



GASTROINTESTINAL WELLNESS

MICROBIOME MASTERY:
RESTORE, REBALANCE AND THRIVE

VISION HEALTH FUNCTIONAL MEDICINE

PRESENTED BY: DR. MARK GENCO & JESSICA BENNETT, MS, RD, CDN, IFNCP





WHAT WILL WE COVER?



Meet our team	03
What is Functional Medicine?	06
Root Causes & Gut Health	07
What is the Gut?	08
What is Gut Health?	09
Triggers Gut Inflammation & Permeability	10
Leaky Gut	12
Signs & Symptoms of Leaky Gut	13
Testing	14-20
Our Program	21



MEET OUR TEAM



DR. MARK GENCO, DO



JESSICA BENNETT,
MS, RD, CDN, IFNCP



ABOUT DR. MARK GENCO, D.O.

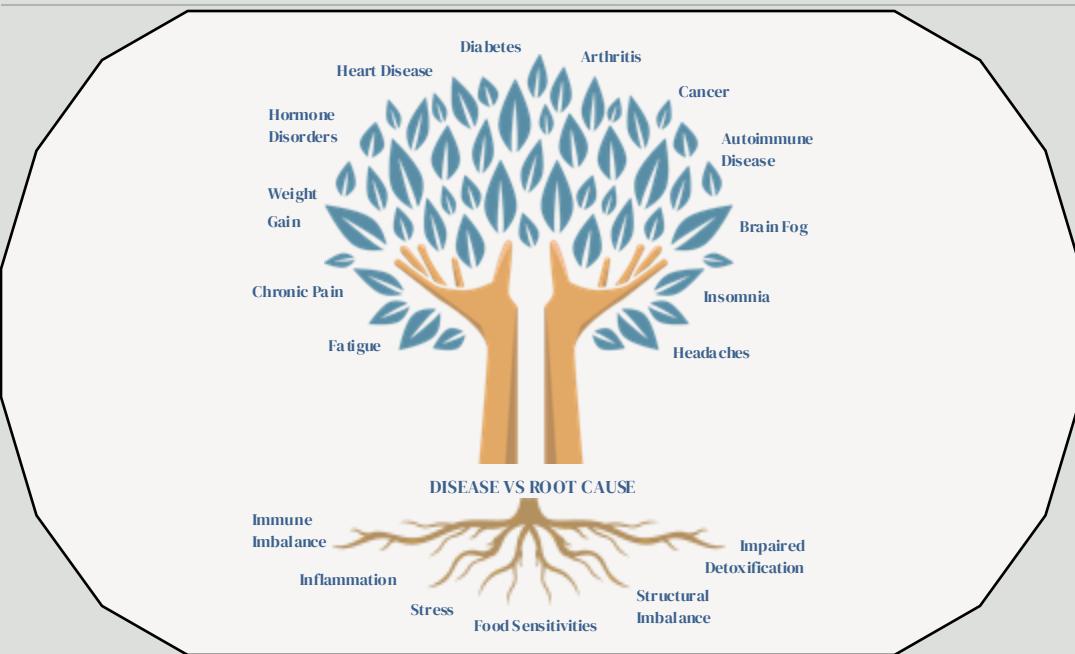
- Practicing medicine for 15 years in a primary care setting.
- Fellowship in Contemplative Medicine.
- Specializes in root cause care.
- Takes a Functional approach to health and wellness focusing on lifestyle, nutrition, sleep and stress management.
- Utilizes advanced testing and diagnostics to uncover gut issues and resolve symptoms.

ABOUT JESSICA BENNETT, MS, RD, CDN, IFNCP

- Registered Dietitian over 10 years.
- Education and experience in holistic and naturopathic medicine in California and Australia.
- Integrative and Functional Nutrition Certified Practitioner.
- Treats patients using individualized nutrition counseling, taking lifestyle & preferences into account.



WHAT IS FUNCTIONAL MEDICINE?



OUR TEAM CONSISTS OF DOCTORS, NURSE PRACTITIONERS, REGISTERED DIETITIANS AND WELLNESS EXPERTS

FUNCTIONAL MEDICINE PRINCIPLES

- Treat each patient as an individual to get to the “root cause” of health issues.
- Longer appointment time to fully understand each patient’s unique circumstances.
- Fully evaluate the patient’s genetic, environmental and lifestyle influences.
- Systematically identify the underlying dysfunctions causing disease.
- Use cutting edge laboratory testing to confirm diagnosis and develop treatment plans.
- Create an individualized, personalized plan.

