

# TREATING GASTROPARESIS FROM A NUTRITION AND WELLNESS STANDPOINT

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# Objectives

- Explain the importance of key nutrients needed for gut health
- What nutrients *boost* the patients immune system
- Review how nutrition plays a huge role in improving patient outcome
- Review anti-inflammatory diet which in turn will calm the gut
- Alternative therapies for treating GMD

# *Four Questions That The Patient should tell or ask their M.D.*

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1. Review your current diet and possible foods that are causing your G.I. distress.
2. What is the cause of this GI distress?
3. What foods and supplements should you add to the diet? (vs. just 'meds').
4. What is M.D.'s 'follow- up plan' for you?

# Functional G.I. Disorders

- GERD
- IBS
- Esophagitis
- Dysphagia
- Nausea
- SBBO
- Abdominal pain; cramping
- Constipation and/or diarrhea



# The Right *Microflora* Is The Key To Good Gut Health

- Prebiotics
- Probiotics
- Diet (proper acid/base balance)
- Low fermentation diet (if needed)
- Supplements - what kind?
- Vitamins - how much?



# Gut Bacteria?



Good bacteria (probiotics) is needed for the gut

- Try refrigerated Probiotics (Jarrow), or Nature's Way. *(Good brand names)*
- *ALIGN* get online [www.align.com](http://www.align.com)
- Kashi "Vive" cereals and 'new' functional yogurts on market – ex: Kefir.

# Prebiotics

- Research shows many good bacteria may not make it to the patient's gut
- Thus, a **Prebiotic** (food for probiotic) may help
- Nutra Flora is a good brand supplement

OR

- Kozy Shack's Simple Well puddings has a prebiotic already in it and tastes terrific!



# So What Are Prebiotics?

- Non-digestible food ingredients that selectively stimulate growth or activity of beneficial bacteria
- Function is to sustain the probiotic. They are the gasoline (prebiotic) for the engine (probiotic). When used correctly, they both fuel the car (human body) so it runs efficiently.

## Benefits:

- Boosts immunity

## Con:

- watch with patient with a bad 'leaky gut'.
- Is 'gas producing'. (*fibers are fermenting ...*)

# Treating IBS, SBBO And GMD With Align

- Bifantis relieves IBS symptoms
- Known as “Align” *by Proctor and Gamble*
- Will cause *distention* in gastroparetic patients-but tends to subside.....
- Align is found to be useful *after* a cycle of with the drug:  
Rifaximin when treating SBBO.

# DIET for weight loss/gain:

- **Weight loss:** Goal is to increase calories with smaller meals and high calorie supplement shakes in 2-4 oz. doses
- **Weight gain:** Large % of patients whom gain with gastroparesis No known cause.
- ***Need to refer*** to a dietitian: for counseling.

*Websites for help:*

[www.eatright.org](http://www.eatright.org)

[www.agmd-gimotility.org](http://www.agmd-gimotility.org) for references

# POWER 101

Most diseases stem from inflammation

- More inflammation, the more sick you are
- Foods that lower inflammation are *power foods* to make you strong ...



# Anti-inflammatory Foods To *Boost* The Immune System

- Acai berry (from Brazil - highest rated antioxidant berry in the world)
- Pomegranate, blue or blackberries, kiwi
- Healthy spices - turmeric, curry, basil, cinnamon, rosemary
- Fish; seafood
- Cooked mushrooms (shiitake, wild, etc.)
- Aloe juice
- Healthy fats – walnuts, almonds, olive or canola oil
- Red wine (not the bottle ...)
- Tea (black, green, white)
- Dark chocolate (milk choc. does not count). Need high cacao count, ex: 75% or higher

# Antioxidant Cocktail

- *These supplements boost your immune system*
  1. Selenium 200 micrograms
  2. Beta carotene (eat your **orange** veggies)
  3. Vitamin C (250 mg day) *\*buffered or liquid*
  4. Vitamin D (used to be 400 IUs, now we recommend 1000 IU)



