

## Elemental Diet in Practice Webinar - Question and Answers

	Topic	Webinar ID
	Elemental Diet In Practice	191-840-215
#	Question	Answer(s)
1	learn more about elemental diet	Take a look at <a href="http://www.elementaldiets.com">www.elementaldiets.com</a> and consider downloading the guide.
2	Basic info on elemental diet	Take a look at <a href="http://www.elementaldiets.com">www.elementaldiets.com</a> and consider downloading the guide.
3	Are the published studies that show the 'success' of the product?	Gorard, DA, Hunt, JB, Payne-James, JJ, et al. 1993. Gut. 34:1198-202. O'Morain, C, Segal, AW, Levi, AJ. 1984. Br Med J (Clin Res Ed). 288:1859-62. Ueno, F, Matsui, T, Matsumoto, T, et al. 2013. J Gastroenterol. 48:31-72. Verma, S, Kirkwood, B, Brown, S, Gaffer, MH 2000. Dig Liver Dis. 32:769-74. Yamamoto, T, et al. 2005. Inflamm Bowel Dis. 11:580-8. Zoli, G, Carè, M, Parazza, M, et al. 1997. Aliment Pharmacol Ther. 11:735-40. Van Citters, GW, Lin, HC. 2005. Curr Gastroenterol Rep. 7:317-20. Bures, J, et al. 2010. World J Gastroenterol. 16:2978-90. Pimentel, M, et al. 2004. Dig Dis Sci. 49:73-7. Eiden, KA. 2003. Pract. Gastroenterol. 2003, 33-43, 47-54 Fisher, RL 1999. J. Nutr. 129:252S-5S. Devlin, J, David, TJ, Stanton, RH. 1991. Arch Dis Child. 66:93-9
4	Can we review the use as parenteral nutrition? We thought that was not an option.	Physicians' Elemental Diet has not been specifically designed for tube feeding or IV feeding.
5	Have you tried the Elemental diet in patients with Psoriasis not responding to the Elimination diet and 5R program?	Elemental diets have not been specifically studied in psoriasis. There are autoimmune models that benefit from elemental diet and theoretically, there may be mechanisms that can support the underlying mechanism of psoriasis.
6	I have actually personally reacted to the elemental diet. So I'm definitely curious on what populations it may not be ideal for. I've seen a lot of benefit with patients so I obviously don't discount it at all but personally had some intense reactions.	It is important to distinguish between a reaction such as an allergy or sensitivity and a significant shift in the microbiome. Also, insufficient calories and simply an all liquid diet of any kind can have unwanted effects.
7	I was an old school dietician and used to the canned elemental enteral formula available at the hospital - really almost impossible to drink orally - mostly used through tubes. How does this one taste???	Most people say that this formula tastes like vanilla or birthday cake.
8	Question: does any evidence exists for success of this product in anorexia nervosa?	Elemental diet should be used with caution in cases of disordered eating.
9	At what age I children can you start using the elemental diet?	This product is designed for use in adults.
10	Is the elemental diet tolerable in histamine intolerance/Mast cell activation syndrome? How long/frequently would prescribe it for MCAS?	Elemental diet has been studied in eosinophilic esophagitis which is closely related. The typical 2-4 weeks duration is recommended. In complex patients, many practitioners begin with elemental diet to fulfill a portion of caloric needs for 5-10 days before beginning a full elemental diet as a nutrition source.
11	Have you used an elemental diet for patients with short bowel syndrome/ major ileum resection?	Short bowel is often managed dietarily with adjunctive liquid diet including elemental formulas. This is a different use than the typical 2-4 weeks of exclusively using elemental diet for nutritional needs.
12	Is yeast overgrowth a contraindication for the elemental diet and is there risk for promoting yeast overgrowth while treating SIBO with the elemental diet?	Typically, an antifungal product would be recommended prior to the start of an elemental diet. That said, elemental diets are effective with SIBO because of its ability to starve bacteria while still nourishing the body
13	I am not familiar with the term "5R."	5 R refers to Remove, Replace, Reincubate, Repair and Rebalance components of a GI protocol see this link from Jill C - <a href="https://www.jillcamahan.com/2011/05/03/restoring-digestive-health/">https://www.jillcamahan.com/2011/05/03/restoring-digestive-health/</a>
14	Will you address whether this product can be used in infants/children/teens?	This product is designed for use in adults.
15	I'm sorry. What brand of elemental diet is being recommended?	We are talking about the Integrative Therapeutic's Elemental Diet. Its the one Dr. Fitzgerald uses in her clinic.
16	Where can you find the elemental diet products?	The product can be ordered on natural partners/fullscripts website.
17	What are your thoughts on using for intermittent fasting?	It is an interesting use of elemental diet. It is caloric so it would be used during the feeding window rather than during the fasting window.
