

**Ecological Approach to Gut Health:**  
Training Day 17



Training Day 17  
Saturday 15<sup>th</sup> June 2024  
Hallam Conference Centre, London

6.5 CPD points

# Contents

Ecological Medicine Approach to Gut Health.....	3
The British Society for Ecological Medicine.....	4
What is Ecological Medicine? .....	5
Dr Damien Downing .....	6
Dr Jerry Thompson .....	7
Dr Shideh Pouria .....	8
Tracey Randell .....	10
Gilian Crowther .....	11
BSEM Training Overview .....	12



BRITISH SOCIETY FOR  
ECOLOGICAL MEDICINE

## BSEM Training Day 17

Ecological Medicine Approach to  
Gut Health

Saturday, June 15th 2024  
Hallam Conference Centre, London

08:30 – 09:00 REGISTRATION		
09:00 - 09:45	Dr Damien Downing	The Ecological Medicine Approach
09:45 – 09:50		Q&A with speaker
09:50 - 10:30	Dr Jerry Thompson	Common Gut Problems in General Practice
10:30 – 11:10	Dr Shideh Pouria	Fungal Dysbiosis
11:10 -11:20		Q&A with speakers
11:20 – 11:35 BREAK		
11:35 - 12:15	Tracey Randell	Small Intestinal Bacterial Overgrowth (SIBO)
12:15 -12:55	Gilian Crowther	GI Testing
12:55 – 13:10		Q&A with speakers
13:10 – 14:10 LUNCH		
14:10 – 15:30	BSEM Panel Chair: Dr Shideh Pouria	BSEM Panel Discussion with discussion about previous topic and Case Histories
15:30 – 15:45 BREAK		
15:45 - 17:00	BSEM Panel Chair: Dr Shideh Pouria	Case History discussion continues
17:00 MEETING ENDS		

# The British Society for Ecological Medicine

The British Society for Ecological Medicine (BSEM) has existed as a professional body since 1983 and has made a major contribution to the integration of ecological principles into mainstream medicine in the UK. BSEM continues to promote education, research and collaboration in this field.

The British Society for Ecological Medicine is the largest UK organisation for doctors practicing Ecological Medicine. In 2023-24 we celebrate 40 years of clinical experience and expertise in this field with the aim of

sharing and promoting the knowledge and skills afforded using this approach for the benefit of patients and the public.

The Society has been publishing the Journal of Nutritional and Environmental Medicine since 1990 and in 1998 members of the BSEM published the first and still the only textbook in this field: Environmental Medicine in Clinical Practice. BSEM has been training doctors and allied health practitioners for over 20 years and since 2017 has been offering its online Foundation Course.

## BSEM Aims

1. To provide support, safety and a networking platform for doctors and other professionals using the principles of Ecological Medicine in their practice by:

- Collecting and sharing clinical audits and case studies
- Providing an online discussion forum on clinical and scientific matters
- Publishing a regular newsletter for the exchange of ideas and information

2. To promote education and research into the field of Ecological Medicine by:

- Offering an online resource of scrutinized and peer-reviewed studies and publications in the field of Ecological Medicine
- Running training courses for doctors and other health care professionals
- Organising scientific meetings at both national and international level
- Running peer supervision groups for practicing members

3. To raise public awareness of Ecological Medicine by:

- Providing a list of doctors working in this field who accept patient referrals
- Selecting a panel of well-respected, clinically experienced academics to scrutinise relevant studies, publications or other evidence in the field of Ecological Medicine to be able to offer the highest level of scientific, credible and evidence-based information
- Translating and publishing this information in an easily understandable language to enable patients to make truly informed choices

For more information about the work of the Society, please see our website on <https://www.bsem.org.uk/> where information on membership, current training programmes, past events and purchasing previous conference recordings is available.

