

FUNCTIONAL NUTRITION

WHERE NUTRITION AND DIGESTIVE PHYSIOLOGY MEET

RESOURCES



LESSON ONE

HANDOUTS

Digestive System Anatomy Chart

VIDEOS

The Digestive System

<https://www.youtube.com/watch?v=nM5kMSjBrmw>

<https://www.youtube.com/watch?v=s06XzaKqELk>

Crash Course on Digestive System (shows the importance of surface area)

<https://www.youtube.com/watch?v=s06XzaKqELk>

LESSON TWO

VIDEO

Digestive System Physiology Overview

<https://www.youtube.com/watch?v=M008eTnV9Y>

LESSON THREE

HANDOUT

Enzyme chart

VIDEOS

Enzymes and Co-Factors

<https://www.khanacademy.org/test-prep/mcat/biomolecules/enzyme-structure-and-function/v/cofactor-s-coenzymes-and-vitamins>

HCL

<https://www.youtube.com/watch?v=G2cZ-MSvl0o&feature=related>

<https://www.youtube.com/watch?v=lvSWGwKJavw>

LESSON FOUR

HANDOUT

Food: Mood: Poop Diet Dairy

VIDEO

Bowel Transit Time

<https://www.youtube.com/watch?v=AuH18mDIh00>

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LESSON FIVE

BOOK

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain—for Life
By David Perlmutter

VIDEO

Gut-Brain Axis

<https://www.youtube.com/watch?v=Am7kr-vP0Ys>

ARTICLES

<http://www.scientificamerican.com/article/gut-second-brain/>

<http://www.medicalnewstoday.com/articles/292693.php>

LESSON SIX

COOKIE RECIPE

<http://www.humanbodydetectives.com/the-good-cookie/>

VIDEO

Carbs, Fats, Protein Review

<https://www.youtube.com/watch?v=H8WJ2KENIK0>

LESSON SEVEN

ARTICLE

Gut Bacteria and Mood

http://www.nytimes.com/2015/06/28/magazine/can-the-bacteria-in-your-gut-explain-your-mood.html?_r=0

LESSON EIGHT

BOOKS

The Gluten Lie

By Alan Levinovitz, PhD

The Body Ecology Book

By Donna Gates (website: <http://bodyecology.com/aboutdonna.php>)

Eat Right 4 Your Type

By Peter J. D'Adamo, N.D.

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LESSON NINE

WEBSITE

Dr. Tom O'Bryan
Gluten/Celiac Disease Expert
<http://thedr.com>

ARTICLES

Zonulin

http://www.medscape.com/viewarticle/738936_14
<http://physrev.physiology.org/content/91/1/151>

IgE-mediated food allergy in children

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)60309-8/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)60309-8/abstract)

BOOK

The Body Ecology Book
By Donna Gates
<http://bodyecology.com/aboutdonna.php>

ADDITIONAL RESOURCES

BOOKS

Traditional Nutrition: From Weston A. Price to the Blue Zones; Healthy Diets from Around the Globe
By Weston Price

Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats
By Sally Fallon

The Gut and Psychology Syndrome
By Natasha Campbell-McBride

The Dorito Effect: The Surprising New Truth About Food and Flavor
By Mark Schatzker

Food Rules: An Eater's Manual
By Michael Pollan

Natural Solutions for Digestive Health
By Dr. Jillian Sarno Teta

The Wheat Belly
By Willian Davis

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The Grain Brain

By David Perlmutter and Kristin Loberg

Breaking the Vicious Cycle

By Elaine Gloria Gottschal

WEBSITES

Celiac Disease

<https://celiac.org/celiac-disease/what-is-celiac-disease/>

PODCASTS

Sean Croxton

Founder of Underground Wellness

<http://undergroundwellness.com>

YOGA

8 Poses for Better Digestion

<http://www.yogajournal.com/slideshow/8-poses-better-digestion/>

Yoga for Digestive Flow

<https://www.youtube.com/watch?v=zJWGhHsPMVQ>