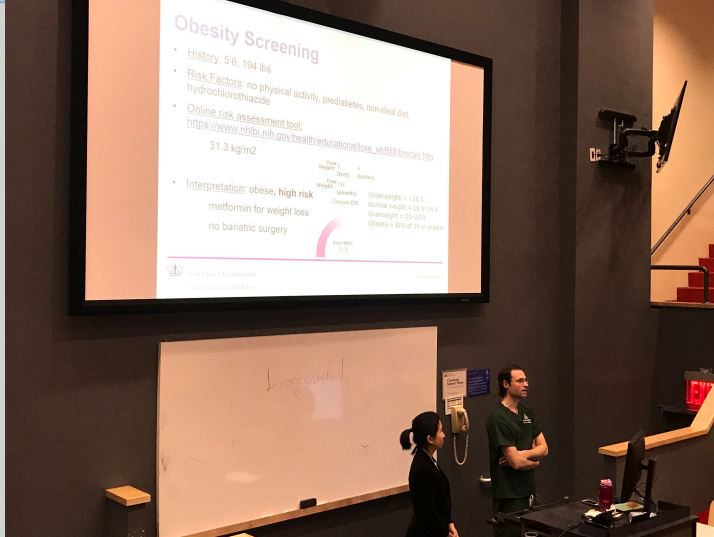


# THE GRAPEVINE

TEACHERS COLLEGE, COLUMBIA UNIVERSITY



TC's Chenyuan Wang presents alongside a dental student on their patient at Columbia's College of Dental Medicine.

## My First Experience Counseling Chair-side

By Jennifer Verola

**M**y involvement in the Inter-Professional Education Project (IEP) with the College of Dental Medicine stands out as one of the most valuable experiences I've had at TC. It shed light on the challenges I may face as a dietitian and allowed me to critically think about and apply the material we learn throughout the program.

The IEP pairs Program in Nutrition students with third year dental students. We assess the patient's nutritional risk factors and then counsel them. The dental and nutrition students then work

together to prepare a case presentation.

Alongside the director of the program, a dental student, and an interpreter, I counseled a patient who spoke little English and had a complex medical history. She had been diagnosed with type 2 diabetes, high cholesterol, hypertension, osteoporosis, arthritis, anxiety, and had a joint replacement.

She was on eight different medications and a variety of supplements. At best, I was overwhelmed. Thankfully, I had a few days to prepare.

*Continued on page 4*

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## LETTER FROM THE EDITOR

Dear Students, Faculty, Alumni and Staff,

In January, I was in Vermont skiing with some friends when we encountered some powdery snow and my skis got stuck. My body went one way, my knee the other. When we got back to the city, I rested for a few weeks while the swelling went down. This was really hard for me. I walk everywhere, rock climb, run, and practice yoga. I also live on the 5<sup>th</sup> floor of a walk-up!

I didn't know my diagnosis yet (turned out to be a partially torn ACL), so I was afraid to do anything that might make it worse. My physical activity consisted of walking only when absolutely necessary and down the stairs to my apartment. I'll be honest, I was worried that I would gain weight. My body was strong from months of climbing and I thought I would lose all of my progress.

Thankfully, I saw an athletic trainer on campus who assured me that I could do low-impact exercise. What a relief! I used the gym's bike and elliptical, strength trained, and practiced yoga. I learned to listen to my body. When I couldn't get into child's pose, I found a comfortable modification. If my knee felt tired after a long walk, I rested it for the remainder of the day. When I finally went on my first run with a friend, I kept to a slower pace despite my competitiveness.

Looking back, my fear of weight gain was unnecessary. Because I listened to my body throughout this process my weight didn't change much. I ate the amount I actually needed instead of what I was used to when I was more physically active. This made me realize the importance of Intuitive Eating and how it can apply to movement too.

I have grown to love my body and know it will change throughout my life. This experience humbled me in many ways. It showed me that while change can be frustrating and scary at times, it can also lead you to places that you never thought you would find yourself.



Sincerely,  
Jasmine Hormati

A handwritten signature in black ink, appearing to be 'Jasmine Hormati', written over a light blue background.