# What is Ecological Medicine?

**E**cology describes the scientific study of the relationship between all living organisms and their environment.

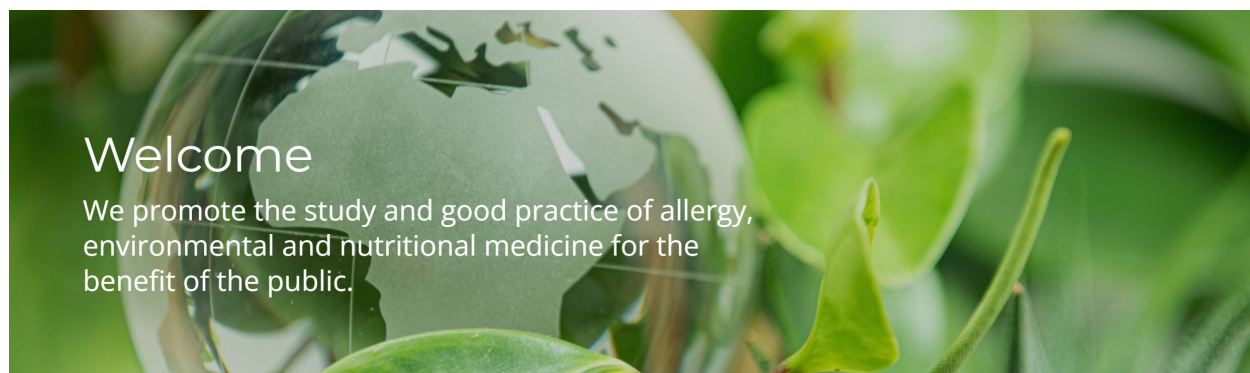
Whilst Ecological Medicine is firmly rooted in conventional medicine, it also recognises the key importance and contribution of external factors such as lifestyle, nutrition, environmental exposure to toxins and internal influences such as microbiota, genetic disposition, allergy, latent infections, and biochemical disturbances in the development of disease. Ecological Medicine aims to maintain or restore health by intervening via those same influences in a therapeutic way.

Ecological Medicine has proven particularly effective in the understanding, prevention or treatment of a multitude of complex chronic conditions including allergy, autoimmune and metabolic disorders such as diabetes, severe allergies, Chronic Fatigue Syndrome

(ME/CFS), Multiple Chemical Sensitivity (MCS), and chronic inflammatory and degenerative diseases.

Methods typically used in Ecological Medicine focus on supporting various pathways of excretion and detoxification, reducing the overall body burden of pollutants inevitably accumulated in the modern world. These classic methods are then combined with the fruits of more recent research in immunotherapy, genomics and epigenetics, in effect translating the results obtained from the laboratory bench into bedside interventions.

The multitude of different interactions with the environment and the complexity of genetic predisposition, means that each patient needs to be assessed thoroughly as a unique individual, making Ecological Medicine the most comprehensive, patient-centred form of medicine!



## Dr Damien Downing MBBS, MRSB



Dr Damien Downing practises Ecological Medicine. He qualified from Guys Hospital in 1972 and worked in the UK (neuropsychiatry and general practice) then in the Solomon Islands in the Pacific before returning in 1980 to set up a private practice in nutritional and environmental medicine.

He co-founded the British Society for Nutritional Medicine in 1983, and is the current president of its successor, the British Society for Ecological Medicine.

Damien also co-founded the Journal of Nutritional and Environmental Medicine in 1990 and was its editor for 20 years.

Damien is a Contributing Editor of the Orthomolecular News Service

He is a Medical Supporter of the cancer support charity Yes to Life

Damien is the author and/or co-author of the following books:

Daylight Robbery (1988);

translated into French as Le Soleil Vital (2001);

He is currently working on the next-generation sequel to Daylight Robbery;

Why M.E.? (1989);

The Vitamin Cure for Allergies (2010);

The Vitamin Cure for Digestive Disorders (2014)

## Abstract: The Ecological Medicine Approach

Modern dietary lifestyle and environmental factors can have major impact on gut permeability and establish vicious cycles involving immune function, nutritional status, the gut microbiome and hepatic homeostasis. These can disrupt both gut function and whole body health.

Solutions to this largely modern problem need to involve key interactive inputs to gut health; Butyrate, Vitamin D, Vagus nerve function, Melatonin, Day and Night.

## Dr Jerry Thompson

MB BS, MRCP, MRCGP



After a short spell in hospital medicine, I changed to general practice. I finally retired in summer 2023 after four decades in general practice.