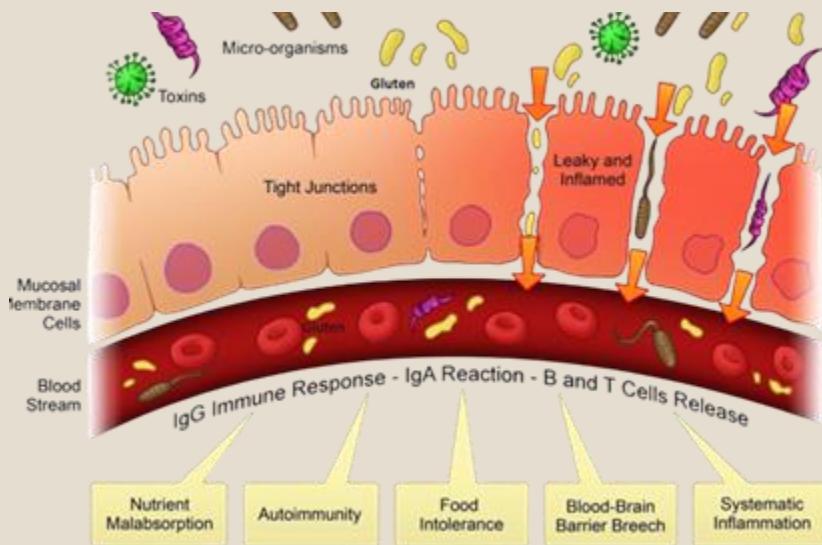


ROOT CAUSE CARE STARTS WITH GUT HEALTH

- We begin with GI health because many illnesses can be linked directly with food we eat. And food intolerances can trigger “leaky” gut
- We use a highly sensitive and specific immunologic test that can detect food intolerances or food triggers that can be associated with illness and disease.



WHAT IS THE GUT?



THE GUT-BODY CONNECTION

- The system of organs that digest your food, absorb nutrients, and remove waste.
- includes the mouth, stomach, small intestine, and large intestine,
- works in conjunction with your immune system and microbiome (the ecosystem of microbial organisms)
- 60-80 percent of your immune system lives in your gut. So, if your gut isn't healthy, you aren't healthy.



WHAT IS GUT HEALTH?

Hippocrates 'All health begins in the gut' 460 BC

- Gut health means how well your digestive system is working.
- Includes: proper digestion, regular bowel movements, a balanced microbiome, and a strong intestinal lining that helps protect the body and support the immune system.



TRIGGERS

of increased Gut Inflammation & Permeability

- Antibiotics
- Acid Blocking Drugs (prilosec, omeprazole, PPI's)
- NSAIDS (ibuprofen, naproxen)
- Heavy Metal Exposure (amalgam filling in mouth)
- Environmental toxins (herbicides, pesticides)
- Concussions (inflammatory response triggers Brain to Gut axis).
- Cesarean birth
- Liver Toxicity from fatty liver
- Gut dysbiosis
- Yeast/bacterial overgrowth
- Chronic stress
- Sleep deprivation
- Chronic inflammation



TRIGGERS

of increased Gut Inflammation & Permeability



FOOD SENSITIVITIES -

- Alcohol
- Gluten (Not everyone has gluten sensitivity)
- Dairy foods
- Sugar
- Artificial sweeteners
- Food additives/emulsifiers
- Daily Gluten

A food sensitivity is NOT the same as a food allergy!

Food sensitivities can produce a wide array of symptoms depending on which area of your body the immune system affects. So, you may not even realize that your skin rashes or joint pain are diet-related.