Editor-in-Chief

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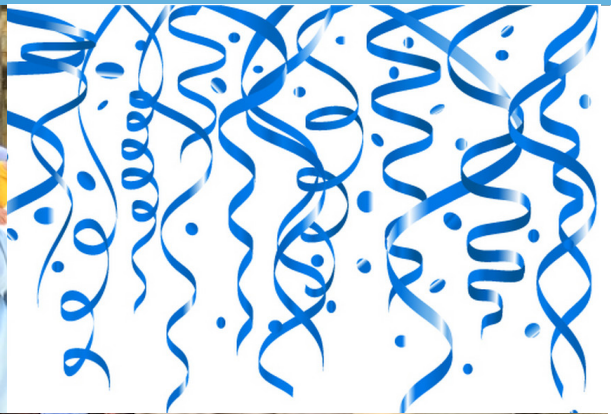
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## Fresh Off the Vine: Events and Announcements

- Congratulations to the 2019-2020 TC Dietetic Interns, Stephanie Armstrong Faith Aronowitz, Chloe Cerino, Christine Clement, Kristen Corinaldesi, Lauren Duffy, Suzanne Finkel, Ge Ge, Arthur Gillman, Jillian Griminger, Leslie Heineman, Dana Hoch, Weiqian Hu, Ciao Kang, Kanika Kohli, Oliva Minicucci, China Rieichert, Lucielle Tang, Callie Troutman, Jennifer Verola, Feiyang Wang, and Sahimar Yammine!
- Congratulations to the Laurie M. Tisch Center for Food, Education and Policy, in the Program in Nutrition, for their recent funding from the New York City Council to create a new Food-Ed Hub! This initiative will focus on bringing school food and nutrition education organizations together to give NYC students equal access to food and nutrition education.
- It's not too late! Society for Nutrition Education and Behavior (SNEB) 2019 Annual Conference - Nutrition Education: Rooted in Food. The conference will be in Orlando, FL from July 27-30. Students are encouraged to attend! Student price for the whole weekend is \$237 and for one day is \$125. Check out their website for more information. <https://www.sneb.org/events/2019/07/27/conference/2019-annual-conference/>

## CONGRATULATIONS CLASS OF 2019!



**Best wishes on  
all your future  
endeavors!**

## *My First Experience Counseling Chair-side (continued from cover)*

I consulted material from previous classes, and studied the nutrition and diet evaluation forms provided until I felt comfortable with it all.

Within minutes of meeting our patient, I was asking her to share personal details of her food intake, sugary drink consumption, and recent weight change. In an *ideal* world, dietitians may have time to get to know their patient before counseling them. But time isn't on our side when counseling a patient chair-side in the middle of their dental appointment.

I quickly learned the importance of creating a safe environment within our constraints. For me this meant making comfortable eye contact, having an understanding smile, and using a tone of voice that made it clear that we were on the same team.

Based on her 24-hour dietary recall and HbA1c levels, my supervisor, June Levine, MS, RDN, CDN, CDE, and Project Manager, and I concluded that she was managing her diabetes well. Given this, we chose to focus our interventions on oral health.

However, analyzing her dietary recall in more detail after the appointment, we learned that her diet was high in calories, fat, and carbohydrates, and low in protein. We also later learned that her HbA1c levels

had risen significantly since our session.

What had happened between that appointment a few months ago and now? Perhaps she felt uncomfortable sharing her true dietary intake, making it difficult to accurately assess the diet and make appropriate recommendations.

Unfortunately, we only met with the patient once, and were unable to provide further counseling. If we had unlimited time, we could have devoted more time to get to know the patient better, and used the remaining time to address both oral health and diet.

Realistically, we may only have 15-30 minutes with a patient, and may not have enough time to get acquainted, complete a comprehensive assessment, and address everything *we* think is important.

As dietitians, we may need to set aside our evaluation forms, and determine what is important to the patient before moving forward with a preset agenda. As this was my first time counseling a patient, the forms were incredibly helpful and definitely have a place in practice.

Throughout TC's program, we learn about a plethora of diet-related medical conditions, and how to counsel patients of ethnically diverse backgrounds. But there is no better way to reinforce these ideas than through hands-on practice.

I believe the future of healthcare is moving towards a more collaborative environment, in which dietitians may be working more closely with other health professionals. This project is a great way for students to work interactively with other health professionals, and provides invaluable clinical exposure.

I learned so much through this counseling session, and am so thankful to have had the opportunity to work alongside the dietitian, June Levine, and the dental student. I'd like to thank the patient we counseled, as she was extremely patient (no pun intended!) and was happy to participate in this unique experience.