I have been a member of BSEM for nearly as long and have tried to incorporate what I learnt about allergies, nutrition and toxicity into my GP practice. I have found this to be hugely beneficial

when dealing with the many patients who don't respond well to conventional medicine and this has greatly increased my job satisfaction. This has led me to write many patient leaflets which are now freely available on my website. I also have been fascinated by people who get better against the odds and this is the subject of my new book "Curing the Incurable".

### Abstract: Common Gut Problems in General Practice

I have found ecological techniques to be extremely useful in managing gut problems (and many other disorders) during my career in general practice; so much so that it would now be hard for me to imagine practicing without them.

I hope to demonstrate the ways in which these methods can be incorporated into the busy workload of general practice. I have picked the areas where I believe we can make the biggest difference. I have also highlighted how a lack of understanding of the microbiome could lead to doctors unwittingly harming patients. I have also included some recent changes in gut disease.

## Dr Shideh Pouria

MBBS, BSc MRCP (UK), PhD CMT



Dr Pouria is a Consultant Physician and Nephrologist with a special interest in nutritional and environmental medicine. She qualified in 1991 from King's College School of Medicine, London and has worked in numerous clinical and academic posts within the National Health Service, including a consultant post in Renal Medicine at Guy's Hospital. She has extensive clinical experience in general and specialist medicine as well as in medical research in the field of mucosal immunology and IgA glycobiology for which she was awarded a PhD in 2005.

It was through her PhD project in mucosal immunology that the role of microbiota, nutrition and environmental factors in health and disease took a prominent place in her understanding of disease and informed her approach to chronic disease. She started her Ecological Medicine practice in 2007 as the Medical Director at the Burghwood Clinic for Allergy, Environmental and Nutritional Medicine until 2013 after

commencing her training with the BSEM in 2005. She has held visiting research fellowships at Kings College London and was called to participate in the work of the scientific advisory board for the Allergy Research Foundation until 2018.

Dr Pouria has been an active member of the British Society for Ecological Medicine since 2005 where she continues to serve as Vice-President. Her role has included organising conferences and training days, compilation of the scientific foundations in ecological medicine practice and joint policy and decision making with the executive committee of the Society. She lectures in local and international meetings and is a regular speaker at the BSEM training days. She is the author of a number of peer reviewed papers and has written chapters in books on nutritional and ecological medicine. She continues to work as an independent practitioner in London, treating patients with a variety of complex, chronic, inflammatory problems.



## Abstract: Fungal dysbiosis

The Mycobiome is the forgotten factor in the aetiology of so many clinical presentations of diseases in modern medicine. The concept of fungal dysbiosis has been emerging since slowly since Dr C Orion Truss published his clinical observations on the role of *Candida Albicans* in tissue injury and stated that 'In view of the complexity and chronicity of antigenic stimulation by this fungus, it would not be surprising to find this a mechanism of tissue injury in many diseases.' Truss' revolutionary concept coincided with the advent of antibiotics, low fat diets and immunosuppression. These factors primarily impacted on the balance of the gut microbiota and the epidemic of digestive disease. It has gradually become apparent that fungal and yeast species within the digestive tract, are not always innocent superficial commensal bystanders but are capable of triggering multiple functional and pathological disturbances, including inflammatory storms both locally within the gut and systemically. This in turn may lead to gut and systemic disease.

Despite the availability of simple, inexpensive and efficacious treatments available for fungal dysbiosis, the idea of a commensal causing pathology and various complex syndromes has not taken hold in the imagination of the mainstream medical fraternity. At the dawn of the age of the microbiome, the mycobiome requires greater investigation and the advent of modern high output sequencing techniques is finally revealing the extent of the dynamic interplay between commensals and hosts as they define a host-microbe metabolic axis in a multi-directional chemical communication super-highway. In this talk we will discuss the role of the fungal and yeast species in gut health and disease and the clinical protocols available for the treatment of fungal dysbiosis in the context of gut health and disease. This will include the specific dietary measures, digestive support and anti-fungal therapies available to treat patients with a range of GI disease and symptoms with underlying fungal overgrowth. A number of case histories will be presented to demonstrate real life examples of patients with fungal dysbiosis.