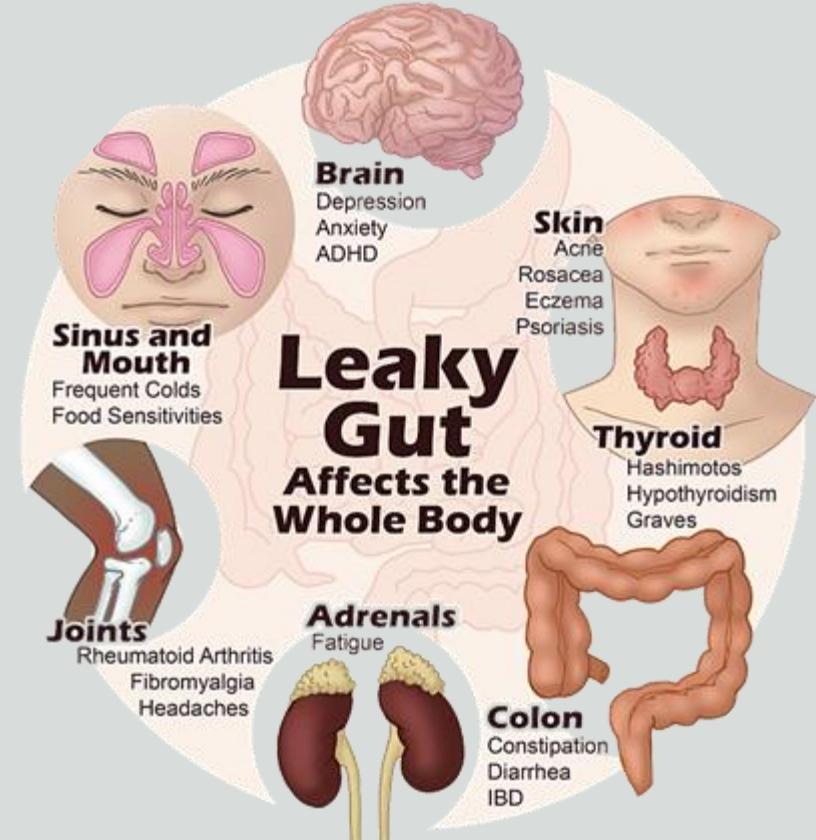
Remember...a food that is nourishing for one individual may be the exact food that is causing your chronic symptoms, and vice versa.



LEAKY GUT

WHEN YOUR GUT LEAKS,
YOUR WHOLE BODY FEELS IT.

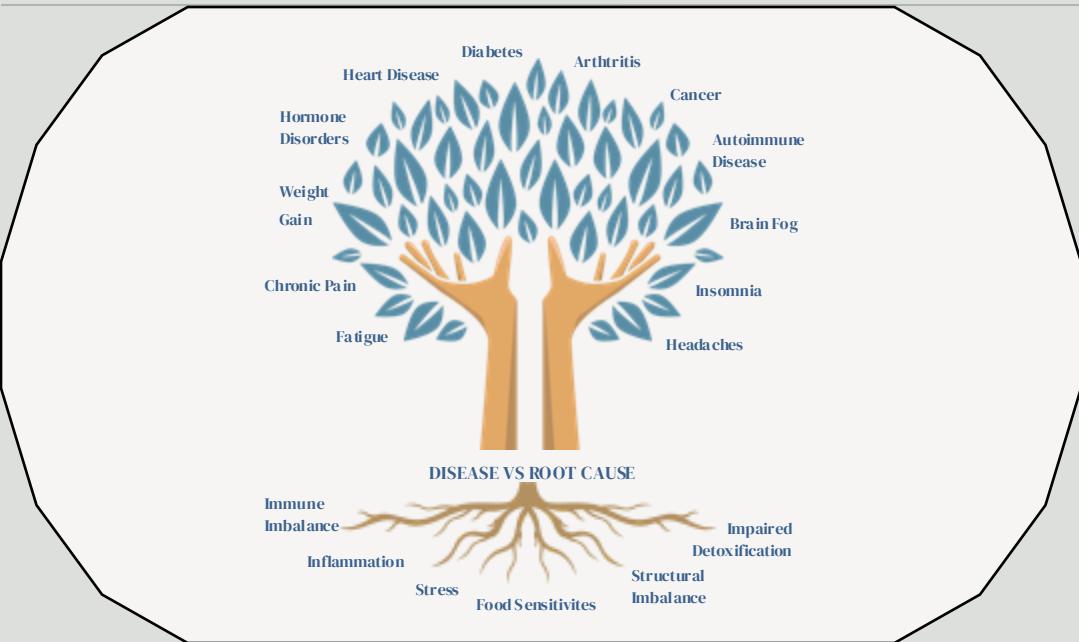
An inflamed gut can lead to body-wide inflammation.