### **Interested in participating in the IEP?**

Time commitment is minimal (~15 hours) and it will be a great learning experience. The College of Dental Medicine is seeking five Program in Nutrition students to volunteer for this collaborative project in Fall 2019. Students must have completed Nutritional Counseling to be eligible. If interested, please contact June Levine: [jl3562@cumc.columbia.edu](mailto:jl3562@cumc.columbia.edu).

Slowly over the past 10 years, Manhattan has grown into a fitness hub. Work-out studios and innovative exercise classes promising “calorie torching” results thrive in this city, despite its lack of open spaces. The majority of these classes come with a hefty price tag, often unrealistic on a student budget. Is there an economical way for students to engage in all that Manhattan fitness has to offer?

The NYC-based tech company, ClassPass, offers memberships allowing users to workout at studios without having to purchase expensive, studio-specific class packages. Monthly memberships range from \$49-\$159 in which users can book up to 4 or 15 classes per month, respectively. The Upper West Side alone is home to 112 ClassPass member studios, including Barry’s Bootcamp (running x strength), Flywheel Sports (spinning), The Fhitting Room (HIIT), Physique 57 (barre/bodyweight), Steps On Broadway (dance) and more!

ClassPass offers first timers a free 2-week trial, which includes 4-6 classes - perfect for the money-saver. Sample fitness studios throughout the city and then decide if you want to continue with a membership or cancel after the trial-run. ClassPass’s free trial is not Manhattan’s only fitness-hack.

A handful of studios offer a free first-class trial, and many of these studios are also ClassPass members. Some include: Flywheel, Orangetheory (similar to Barry’s Bootcamp), CorePower Yoga, and Pure Barre. Take two free classes at one of the above - one during your first-time student trial and the other during your ClassPass trial. Cha-ching.

While many studios have shifted away from free first-class offers, the majority have adopted a 2-for-1 option (see below). Make sure to ask all studios about student discounts! Barry’s Bootcamp, the Fhitting Room, and Physique 57 offer student discounts. Let’s not forget Yoga to the People, a donation-based yoga class that suggests yogis donate \$20 per class. While none of these workouts are cheap, any discount helps.

TC students who pay University Facility, Student Life, or College Fees in their tuition bill are free to use Columbia’s Dodge-Fitness Center. Students can pay an additional \$87.50/semester for unlimited group fitness classes, including yoga, Zumba, kickboxing, Pilates, barre, and sculpt. If none of these money-saving fitness tips appeal to you, Central Park lends her 840-acres of space for running, biking, walking and playing. This, of course, is free.

Studio	ClassPass	Student Discount	Cost Per Class	1st Time Deals
Barry’s Bootcamp	✓	\$28/class, drop-in	\$36	✗
Flywheel Sports	✓	✗	\$36	1st class free
Fhitting room	✓	\$31/class	\$38	2-for-1
Physique 57	✓	\$25/class	\$37	2-for-1
Steps on Broadway	✓	✗	\$20	✗
CorePower Yoga	✗	On select packages	\$32	7-day free trial
Pure Barre	✓	✗	\$37	Free week trial
Orangetheory	✗	✗	\$34	1st class free
The Class by TT	✗	✗	\$35	2-for-1
Tone House	✓	✗	\$45	2-for-1
Y7	✓	✗	\$25	3 classes for \$45
Rumble	✗	✗	\$36	2-for-1

# FOOD POLICY IN NYC: UPDATES FROM BOROUGH PRESIDENTS

By Lesley Kroupa

On April 9, 2019, the Hunter College Food Policy Center hosted the borough presidents to discuss the current status of food policy in New York City. In attendance was President Eric Adams (Brooklyn), President Gale Brewer (Manhattan), President Rubén Diaz Jr. (Bronx), and President James Oddo (Staten Island). They shared a common goal of improving public health through nutrition education, but also explained the unique challenges faced by their respective constituents.

President Adams, a long-time supporter of nutrition education, particularly plant-based diets, spoke of the recent launch of “Meatless Mondays” in NYC schools beginning in the 2019-2020 school year. President Brewer called for using the purchasing power of city institutions, including schools, prisons, and hospitals to contract with upstate New York farmers who can provide organic and sustainable food. She also called for increased scratch cooking in public schools in order to provide more nutritious meals to our kids.