18	Hello, May Please learn if my questions have been received? I hear questions being read and am unclear which ones are being selected to read. Thank you.	Hello Chiara, we did receive your question about published studies. If the question doesn't get covered live, we will be following up via email after the session and can share any and all studies integrative is able to share. Thank you
19	If you are using the elemental diet as a primary source of nutrition for 2 weeks for SIBO, do you wait until the 2 weeks are complete before starting herbal treatment? Also Do you recommend FODMAPS + half elemental diet for 2 weeks for SIBO, then start reintroducing higher FODMAPS foods with herbal treatment in week 3?	Most practitioners are following up elemental diet with herbal or prescription antimicrobials. As whole foods are being re-introduced the microbiome will experience significant change. This may provide a window of opportunity to address overgrowth while the bacteria are reinvigorated. A similar approach has been used with using partially hydrolyzed guar gum with rifaximin so there is at least a modicum of evidence for the approach.
20	Would this be a good supplement for clients who I am having fast prior to chemotherapy?	Elemental diet does contain calories so it is not considered a fast. For patients who need additional calories that are easily assimilated during this window, elemental diet may be considered but no studies or protocols have been assessed in this use.
21	Have you seen similar benefits from doing elemental and supplementing with extra protein like bland chicken and adding some vegetable like cucumber added to the plan?	This is considered a partial or half-elemental diet. This approach has been studied but during longer periods of time than the typical 2-4 weeks. One study specifically evaluated this approach in Crohn's disease.
22	is using HCl and digestive enzymes good to take along and continue with after	Upper gastric support is likely unnecessary during the implementation of the elemental diet since the components are already broken down into easily assimilated fractions.
23	In my patients who haven't been eating variety or quantity of food for a long period of time and need extra nourishment, sometimes I find these patient reacting poorly (physically) to elemental. Any thoughts? Perhaps an initial response only, push through? experience with this?	For patients who have been undernourished, it may be best to use elemental diet as an add-on to their usual diet for 5-10 days before introducing it as an exclusive source of nutrition.
25	Thanks Karen -studies for the product and then studies and/or clinical cases in treating anorexia nervosa.	Elemental diet should be used with caution in cases of disordered eating.
26	Can you explain how 5-HTP supports digestion?	
27	Ive had patients experience hypoglycemia on the elemental diet and cant continue. Would you suggest adding in MCT oil or other fats to make it sustainable?	We do often usually add in additional MCT oil in for calories but titrate or else may lead to loose stools
28	Would elemental diet be usefull in psoriasis? Any experience with this kind of rash?	Elemental diets have not been specifically studied in psoriasis. There are autoimmune models that benefit from elemental diet and theoretically, there may be mechanisms that can support the underlying mechanism of psoriasis.
29	Would the elemental diet work for an idiopathic angioedema ?	Elemental diets have not been specifically studied in idiopathic angioedema. Theoretically, low histamine and anti-inflammatory approaches may benefit the condition. Elemental diet can broadly be classified as low histamine and anti-inflammatory.
30	WHAT IS KITALOPRIDE?	prucalopride = Motegrity <a href="https://www.motegrity.com/?utm_source=bing&amp;utm_medium=pc&amp;utm_term=motegrity&amp;utm_campaign=brand&amp;utm_content=72911441737790&amp;utm_adid=1166582123508427&amp;msclkid=896b417b81171bd035f1f36f6c58050&amp;utm_source=bing&amp;utm_medium=pc&amp;utm_campaign=BR%20%7C%20BR and%20-%20Motegrity&amp;utm_term=motegrity&amp;utm_content= Motegrity&amp;gclid=C1H9gY-Z3ucCFWeCxQdM-IBfQ&amp;gclid=ds">https://www.motegrity.com/?utm_source=bing&amp;utm_medium=pc&amp;utm_term=motegrity&amp;utm_campaign=brand&amp;utm_content=72911441737790&amp;utm_adid=1166582123508427&amp;msclkid=896b417b81171bd035f1f36f6c58050&amp;utm_source=bing&amp;utm_medium=pc&amp;utm_campaign=BR%20%7C%20BR and%20-%20Motegrity&amp;utm_term=motegrity&amp;utm_content= Motegrity&amp;gclid=C1H9gY-Z3ucCFWeCxQdM-IBfQ&amp;gclid=ds</a> which I find extremely helpful for severe slow motility cases/constipation even at very low doses.
31	DIDNT I GET A NOTICE pANPLEX 2-DISCONTINUED	The product is not discontinued. It is still available for purchase.
32	Can Dr. Kara share the handout material with us?	We certainly will follow up in the next few business days with the recording and handout material.
33	Really interested in more info on pediatric applications	This product is designed for use in adults.