SIGNS & SYMPTOMS OF

LEAKY GUT

THE FOLLOWING CAN BE CAUSED BY UNDERLYING FOOD INTOLERANCES OR FOOD TRIGGERS IN THE GUT



PHYSICAL ISSUES:

- Nasal Congestion
- Muscle aches
- Insomnia
- Autoimmune Disorders - molecular mimicry
- Water retention - the solution to pollution is dilution - proinflammatory molecules
- Joint pain
- Headaches
- Dark circles under eyes

STOMACH ISSUES:

- Indigestion
- Bloating
- Constipation/Diarrhea
- Cravings

SKIN ISSUES:

- Rashes
- Itching

BRAIN ISSUES:

- Mood Swings
- Brain Fog
- ADD/ADHD
- Depression - 90% of serotonin is made in the gut and only 10% is made in the brain.

TESTING -



What are the right types of tests to run on people that present with these types of symptoms?

Tests that looks at food sensitivities and leaky gut because what underlies the list of symptoms is inflammation.

FOOD SENSITIVITY AND GUT BARRIER TESTING

is the only test that actually looks for foods that trigger inflammation, not just any immune response.

The food sensitivity test (FIT Test) measures markers from both acquired and innate immunity to identify food-related inflammation. It analyzes IgG antibodies (acquired immunity) for delayed food sensitivities and C3d complement (innate immunity) to detect inflammation

TESTING -

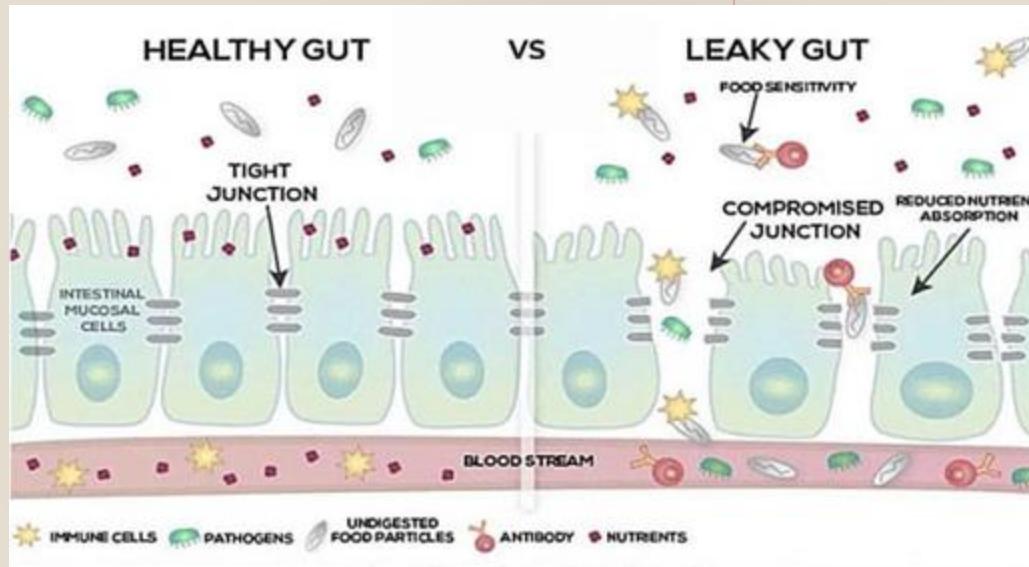


Types of Food Reactions -

- Food allergy: Immunologic IgE mediated
(Type 1 - Hypersensitivity i.e peanut allergy/bee sting; Anaphylaxis)
- Food Sensitivity: Immunologic RXN to Food.
(IgA or IgG mediated delayed hypersensitivity. Up to 72hrs.
That's why it's hard to relate what you ate to your symptoms.)
- Food Intolerance: Non-immunologic RXN to Food (i.e. Lactose Intolerance).



IMMUNE SYSTEM RESPONSE



With Food sensitivities and/or leaky gut the body mounts an immune response. And circulating immune complexes can be detected in the bloodstream.