President Diaz explained that with the increasing development in the Bronx, he is working to support the economic arguments for promoting healthy and environmentally sustainable businesses. Such initiatives, he explained, can create jobs and promote tourism. Hunts Point in the South Bronx is the largest wholesale produce market in the United States. President Diaz is working to ensure it is protected and developed in a way that supports the local economy for the long-term. President Oddo said that Staten Island, as other areas in the city, has been hit hard by the obesity epidemic. While he said many of his

constituents are wary of a “nanny state,” he believes we can no longer allow big food companies to “pummel our kids.”

There was consensus among the panel that an important way to advocate for nutrition education and food justice was from the bottom up. They spoke of the importance of starting with teaching kids in the classroom about our food system and healthful eating. To that end, there was unanimous support for wellness coordinators in public schools who can not only support nutrition education efforts, but can also promote overall wellness, including: increased access to physical activity, improved lunch and breakfast menus, and mindfulness education. They called for holistic ecological programs to help people, especially children, connect the dots between lifestyle and health.



From left to right: President Eric Adams (Brooklyn), President Gale Brewer (Manhattan), President Rubén Diaz Jr. (Bronx), and President James Oddo (Staten Island).

# SLAM IT, TOSS IT, DRAG IT: FUNCTIONAL MOVEMENT WITH HEAVY SANDBAGS

By Juan Castillo

As a personal trainer, I've been writing exercise programs since I got to New York back in fall of 2017. As my exercise program prescriptions and delivery got more sophisticated, I noticed some clients stopped coming to see me regularly after I'd given them their plan. It wasn't that these clients no longer wanted training or were dissatisfied with the service I was providing.

Rather, these clients felt more empowered to complete the regimen on their own. This presented a problem for me since I get paid only when clients come to see me for a planned 30-minute session. I needed a solution, and I found it with sandbag training. I'd seen sandbags used before in several fitness videos, so I decided to buy one and add it to client programs. It's something fun, different, and beneficial to my clients in a way that goes beyond conventional weight lifting.

Heavy sandbags are still a slightly curious sight in corporate fitness spaces. In fact, the gym goers where I work always look surprised to see one. However, it is a favorite amongst tactical athletes like law enforcement and military personnel. Its main advantage is the nature of the sand itself, which shifts its center of gravity as the exerciser moves the bag explosively through space.

Furthermore, the sand allows for heavier loads to be used in multi-planar, explosive movement patterns without fear of harm to self or damage to property. The resulting dynamic resistance workouts may provide "a larger transfer of training effect to performance of occupational tasks," (Ratamess et al., 2018), making sandbag work some of the most functional training

available to those willing to try it. When paired with a high-intensity interval protocol, as is often customary, a sandbag offers a time-effective, strength-based taxing workout.

In a nutshell: sandbags are functional and time-efficient. This is something people with limited time, like graduate students and personal trainers, looking to squeeze the most out of a 30-minute session can appreciate.



Researchers found that high-intensity interval training with a sandbag elicited a substantial cardiorespiratory and metabolic stimulus as indicated by high average heart-rate, perceived difficulty, and lactic acid production. Compared to treadmill running, which expended more calories during exercise, sandbag exercise burned more calories post-exercise, demonstrating potential advantages for fitness improvements (Ratamess et al., 2018).

Given this research, I now try to motivate my clients to keep coming back by suggesting they give sandbag workouts a try. Learn more: <https://darebee.com/collections/sandbag-workouts.html>

## Reference:

Ratamess, N. A., Kang, J., Kuper, J. D., O'Grady, E. A., Ellis, N. L., Vought, I. T., ... Faigenbaum, A. D. (2018). Acute Cardiorespiratory and Metabolic Effects of a Sandbag Resistance Exercise Protocol. *The Journal of Strength & Conditioning Research*, 32(6), 1491. <https://doi.org/10.1519/JSC.0000000000002415>

# Tisch Food Center Co-hosts Forum on Greening School Food in Albany

By Annie Schwartz

These days it feels like you can't go one day without hearing about the detrimental effects of climate change on our environment. More recently, it seems like all the stories relate to our food system and its impact on it. For those of us who took Nutritional Ecology with Joan and Pam, this isn't news.

On May 9<sup>th</sup>, I attended a day-long forum at the University at Albany called Greening School Food: A Northeast Forum on Climate-Friendly School Food hosted by the Laurie M. Tisch Center for Food, Policy & Education and the Friends of the Earth Foundation. The event brought stakeholders across the northeast to learn how some of their counterparts in school districts and partner organizations are working to introduce more plant-based meals to students.

