

Hello Fellow Functional Medicine Practitioners:

The monthly event you have all been looking forward to, our Functional Medicine Discussion Group is coming up on Thursday January 21 at 6:30. Please let me know if you will be able to attend and continue building our educational community. To quote Dr. James Watson, the co-discoverer of DNA, "Nothing that is really interesting comes without collaboration."

Yes, I know there are 10 other conferences taking place the same day or the next day, including the Scripps Supplement Conference in Sand Diego. But when in southern California aren't there a lot of things to do? Anyway, for those who want to participate in another stimulating discussion that doesn't require leaving your office for three days, our topic will be Small Intestinal Bacterial Overgrowth (SIBO), a condition that is testable and treatable with reasonable success with our functional medicine protocols, and this condition is increasingly being recognized as a major factor in patients with Irritable Bowel Syndrome, which thus far has remained a confusing condition. I am inviting our GI MD member, Dr. Marc Wishingrad, who hopefully will be able to attend and add his informed opinion. I am also inviting the Genova Labs rep, since Genova offers the Hydrogen Breath Test for SIBO to help answer any questions about testing for this and other GI disorders. I have included a paper on how to interpret the hydrogen breath test. I'm sure that Genova has additional info available on interpretation. I'm also including a paper on the low FODMAP diet, which I have found to be the most effective nutritional program for treating SIBO.

This month's meeting will again be sponsored by Metagenics, who will again be providing a healthy meal for us, so I am asking Adam Banning to give us an overview of their line of probiotics designed to treat specific conditions, since probiotics is one of the products usually incorporated into the treatment protocol for SIBO. I am also including a paper that demonstrates the effectiveness of two of their antimicrobial products--Candibactin AR and BR--which have been shown by Dr. Mullen to be effective as Rifaximin for treating SIBO.

Here is an interesting paper on SIBO and hypothyroidism: [Link between hypothyroidism and small intestinal bacterial overgrowth](#)

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"Those who think they have no time for healthy eating will sooner or later have to find time for illness." - modified from : Edward Stanley (1826-1893) from The Conduct of Life

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