These complexes are called IgG and C3d. and are markers of inflammation. And it is a 2 pronged or limbs of the immune system that is part of the adaptive and innate immunity.



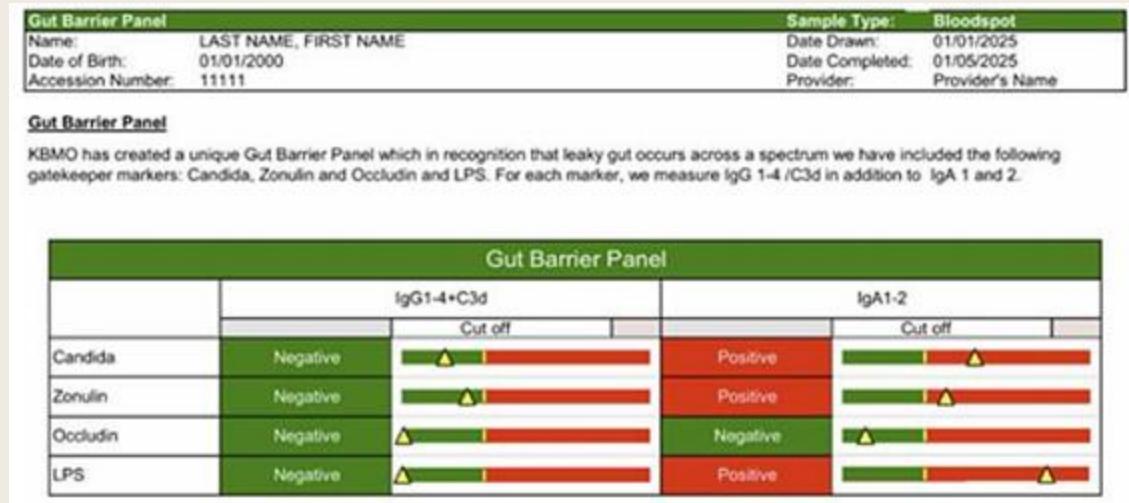
FIT TEST -

FOOD INFLAMMATION TEST AND GUT BARRIER TESTING

At Invision Health we use highly accurate and reproducible immunologic testing for up to 176 different food sensitivities, and additives and food colorings.

We also include a gut barrier test (candida, zonulin, occludin and LPS) - testing for leaky gut.

The GUT BARRIER PANEL



IgA response means more recent injury to the gut, and IgG means more long-standing injury to the gut.

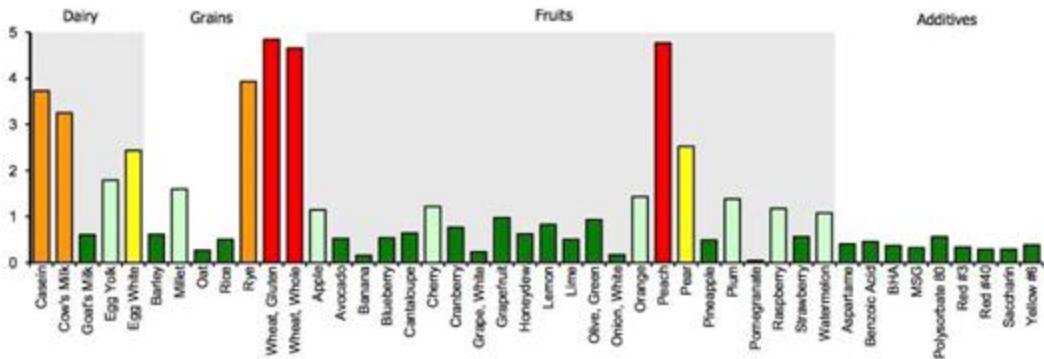
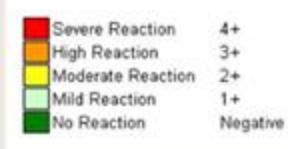
THE GUT BARRIER PANEL CHECKS BOTH IgG AND IgA RESPONSES.

Immunoglobulin G or IgG, an antibody that can activate the pro-inflammatory complement system (complement cascade) associated with chronic inflammatory conditions.

Immunoglobulin A or IgA, an antibody present in our mucus membranes. A Serum IgA reaction can indicate foods that are irritating the lining of the gut.