# Supplements ...

## 1. MULTIVITAMINS

*No good if you are not digesting and absorbing*

Chewable or liquid is best:

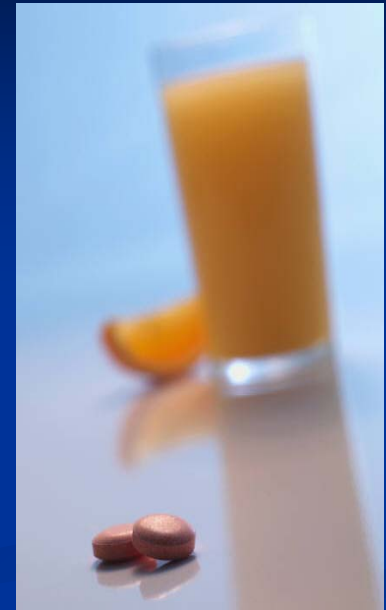
- Ex: Centrum Cardio or Centrum Sport -chewables
- Liquid: Natrol or Vitamin Shoppe - flavored

## 2. Calcium with Vit. D and magnesium

- Chewable Caltrate or liquid vitamin Ca/Vit.D/Mg

## 3. Extra Magnesium - CVS magnesium citrate - 1-2 tablespoons only

- Fibromyalgia patients need more magnesium and zinc. (new study!).
- TMJ patients need magnesium citrate. Gets into cell better



# Supplements For Supporting Muscle And Weight

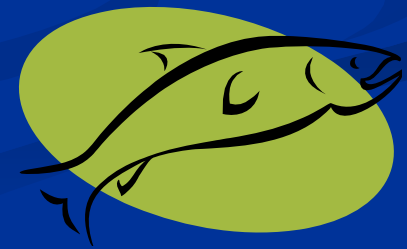
- **Amino acids** - eating lean protein first choice, however, some folks need extra boost ...
- **Glutamine** - protein aids in wounds, helps build muscle tissue, and is received well by the intestinal cells, (1 tsp.)
- **Whey Protein** - inexpensive, low sugar, high calorie, high quality protein, digests well. *Also offered in lactose-free and rice based-formulas*
- **Juven** - great product for muscle building
- **Vit. C** - helps with wound healing. (liquid)

# Reducing inflammation

## What food does the brain love?

### FISH OIL:

- Helps with 'mild' depression, anxiety, ADD, mood swings, OCD
- Memory loss, 'may' help slow Alzheimer's
- Arthritis, joint aches, fibromyalgia
- Decreases inflammation
- Good for the heart!



# NOT ALL OMEGA 3'S ARE THE SAME

- **Weak sources:** Flax seed (don't use this!)\*  
too much 'natural plant estrogen'. (*PSA test can run a false positive, fibroids may grow*)
- Algae (leave it to the sea)
  
- **Best sources:**
- Eat fish 3-4 times a week
- Wild Alaskan salmon
- Herring and sardines
- Black cod (eat *wild-raised* vs. farm-raised fish)

# FISH OILS

- **What kind?**
- Canada, Norway, Finland, Iceland
- 1-2 grams per day suggested
- **Key: EPA to DHA ratio**



Ex: epa 1800 mg

dha 900 mg **2:1 ratio**

## **Brand names:**

*Nordic Naturals, Carlsons, Zone brands are the best*

\* **Patients:** If you take a fish oil pill, take the pill first then immediately eat. *You can take this with reflux and GMD, but must eat immediately after taking the suppl.*

# TIMING OF MEALS



- Try to eat 3 meals a day with 2-3 light snacks - between meals
- Try to eat within one hour upon WAKING UP
- EAT EVERY 4 HOURS TO MAINTAIN EVEN BLOOD SUGAR LEVELS
- DON'T EAT 2-3 HRS. BEFORE BED (*Not good for digestive tract; patients with reflux*)

# Hydration: Water vs. Gatorade

Water: 8-10 glasses a day

Summertime: 10-12 per day (8 ounces)




- Gatorade: If patient has constant diarrhea, they need the electrolytes
- Try 4 oz Gatorade, 4 oz. water.- less sugars  
Try coconut water instead.