Pam Koch, Executive Director of the Tisch Center, gave a keynote speech during the opening remarks on the intersection of food justice and child nutrition, highlighting the center's research in school cafeterias. Chloe Waterman from Friends of the Earth, spoke on the organizations efforts to support their partner schools

We heard from many amazing people who were making such great strides in their districts and communities, such as the food service director for Cambridge Public Schools, Melissa Honeywood, RD, who spoke on her district's "Meatless Monday" initiative. The plant-based meals were well received and the schools began serving meatless meals multiple times a week. She also spoke on their farm to school program, where they source local ingredients directly from nearby farms. They even instituted a Share Basket program where leftover food is distributed to their community via a school food bank.

There was an incredibly moving speech by Yadira Garcia, the Happy Healthy Latina (@happyhealthylatina), on her experiences working with New York City public school students. She told us how she helps them slowly come out of their protective shell by literally planting little seeds of

encouragement and empowerment that grow just like the plants they grow in her program.

Numerous organizations spoke on the great work they are doing to help support schools in adopting more plant-based meal options and beyond. Claire Raffel, Deputy Director of the Tisch Food Center, spoke about the WELL Campaign, which is working towards introducing groundbreaking legislation into

the New York State Senate for a comprehensive school wellness policy. Towards the end of the day attendants split up into breakout discussion groups centering on different topics of interest where they could dig deeper into the issues highlighted during the day like combatting food waste, facilitating farm to institution connections, and working with the community.

Even though the drivers of climate change can often feel overwhelmingly irreversible, learning about the strides that have already been made in school districts across the northeast left me feeling very hopeful for the betterment of the planet and the students benefitting from these new plant-based meals. If you are interested in learning more about any of the organizations that participated in the forum on Greening School Food, you can check them out here: <https://www.agritecture.com/events-listing/2019/5/9/greening-school-food-a-northeast-forum-on-climate-friendly-school-food>





My first day of going into the dietetic internship was like going to a blind date – exciting but nerve-racking. Sometimes I wish I knew what to expect to be prepared for what is coming. However, the reality doesn't always work in this way. Interns really need to be flexible and go with the flow for each rotation. I would like to share a typical day in the internship if you don't mind a little spoiler!

**Clinical Rotation - Metropolitan Hospital (Public Hospital)**

The clinical rotation in the hospital has a similar routine with different cases each day. The routine includes screening for risk, reviewing the medical record, and conducting the assessment.

<b>8:00 AM</b>	<b>Screening:</b> Prioritize patients for this day based on the their risk levels (criteria different at each site).
<b>8:30 AM</b>	<b>Reviewing:</b> Review the medical records – read physician’s notes, medication list, labs, PO intake, etc. Figure out the possible nutritional issue for each patient and prepare the education materials.
<b>10:00 AM</b>	<b>Assessment:</b> Talk with patients and ask questions about usual diet, appetite, weight change, etc. Provide nutrition education if needed.
<b>12:00 PM</b>	<b>Lunch time.</b>
<b>1:00 PM to ~ 5:00 PM</b>	Write assessment notes and discuss cases with the preceptor. Make recommendations to the diet orders.

**Community Rotation - Restaurant Associates (Corporate Wellness)**

Every day can be similar or completely different at each community site. Various tasks could be conducting a nutrition education workshop, writing a review on the sustainable seafood, or developing new recipes, etc.

Some sites do not have a typical day because there may be different events or tasks upon clients’ requests. For example, Restaurant Associates is a foodservice company providing services at different companies with emphasis on wellness and customer service.

<b>9:00 AM</b>	Research on possible wellness topics for the company’s new wellness platform (e.g. sustainable seafood, mindful eating).
<b>10:00 AM</b>	Develop surveys for the dietitian team.
<b>11:00 AM</b>	Assist the on-site dietitian in making nutrition signage in the café.
<b>12:30 PM</b>	Lunch time.
<b>1:30 PM</b>	Attend the company’s monthly retail webinar about how to promote food sales in the café.
<b>2:30 PM to ~ 5:00 PM</b>	Observe the preceptor in the corporate orientation discussing wellness and sustainability efforts in the company.

