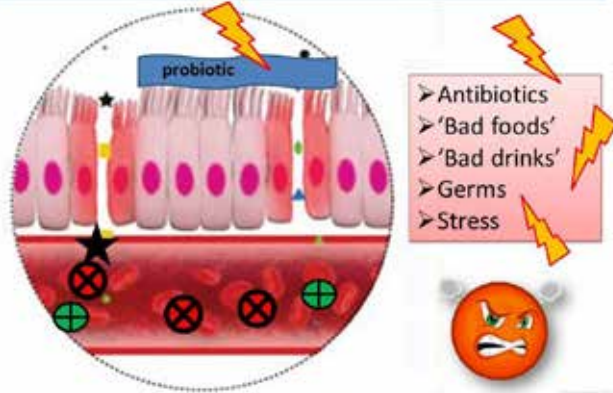
- Antibiotics
- 'Bad foods'
- 'Bad drinks'
- Germs
- Stress

## Losing Barrier Integrity

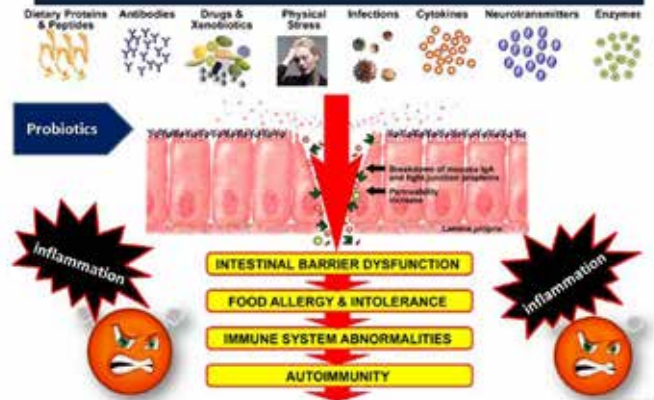


- Antibiotics
- 'Bad foods'
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- Germs
- Stress

## Losing Barrier Integrity



## Increased Intestinal Permeability



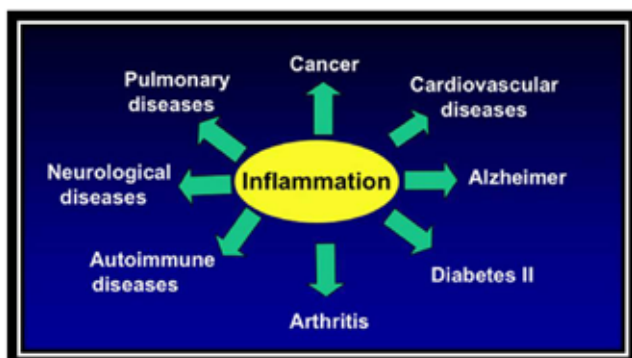
## Increased Intestinal Permeability



## GI Health Affects Total Health



## Heal Your Gut, Heal Your Body



## If You Had a Lamborghini...





If You Had a Lamborghini...

PREMIUM UNLEADED  
FUEL ONLY  
SUPER ESSENCE  
SANS PLOMB SEULEMENT

**CAUTION**  
When filling the fuel to the tank, do not add more fuel after the fuel filler gun has automatically stopped.

**CHEAP  
GAS**



If You Had a Lamborghini...

PREMIUM  
FUEL ONL  
SUPER ESSI  
SANS PLOM

**CAU**  
When filling tank, do not after the fue automaticall



Common foods, like wheat or dairy, can be the wrong fuel for you.



**REMOVING** Allergenic Food  
Can Make a **BIG DIFFERENCE**

## Adverse Reactions to Foods

**When Food** (protein)  
is the "Enemy"

**When Food** (protein)  
is the "Enemy"

# Adverse Reactions to Foods

IgE Allergy      IgG Sensitivity      Intolerance

**When Food** (protein)  
is the "Enemy"



Most of us know about  
**EXTREME** food reactions.

bloating      palpitations      sinusitis  
stuffy nose      psoriasis      asthma      migraines  
constipation      insomnia      heartburn  
hormone imbalance      acne      excessive mucus  
hair loss      dizziness      sore throat      autoimmunity  
depression      irritable bowel syndrome  
hoarseness      arthritis      ear infection  
diarrhea      swollen eyes      excessive sweating  
headaches      coughing      throat clearing  
hives      mouth sores      intestinal pain      blurred vision  
eczema      dark eye circles

# Adverse Reactions to Foods

IgE Allergy      IgG Sensitivity      Intolerance

**When Food** (protein)  
is the "Enemy"



## Non-anaphylactic Food Reactions

- Allergy (IgE)
- Sensitivity (IgG)
- Intolerance

estimated  
**95%**  
of food  
reactions

symptoms  
delayed  
hours-days

headaches      coughing      throat clearing  
hives      mouth sores      intestinal pain      blurred vision  
eczema      dark eye circles