## Tracey Randell

Dip BCNH, IFMCP, MBANT, CHNC



Tracey Randell is a Registered Clinical Nutritionist and Certified Functional Medicine Practitioner who founded IBS Clinics, a specialised team of nutritionists adept in functional medicine for addressing IBS and various gut disorders. While her primary focus is gut health, Tracey's expertise extends to navigating complex health histories where compromised gut health plays a pivotal role, including autoimmune disorders, inflammatory bowel disease, hormone imbalances, histamine intolerance, and Small Intestinal Bacterial Overgrowth (SIBO).

Functional medicine forms the backbone of Tracey's approach, drawing on systems biology to identify and address the root causes of diseases. She consults with patients in person and virtually, extending her expertise across the UK and internationally. Beyond her clinical practice, Tracey serves as a mentor to other nutritional therapists, sharing her insights on addressing SIBO through her SIBO & Beyond practitioner mentoring program, demonstrating her commitment to advancing knowledge and improving individuals' health and well-being worldwide.

### Abstract: Small Intestinal Bacterial Overgrowth (SIBO)

Small Intestinal Bacterial Overgrowth (SIBO) is a groundbreaking discovery that has revolutionised our understanding of persistent gut issues. This condition, often overlooked in the past, is now recognised as a significant contributor to a wide range of chronic gastrointestinal symptoms, including bloating, abdominal pain, diarrhoea, and inexplicable malabsorption.

Recent research has unveiled the intricate link between SIBO and various autoimmune diseases, further solidifying its significance in the realm of gut health. Excitingly, cutting-edge diagnostic techniques, such as breath testing and advanced microbiome analysis, have paved the way for more accurate detection and personalised treatment approaches.

Emerging therapies, including targeted antibiotic regimens, herbal therapeutics, and innovative probiotic interventions, offer promising avenues for restoring intestinal balance and alleviating debilitating symptoms.

As our knowledge of SIBO continues to evolve, its recognition as a pivotal factor in gut health has initiated a paradigm shift in the management of chronic gastrointestinal disorders. So join us the BSEM gut training day to delve into the fascinating world of SIBO, unlocking the potential for transformative solutions and paving the way for a future of improved gut health and overall well-being.

## Gilian Crowther

MA (Oxon), FBANT, mNNA, CHNC reg.



**G**ilian Crowther is a Naturopath and registered Nutritional Therapist. The patients Gilian sees are generally suffering from environmentally-related issues of different kinds, whether toxicity, infections, or a combination of both. She is Director of Research at the Academy of Nutritional Medicine (AONM), and is continuously investigating innovative testing options for the Academy, so she has come to specialise in this area.

Gilian is also a committee member of the BSEM, and highly committed to training and outreach in the field of environmental medicine.

### Abstract: GI Testing

The Pandemic has shaken up the laboratory landscape in the UK to a degree: some labs and tests have disappeared, new ones have emerged.

Gilian will be explaining where the most comprehensive GI tests can be obtained, and the differences between them. Alongside stool tests, she will also be looking at tests of intestinal permeability, gluten sensitivity/coeliac disease, histamine intolerance, organic acid tests, and gut-based bacteria and viruses.

# BSEM Training Overview

In collaboration with the Australasian College of Nutritional Medicine (ACNEM) we are able to offer a series of on-line training courses to help equip our members with an ecological approach to medicine; offering some of the best training programmes in the world.



Gastrointestinal Health



Integrative Cancer Care



Childhood & Adolescent Health



Cognitive Decline



Foundation Course



Cardiometabolic Health



Immune Conditions



Mental Health



Neuroinflammatory Conditions



Thyroid & Adrenal Conditions



Women's Health Course



Environmental Health

BSEM are also contributors to the scopro curriculum - a clinical environmental medicine learning tool embraced by the European Academy for Environmental Medicine (EUROPAEM) and the German Association of Environmental Physicians (DBU) and we will be offering the scopro courses to our members in the near future.

**SCOpro**  
clinical environmental medicine

*ADVANCED TRAINING*

***Clinical  
Environmental  
Medicine***



