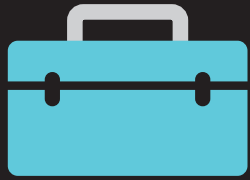


Dysphagia Duo: Impact of Nutrient Deficiencies on Swallowing Disorders



MY CLINICIAN
TOOLBOX



Q&A from September Live Webinar

Presented by Cat Ludwig, RDN, LD, CLT
with Amy Rawls, MS, RD, LD, FMNS, CGN
Hosted by Transformation Enzyme Corporation

What are the tests for the esophagus?

Upper endoscope with potential dilation, barium swallow, Bravo pH test, manometry.

What about someone with Barrett's Esophagus and difficulty swallowing with hoarseness? Their MD recommends an esophageal dilation procedure.

Hoarseness typically means acid from the stomach has reached the pharynx. Getting reflux under control through diet and lifestyle changes should help, and medication may be necessary to manage symptoms.

Do you use Gastro on its own or with Digest?

Depends, I have done it both ways—with Transformation's Professional Protocol™ [Gastro](#) on its own for digestive discomfort, or together with Professional Protocol™ [Digest](#) for comprehensive digestive enzyme support.

Please elaborate on how malnutrition leads to weight gain.

Deficiency in zinc or the amino acid asparagine can impact insulin sensitivity. Vitamin D deficiency is linked to poor metabolism of carbohydrates, lipoic acid, and chromium support glucose uptake. Low magnesium can impact a person's ability to use glucose

for fuel, and instead it becomes stored as fat. Those are just a few!

One of my clients experiences this but doesn't fit the deficiencies described, unless it's a gut microbiome issues, such as inhibited absorption issue?

I only listed a few—there are tons linked to weight gain, inflammation, and/or hormonal dysfunction that can cause the weight gain. We discuss more of this at the end of the presentation.

I have a difficult case because the client eats extremely well, exercises regularly, and is very compliant with her supplements. The only thing I can think is happening is high stress life?

High stress can absolutely lead to issues with digestion. Stephanie will likely discuss the gut/brain connection during [Part 2](#) of this webinar series and touch on how GI function can be affected.

What if a client can swallow but cannot digest proteins despite using supplemental enzymes. They are on a mostly pureed diet, and this was found by observing undigested food in the stool. The protein synthesis issue was measured by hair follicle analysis.

Protein synthesis can also be affected by timing, amount, and quality of protein intake. Dr. Gabrielle Lyon discusses the importance of high protein, especially to break your fast in the morning, muscle synthesis, and jumpstart metabolism. I would look at the big picture of intake and determine if there is a pattern.

What enzymes do you recommend?

Transformation's—you can see them by visiting TransformationEnzymes.com. If you would like to know what enzymes are best for you or your clients, book a free 10-minute enzyme consultation with Amy. You can email her at clinic@tecenzymes.com.

Are we able to get a recording of this webinar?

Yes, the recording is available at mycliniciantoolbox.com for you to watch at your convenience.

Toll Free 1-800-777-1474  **transformationenzymes.com**