## Time and Planning Required

**Reduce  
Incoming  
'Garbage'**

# Time and Planning Required

Reduce Incoming 'Garbage'

TESTING

SUPPORT



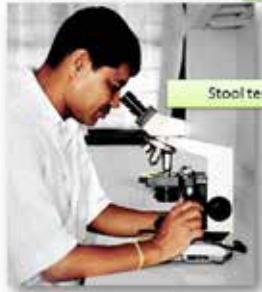
Skin prick testing



Intradermal testing



Serum diagnostics



Stool testing



Elimination diet



## Testing for Food Reactions

- **Eliminate** suspicious foods for 2-4 weeks\*
- **Provoke** a reaction with a challenge phase

\*can be extended longer



eggs



dairy



nuts



shellfish



soy



wheat/gluten

# Time and Planning Required

Reduce Incoming 'Garbage'

TESTING

SUPPORT



corn



beef



tomatoes



citrus

And the list goes on...



pork

## Time and Planning Required

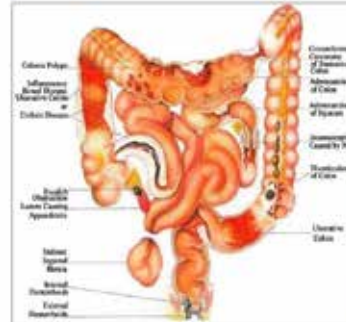
Reduce Incoming 'Garbage'

Increase Outgoing 'Garbage'

TESTING

SUPPORT

## Elimination



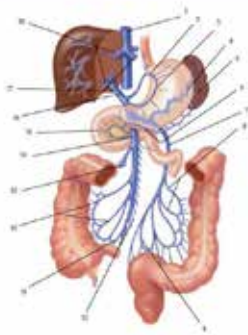
### WHAT?

- Allergens
- Toxins
- Harmful organisms

### HOW?

- COLON
- KIDNEY
- SKIN
- LIVER

## LIVER as Blood Filter



➤ **Security guard** protecting access to the blood & cells

➤ Home of Phase 1 & 2 Conjugation (*Toxin Elimination*)

## Take Care of Your Disposal System



## How You Can Help Your Body

- **Eat like a bird**
  - Small & often
  - Based on hunger cues
  - Less overall
  - About 20% less
- **Eat with mindfulness**
  - Slow down
  - Set fork down
  - Savor flavor
  - Avoid multi-tasking
  - Reading, TV, music



## How You Can Help Your Body

### Eat CLEAN foods

- **Whole "earth food"**
  - Plant foods
  - Minimally processed
  - Veggies, beans, fruit, oats...
- **Anti-allergenic**
  - Avoid wheat, dairy, soy...
  - Or your known triggers



## How You Can Help Your Body

- **Anti-inflammatory**

- **More *Good* fats**

- Fish
- Flax
- Chia
- Olive Oil

- **Less *Bad* fats**

- Avoid vegetable oils, trans fats, margarine...
- Fried foods
- Baked goods



Mediterranean Diet

## Manage Your Meals

- **BREAKFAST**

like a king

- **LUNCH**

like a queen

- **DINNER**

like a pauper

## Manage Your Meals

- **BREAKFAST**

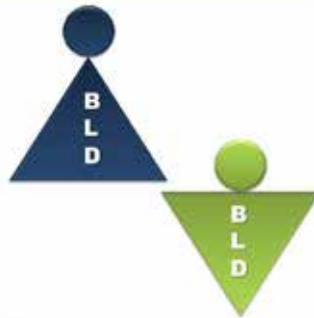
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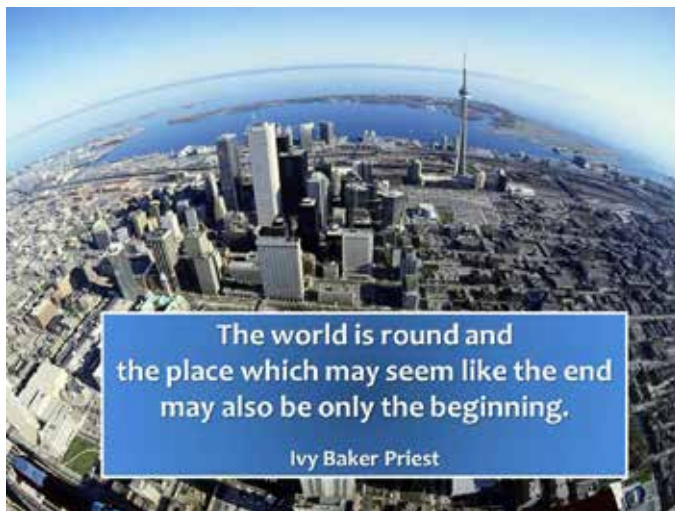


Quality, Quantity & Timing



FUNCTIONAL & INTEGRATIVE MEDICINE

**"No Guts... No Glory"**



The world is round and the place which may seem like the end may also be only the beginning.

