

“Nutrition & Yoga Combination Therapy: Why Together It May Better Treat Common GI Ailments”

Webinar Questions Answered by Beth McCall, MS, RD, LDN, CSDD, RYT

Please note that these are brief answers to complex questions and are not meant as medical advice. Please seek medical advice for more complete information.

What are your thoughts on Ayurvedic nutrition/medicine on IBS?

I do not have enough experience with Ayurvedic medicine to share an educated opinion on this topic.

How do supplements like Gu, Gel, Cliff Bars, etc. measure into the FODMAP diet?

Common sport foods such as these are typically very high in FODMAPs, and we often see athletes overdoing it with them as well, then experiencing symptoms. It is important to give a new sport food like this a test run first, before using them for a big competition or workout, as they are commonly known to cause some GI distress, especially if consumed in high amounts.

I know you didn't go over SIBO case study, but how was SIBO diagnosed? We have trouble getting it tested.

SIBO was diagnosed after several different tests to rule out other GI conditions first, and then a breath test.

This individual had an overgrowth of methane-producing bacteria.

Do you have any recommendations for free online yoga resources that would be accessible to clients who are not able to access in person classes? Especially, if accessible for beginners/folks with disability/chronic pain.

Yes, several! There are a lot of great online resources that are free or with a minimal charge for a year membership. Often these resources serve all different levels of practitioners. Just to name a few here that offer great options for beginners:

- *Yoga with Adriene on YouTube: <https://www.youtube.com/user/yogawithadriene>*
- *Downdog App*
- *Daily Yoga App*

Would you mind sharing your resource for the stress scale?

<https://cms.emergency.unhcr.org/documents/11982/34619/Stress%20Symptom%20Scale/67ba906b-8b88-4ed9-b8ce-71eb51df170b#:~:text=The%20Stress-Symptom%20Scale%20Rate%20the%20frequency%20with%20which,hopeless%20%20Pounding%20heart%20%20Excessive%20drinking%20>

Have you ever worked with a physician that has recommended an SSRI to treat IBS? Due to the connection between serotonin, gut, and brain.

Yes, I have had one athlete on an SSRI to treat post-infectious IBS.

What are your thoughts on how a gluten free diet helps w/IBS?

GF diet shows promising results in the literature to help with IBS. With my population I proceed with caution as cutting out gluten is sometimes seen as more of a fad sometimes. However, if all signs are pointing to wheat as being a trigger for symptoms, I have put athletes on a 'short term' gluten free diet to help rule it out. Biggest thing is helping them then find more naturally gluten free items and swaying away from too many of the processed products we see on the market.

What do you recommend as a snack for a young runner before practice who has problems with urgent bowel movements when he runs during practice?

It is hard to fully say without knowing more about his overall diet and his dietary habits for the night before his runs. However, something that is the simpler the better here - whole foods such as toast with PB and banana. Staying away from foods high in sugar alcohols and a lot of refined sugars can be helpful. Also, liquids are usually helpful in this setting - a fruit smoothie (homemade or pre-made such as Naked juice), 100% fruit juice, etc. if he cannot tolerate much solid foods. Looking at what he eats the night before or earlier in the day would be helpful as well.

Would you suggest an athlete to take a Orgain shake the night before a run or the morning of a run?

Yes, an Orgain shake would be a great pre-bed snack the night before a run. Consuming protein before bed will help with overnight recovery and fuel as well. As far as the morning of a run, this depends on how much time they will have between consuming the drink and beginning their run. The Orgain Kids RTD would be a fine option for before, as it only has 8 grams of protein, however the other options are getting slightly higher in protein that what we would want if within the hour or so before the run.

Do you mind sharing your list of recommended probiotics?

My top 3 go-to's with clients are Thorne (they have a few varieties), Goodbelly (the pills. Juices are fine but the most success I have seen are with the capsules), and Align (or a generic version of Align). There are many options out there, these are just my main recommendations as I usually have success with one of the three with athletes.

I have compared a few FODMAP food listings, and many were contradicting each other. Which FODMAP food list do you use?

I have purchased some of the patient resources directly off the Monash University FODMAP website as well as resources from Kate Scarlata. I have used these resources to then create some "high performance" handouts for the athletes I work with.

Do you recommend a probiotic and prebiotic combo for your patients?

Yes! We often start with increasing sources of both prebiotics and probiotics in foods, however if I use a prebiotic supplement, I use Thorne Prebiotic+ dissolvable discs.

Is yoga included in your nutrition consultation or do you separate the two?

Completely depends on the client and their schedule. I never complete an initial consultation and a yoga session at the same time because I must gather quite a bit of information about the client before I can craft the right yoga flow for them. Most of the time after that I will include their nutrition follow-up with a yoga session, however we are doing more yoga on a weekly basis than nutrition consults.

What are examples of common food triggers for IBS you talk to your clients about?

Many, but the most common culprits I see are beans/legumes, highly processed sport foods containing sugar alcohols, lactose, onions/garlic, high amounts of cruciferous veggies in one sitting.

Do you have a recommended way to become a certified yoga teacher? I really enjoy yoga but have heard there are different routes to take to get certified.

There are many ways to do this. The best place to start is searching on Yoga Alliance (yogaalliance.org) for a studio in your area that offers teacher training. There are also many online options. If possible, you may want

to take some classes through the studio that you want to get certified through first to know if you enjoy their style of teaching AND if it will be helpful for your ideal clientele.