Keep in mind that a typical day can be different for every intern and every site! What is exciting about the dietetic internship is that you may have the exposure to the diverse experiences in hospitals, nursing homes, private practices, NGOs, etc. This internship does help you explore your interests and learn from all your likes and dislikes. Stay open-minded and start to explore!

# Alumni Spotlight: Paul Thomas

By Sridevi Padmanabhan

*Meet Dr. Paul Thomas E.D., RDN, graduate of the Program in Nutrition from 1988. He currently serves as a contractor for the Office of Dietary Supplements (ODS) at the National Institutes of Health (NIH).*

## **Tell us about your journey to TC.**

My interest in nutrition started with an introductory course during my time at SUNY, Buffalo. I found the material spanned numerous and potentially controversial topics such as food additives, dietary supplements, and alternative diets, etc. My curiosity piqued, I quit the pre-med track, and decided to pursue nutrition. I then attended Case Western Reserve University for a master's in nutrition. I received my RD credential after working for WIC in West Virginia as part of the National Health Services Corps scholarship.

I chanced upon *The Feeding Web* by Dr. Joan Gussow on a trip to NYC during the summer of 1979 and recognized the name due to her work in the Society for Nutrition Education and Behavior. I ultimately decided to study under Dr. Gussow and pursued a Ed.D in Nutrition Education at TC. While at TC, I furthered my interest in nutrition policy and dietary supplements and collaborated on a chapter on dietary supplements in the book, *The Nutrition Debate*, with Dr. Gussow.

## **What was the most valuable part of your experience at TC?**

Working with Dr. Gussow. She is extremely knowledgeable, a phenomenal mentor, and remains a dear friend. I visit about three times a year at Piermont. She was also on the Nutritional Panel for the 10<sup>th</sup> edition of the RDAs and I'm confident her recommendation helped secure my first job in the government.

## **Tell us about the roles you have served over the years.**

I started at the Food & Nutrition Board as Program Director at the National Academy of Sciences. I was there for eight to ten years. I then taught at Georgetown University's Center for Food and Nutrition Policy for about one and half years. Around 2000, I decided to publish my own newsletter, "The Dietary Supplement". The ODS was a subscriber to it and when I closed the newsletter down three years later, they offered me a position.

In my current role, I'm primarily responsible for communications, preparing dietary supplement fact

sheets, other educational materials for professional and end consumer use. NIH spends about \$300 million a year on dietary supplement research. I review grant and funding applications to determine which supplement, ingredient, project or clinical trial is relevant to the ODS. I also participate in reviews on nutritional information, regulations, and guidelines from various government agencies before they are published. I continue to maintain close ties to Columbia University and deliver a lecture on dietary supplements at the Institute of Human Nutrition's (IHN) graduate course on nutrition and speak about weight loss supplements at the yearly obesity conference hosted by IHN.



## **What was your most memorable TC experience?**

Living in NYC was a wonderful experience and I met my wife, Lauren, at TC where she was receiving her master's from the Program in Nutrition and Applied Physiology. We also hosted potlucks at Whittier Hall and have great memories of that time!

## **What advice do you have for current students of Nutrition?**

Nutrition is a broad area of practice and its vital to define your specific area of interest and determine what you want to do in your career. Research job possibilities and potential employers. During my last year at TC, I knew I wanted to work on nutrition policy either in the government, non-government organization or advocacy group or perhaps even the food service industry.

I wrote a slew of letters experiencing interest to every possible congressional agency and organization, such as Center for Science in the Public Interest, enquiring about job opportunities, hoping to get lucky. Some wrote back providing more information on the formal channels to apply for positions.

## **Any advice for students aspiring to work in the government/policy?**

Reach out to the various agencies, congressional committee offices, Congressional Research Services, and individual congress members who are interested in food and nutrition policy to discover opportunities. Learn more about the work being done at the state, city, or even community level. Even chefs like Tom Colicchio and Jose Andreas (Think Food Group) are involved in advocacy efforts. Persistence is key and a little luck always helps!

I was sitting in my Functional Medicine Doctor's office hearing her list the results of my 5 weeks of extensive GI-system testing: iron and vitamin D levels low, TSH high, suspected inflammatory bowel disease (a colonoscopy needed to confirm), positive for several inflammatory markers, and positive for small intestinal bacterial overgrowth (SIBO) - both types. As a 23 year-old Health and Life Coach who works with women to cultivate a healthy lifestyle and as someone who models healthy habits, it was a shocking experience to learn how much was wrong with my body and how off my perception of health had been.