Ivy Baker Priest

## GROUP VISIT

GI Foundations:  
Heal Your Gut, Heal Your Body



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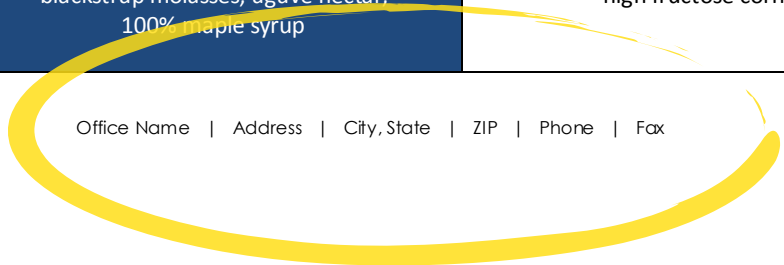
# Elimination Diet

## Foods To Include

<b>Fruits</b>	Fresh; unsweetened; dried; frozen; or water-packed fruits; fruit juices (except orange)	
<b>Vegetables</b>	All fresh raw, steamed, sautéed, juiced, or roasted vegetables	
<b>Starch, Bread, Cereal</b>	Rice, oats, millet, quinoa, amaranth, tapioca, buckwheat, potato	
<b>Legumes</b>	All legumes including peas and lentils (soybeans)	
<b>Nuts and Seeds</b>	Almonds, cashews, walnuts, tahini, sunflower, pumpkin	
<b>Meats, Fish, Egg</b>	All fresh, frozen or canned (wild-caught), lamb, wild game, turkey and beef (all preferably organic)	
<b>Dairy Products &amp; Milk Substitutes</b>	Milk substitutes such as rice milk, almond milk, oat milk, coconut milk, or other nut milks	No dairy fats allowed. Milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, frozen yogurt, non-dairy creamers
<b>Fats/Oils</b>	Oils: cold-pressed olive, flaxseed, non-GMO canola, avocado, sesame, walnut, pumpkin, or almond; vegan mayonnaise	Margarine, butter, shortening, processed and hydrogenated oils, mayonnaise
<b>Beverages</b>	Filtered or distilled water, decaffeinated or herbal tea, seltzer or mineral water	Soda or soft drinks, alcoholic beverages, coffee, tea, other caffeinated beverages
<b>Spices &amp; Condiments</b>	Vinegar; all spices including salt, pepper, cinnamon, cumin, dill, garlic, ginger, carob, oregano, parsley, rosemary, tarragon, thyme, or turmeric	Chocolate, ketchup, relish, chutney, soy sauce, BBQ sauce, other condiments
<b>Sweeteners</b>	Stevia Use sparingly: Brown rice syrup, fruit sweeteners, blackstrap molasses, agave nectar, 100% maple syrup	White or brown refined sugar, honey, corn syrup, high fructose corn syrup

### Patient Handouts

- ✓ Reference concepts learned from group session
- ✓ Reinforced plan of care
- ✓ Customizable with clinic name/logo



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## Intestinal Permeability

Intestinal permeability, or *leaky gut syndrome*, is a condition that occurs when inflammation causes the tight junctions between the cells that line your GI membrane to widen. Normally, these junctions are very tight, forcing all molecules to pass through the regulated cell membranes of the gut cells. However, if an abundance of inflammation is triggered by food allergies, gluten sensitivity, infectious agents, dysbiosis, trauma, or damage by chemicals/drugs, larger food particles, toxins and other harmful substances enter our bloodstream.

