

MENTAL HEALTH AND GUT HEALTH**Melodee Meyer, MSP, CNC**

A healthy gut is critical to overall health. Healthy digestion, balanced hormones and stabilized blood sugar are three pillars of health. When these are out of healthy range the results wreak havoc on our bodies. Patients present with physical complaints that may be due to poor gut health. An unhealthy gut may be the root cause of many chronic diseases. Intestinal Permeability, also known as leaky gut, is linked to autoimmune disorders, autism, narcolepsy, Alzheimer's, arthritis, skin problems, including eczema, psoriasis, and acne, infertility, headaches, immune suppression, multiple sclerosis and chronic fatigue. Symptoms of leaky gut include anxiety, depression, confusion, obesity, bloating, constipation, insomnia and systemic inflammation. Sound familiar?

This presentation will focus on education for patients regarding nutrition and healthy eating to improve basic quality of life. However they may be hungry for things that are not food. Emotional eating leads to poor food choices and therefore the myriad of health problems mentioned above. Medical professionals can learn ways to encourage patients to nourish all areas of their lives including physical, intellectual, emotional and spiritual. Additional information will focus on how to encourage patients to examine why they eat, what they eat and how those food choices may be causing systemic health problems.

At the conclusion of this presentation participants will be able to:

- Define leaky gut syndrome
- Assess five medical conditions caused by leaky gut syndrome
- Distinguish at least three potential causes of leaky gut syndrome
- Counsel patients on a variety of nutritional strategies that could help normalize intestinal permeability

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine services invite you to attend its January 2018 presentation for the health care community.

Wednesday, January 10th, 2018

12:00 to 1:30 p.m.

Burtness Auditorium

Santa Barbara Cottage Hospital

Melodee Meyer, MSP, CNC

Program Coordinators:

Mari Mender, BSN, RNC,
Psychiatry Educator

Carole Reynolds Ingraham, LMFT

Education Consultant:

Christine Block, MSN, RN, CNRN



Cottage
Psychiatry and
Addiction Medicine

Melodee Meyer is a bestselling author, international speaker and the award winning business owner of Martial Arts Family Fitness in Santa Barbara (kickboxers.com). For over 20 years she has educated and empowered thousands of people to become strong, healthy and more confident in their body and in their life. Melodee received her Master's Degree in Spiritual Psychology, is a Certified Nutritional Consultant and is a 5th Dan Black Belt recently inducted into the Karate Union Hall of Fame. She developed the award-winning fitness program, Kickboxers Ultimate Training (getKUT.com), is the creator of Clean KUT Nutrition (CleanKUT.com) and has written two #1 international bestselling books: *Black Belt Power* and *Clean Food Diet - The 21-Day Clean Eating Guide to Lose Weight, Reduce Inflammation, Boost Energy and Look Better Naked*.

Grievances may be directed to the Education Department at 805-569-7325

Grand Rounds will take place in Burtness Auditorium, Santa Barbara Cottage Hospital. No RSVP or advance registration is required. **Please note: effective April, 2017, a buffet lunch will not be served, however participants are encouraged to bring their own lunch.**

Learn more about our Addiction Medicine services at:

cottagehealth.org/mentalhealth

CONTINUING EDUCATION UNITS

Course meets the qualifications for 1 hour of CE credit for MFTs, LCSW, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences (Provider # PCE 741) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

Course approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.

No RSVP or advance registration/payment will be required.

Registration for course attendees requesting continuing education credit will take place prior to the start of the course.

CH employees may receive the Continuing Education Completion Certificate through HealthStream.

Others: The Completion Certificate will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.