



GASTROINTESTINAL DYSREGULATION:Connections to Chronic Disease (Functional Medicine Monograph Series)

By Helen Lafferty MB MRCPI, Leo Galland MD



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- Gastrointestinal inflammation and immune responses can lead to symptoms and diseases that show up in other parts of the body
- Explains the functions and defense mechanisms of the gastrointestinal tract; how environmental factors such as diet, drugs, stress, and infection can cause disruption; and the diseases that can result
- Outlines the conventional clinical approach to irritable bowel syndrome, inflammatory bowel disease, fibromyalgia, and rheumatoid arthritis, then gives the antecedents, triggers, and mediators that a functional medicine practitioner may identify in these 4 conditions; case studies by Leo Galland give an example of how he has treated each condition

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