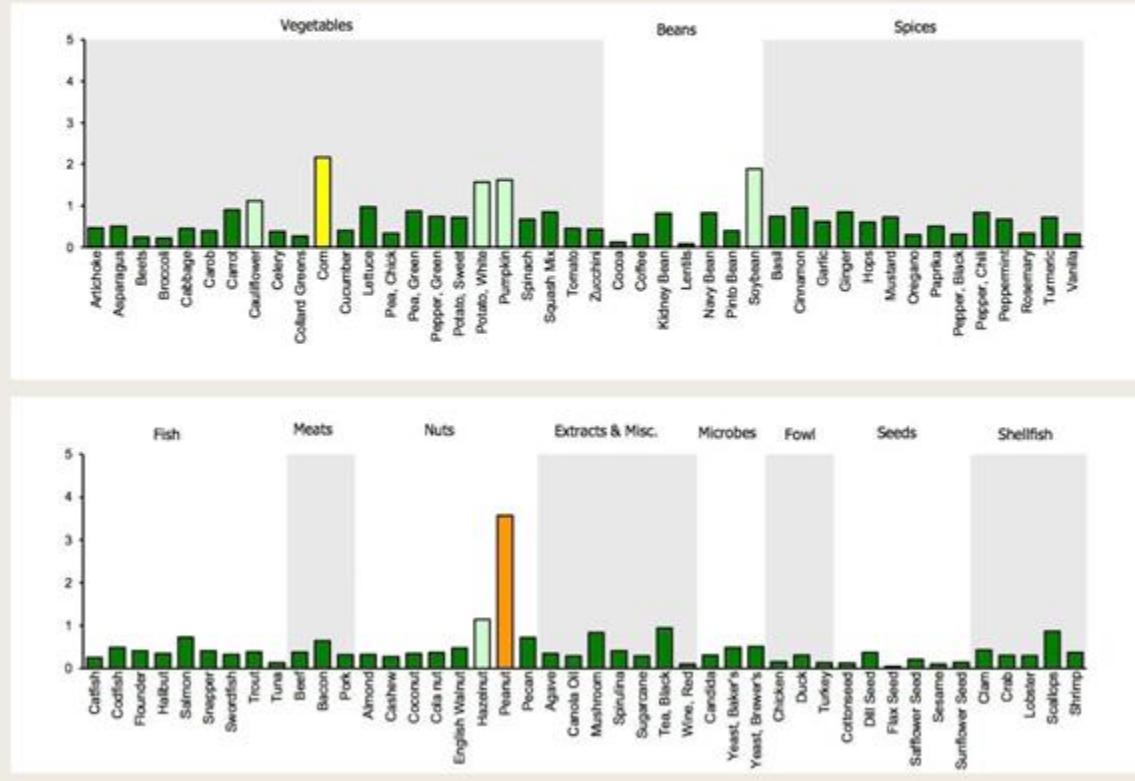
FIT FOOD INFLAMMATION TEST



The key to gut health is understanding WHY you are having gastrointestinal concerns and exploring the link between what you eat and the symptoms you are experiencing.

Food sensitivities can be the root cause of inflammation in your body.

FIT FOOD INFLAMMATION TEST



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Food sensitivities can be the root cause of inflammation in your body.

Severe Reaction	4+
High Reaction	3+
Moderate Reaction	2+
Mild Reaction	1+
No Reaction	Negative

INVISION HEALTH GASTROINTESTINAL HEALTH PROGRAM

Provides a specific, individualized, personal approach to your health.



Invision Health Functional Medicine



ONE HOUR CONSULTATION WITH FUNCTIONAL MEDICINE PROVIDER -

- Comprehensive Health History and Physical.
- Individualized Laboratory orders and testing.
- Evaluation of current medication and impact on digestive system.
- Assessment of nutritional deficiencies, genetic factors and toxins impacting digestion and the gut brain access, and underlying inflammation.

ONE HOUR FOLLOW-UP CONSULTATION -

- Review of laboratory findings, inflammatory biomarkers and food sensitivities, and gut barrier status.
- Recommendations for nutritional supplements, diet, exercise, sleep and stress management to reduce inflammation and improve intestinal health.
- Review of 3-6 month treatment plan.
- One Hour Consultation with Registered Dietitian.



QUESTIONS?

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