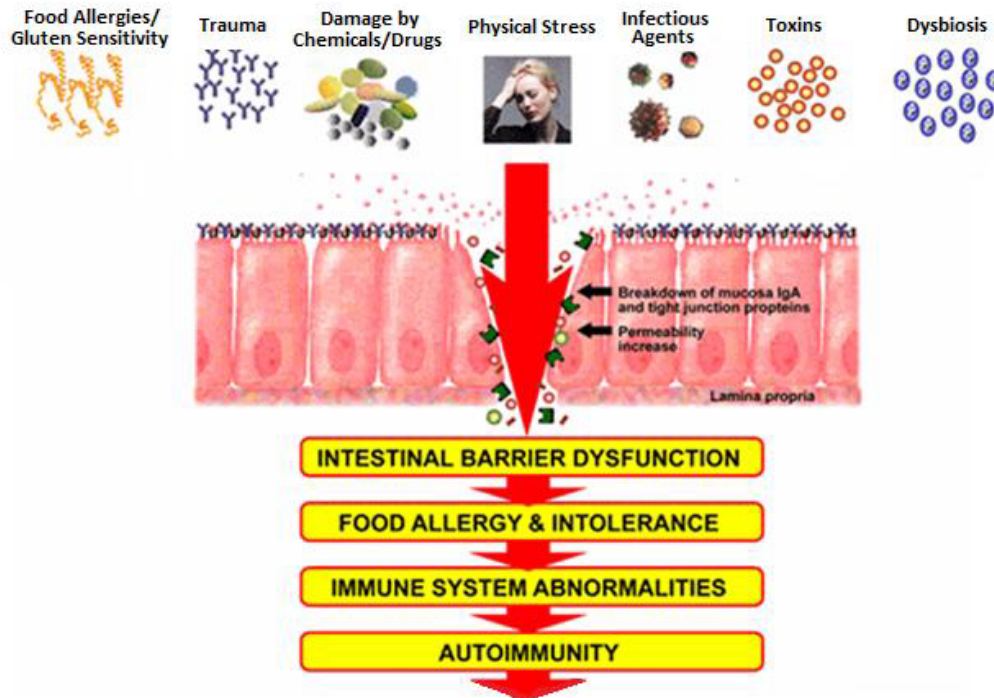


Illustration of intestinal permeability. The junctions between the intestinal epithelial cells are widened, most likely due to inflammation. This causes large toxins and other harmful substances to enter the bloodstream from the outside.

Over time, this leads to numerous chronic illnesses and symptoms such as:

- Compromised liver function
- Abdominal pain or bloating
- Inflammatory bowel diseases (Crohn's disease and ulcerative colitis)
- Celiac disease
- Rheumatoid arthritis
- Schizophrenia
- Skin disorders
- Chronic allergic rhinitis or sinusitis
- Food allergies, intolerances and sensitivities

Office Name | Address | City, State | ZIP | Phone | Fax



# Eating Habits

Eating all the right foods is great, but it is important to also eat foods right. Proper eating habits can have a great impact on digestion, elimination and the nutritional impact of food.

## Here are some ideas to consider:

### Spend more time with your food

» Preparing and cooking food is becoming a lost art in our fast paced world. You will better appreciate the foods you eat when you spend time preparing them

» Digestion begins when we see and smell food. Saliva and gastric juices begin while preparing for the meal, before the first bite. Small appetizers can also be helpful before eating large meals.

» Chew food thoroughly. The smaller the food particles and the more interaction with salivary enzymes, the better the digestion process will be.

» Relax while eating. Reduce the number of times you eat while driving, working, etc.



### Socialize around food

» In most cultures, eating with others is an important and regular social event that helps maintain the fabric of family life.

» Eating alone often promotes poor food choices.

» Eating with others allows for sharing the cost/time of preparing meals.

### Eat regular meals

» Breakfast is especially important because it helps set a balanced blood sugar foundation (glycemic control) throughout the day. If blood sugar is not properly balanced, it impacts the stress hormone cortisol. Too much cortisol can decrease the body's ability to deal with stress as well as decrease the ability of our immune system to fight off infections.

» Eat healthy snacks throughout the day to maintain energy and healthy blood sugar balance.

## Take Control of Your Dietary Choices

- Eat foods that would have been considered "food" 150 years ago. In other words, reduce the amount of processed foods consumed.
- Use the Mediterranean diet as the basis of your diet plan. If you are not familiar with the Mediterranean diet reference the book, "Eat, Drink and be Healthy," by Walter Willett.
- Decrease the glycemic impact of your diet by reducing high-glycemic-index foods, increasing fiber content and eliminating most processed foods.
- Increase the amount of fresh, local and seasonal foods you consume.
- Increase the use of spices and foods with natural colors; these are typically antioxidant-rich and anti-inflammatory.
- Increase fiber consumption-both soluble and insoluble (this is critical for both glycemic control and GI regularity).
- Consider an elimination/re-challenge or rotation diet to get your GI system back on track. (Ask your doctor about the **Core Restore Program**).



# Your patients want to change... now you have the tools

This toolkit is designed to teach patients the importance of healthy GI function and how healing the GI tract can improve many chronic conditions. Patients are educated on the key concepts of increased intestinal permeability, chronic GI inflammation, food allergy/intolerance testing options, proper elimination and the use of hypo-allergenic diets for gut healing.

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