# MEDICATIONS

- Studies show patients taking **heartburn** medications have decreased absorption of B12, B6, and folic acid
- Research shows taking **acid reflux** meds may lead to decreased absorption of calcium and Vitamin D - needed for strong bones
- Most patients will experience either 'reflux' or osteoporosis - or *both*

# Good vs. Bad Fats

Good Fats For The Heart	Bad Fats (Increases inflammation & reflux)
Olive oil	Cream in coffee
Canola oil	Butter
Peanut oil	Donuts/pastries
Nuts <i>(Good for the heart, not the hips!)</i>	Cookies/pies
Peanut or almond butter	French fries
Avocadoes	Fast foods
	Salami, bologna, hotdogs
	Cheese: Sorry!

# Options For Protein

- We know that extra high quality protein will help build lean muscle tissue (needed for patients and athletes)
- Examples: Prostat, protein shakes, Juven, Myoplex or whey protein, homemade frappes, Magic Cups (great for dysphagia), Designer Whey protein, C.I.B., etc.
- Eating protein at both lunch and dinner is ideal for best absorption

# Low Fermentation Diet

- *Helps with SBBO, celiac, Crohns, IBS, fibro, gastroparesis*
  - No sucrose (white sugar), fructose (fruit sugars), legumes
  - No wheat
  - No milk (lactose)
  - No sugar alcohols (mannitol, sorbitol, etc)
  - Cook vegetables
  - Restrict higher sugar fruits, juices, honey
- \*People with diabetes must check labels*

*G. Mullen-adapted from lecture at the  
Am.Dietetic Assoc. G.I. Workshop, Oct.2008  
-for educational use only.*

# Example Of Functioning G.I. Disorder Healthy Diet

Times	Meal	Food
A.M.	Breakfast	Tea with skim milk, oatmeal
Mid. A.M.	Snack	Small banana
12:00 p.m.	Lunch	½ Turkey sandwich on toasted millet bread (if sbbo) *If not, have wheat
2:00 p.m.	Other	½ sandwich
4:00 p.m.		4 oz. Greek yogurt w/sliced peach/plum (Lower sugar fruits)
6:00 p.m.	Dinner	3 – 4 oz. Grilled salmon, ¾ cup asparagus tips, summer squash, small yam. <i>May have to eat other half at 7:30 p.m. of dinner</i>
8:00 p.m.	Pm snack	Few bites of yogurt/sip shake (If need weight gain)
11:00 p.m.		Bed time

# Bezoars

- High fiber foods risk ...
- Legumes, bran cereals, nuts, seeds, fruits especially berries, corn, gr. beans, skins of tomatoes.
- Do we watch our cholesterol go up on a low fruit, low fiber diet but are bezoar-free?
- GERD: no canned tomatoes. Garden ones are fine.
- Avoid: seeds and 'heavier skin' fruits.

# How To Deal With Pain

- **Acupressure** - what are key trigger points (Tufts offers classes on this)
- **Acupuncture** - stimulates vagus nerve for GI motility, stimulate saliva for dry mouth or can help with sleep; mild depression
- **Pilates** - need to work on strengthening the 'core' and transverse abdominal wall
- [www.stottpilates.com](http://www.stottpilates.com) for more info.

*What is my transverse? \* Cough for a second - That is it! Need to strengthen that since GI distention weakens your core and worsens GERD*

# In Summary

- **Doctors** - If your patients eat more power foods, they will feel better. Less meds, more nutrient-dense foods. Now you have nutrition guidelines and the referrals to give them.
- **Patients** - Research shows if we eat more ‘immunity – building’ foods and take the *right vitamins* in proper amounts – you will heal better and most importantly, feel better.

IT'S A WIN –WIN SITUATION