I sought out a Functional Medicine Doctor because I was still experiencing a lot of negative GI symptoms after first consulting my primary care physician. She advised me to go gluten and dairy-free, which only slightly relieved my symptoms. I also tried the Whole30 and attempted to track trends on MyFitnessPal, but nothing worked to curb my symptoms. I knew something more was going on.

After receiving the diagnosis of SIBO, I felt relieved because I finally had an answer. That relief was short-lived, however, when I realized what the treatment protocol entailed. SIBO means there is an overgrowth of bacteria in the small intestine that can lead to bloating, diarrhea, abdominal pain, gas, and fatigue. There are two sub-types: hydrogen-predominant and methane-predominant. I was diagnosed with both through testing several breath samples over three hours. Treatment protocols differ but typically include a mix of antibiotics, like rifaximin, and following a low-FODMAP diet (fermentable oligosaccharides, disaccharides, monosaccharides and polyols). The diet is meant to be short-term as it can be very restrictive and create nutritional deficits. My doctor felt I also needed additional treatments more specific to my particular issues.

Here are some tips I picked up along my healing process that have made healing my gut easier:

1. Each morning I write a daily affirmation statement, describing what I hope to become true in the future. I write them in the present tense as if it were already true, like "I am so grateful to be SIBO free!" or "Having a healed gut gives me more and more energy every day." I also visualize myself being at the other end of this healing process with the unwanted gut bacteria decreasing and dissipating.
2. It was essential for me to stay on top of my dietary restrictions. I planned ahead by packing low-FODMAP, gluten-free, soy-free, dairy-free, and low-sugar snacks for trips and called ahead to restaurants to ensure they could prepare entrees for me without butter, onion, or garlic. Take a look at a yummy low-FODMAP Pad Thai recipe I like to make on page 12.
3. It is easy to fixate on all the things you cannot eat while treating SIBO or other GI conditions. Cultivating an abundance mindset and choosing to focus on the many things I could eat and the recipes I could make helped me keep a positive outlook.

Following these tips made sticking to the treatment much easier. I now only have one type of SIBO (methane-predominant) and my iron, vitamin D, and TSH levels have improved dramatically along with my GI symptoms and energy levels! It was shocking to hear how out of balance my health was when first diagnosed, but I plan to help other women through this experience and look forward to reaching my potential for how great and healthy I can feel!

**Disclaimer:** Please note this article is of this student's personal experience with her functional medicine doctor. Different doctors may approach diagnosis and treatment of SIBO differently.

## Low-FODMAP Chicken Pad Thai

Servings: 2-3

### Ingredients

- 4 ounces Pad Thai rice noodles
- 2 tsp toasted sesame oil
- 2 tbsp all natural peanut butter
- 1 tbsp soy sauce
- 1 tbsp red Thai curry paste (optional)
- 1 tsp brown sugar
- 1 tsp rice wine vinegar
- 8 oz skinless, boneless chicken breast, cut in bite size pieces
- 2 tbsp garlic infused oil
- 1 tbsp ginger, minced
- 3 large carrots, chopped or julienned
- 1 medium zucchini, chopped or julienned
- 1 cup mung bean sprouts
- 1 lime, cut in fourths
- fresh cilantro or basil, chopped
- 1/4 cup salted peanuts, chopped

### Directions

1. Cook noodles per package directions, rinse and drain well.
2. Add 1 tsp toasted sesame oil and chicken to large non-stick skillet and cook over medium heat. When chicken is almost cooked through, add garlic oil, ginger, carrots and zucchini until veggies are al dente.
3. While noodles and chicken are cooking, prepare sauce by combining remaining 1 tsp sesame oil, peanut butter, soy sauce, red curry paste, brown sugar and vinegar.
4. Add cooked and drained noodles to chicken and vegetables. Turn off heat. Drizzle sauce over and gently mix. If sauce seems too thick, add some warm water.
5. Transfer mixture to a platter. Garnish with bean sprouts, fresh cilantro or basil and nuts.
6. Squeeze 2 of the lime quarters over dish and reserve 2 for garnish on platter.



I picked this recipe from Kate Scarlata, RDN, FODMAP & IBS Expert, and like to make it because ordering take-out is difficult with all of my dietary restrictions. I am obsessed with Thai food and noodle dishes, so I can still have some of my favorite dishes without straying from my protocol.

- Abbie Stasior