



# NORTON

## EDUCATION SERIES

October 11, 2020  
10:00 AM - 2:00 PM EST  
*Streamed live from the  
Food for Life Kitchen*

**Gut Matters 101: From top to bottom; Shanti Eswaran, MD**

An overview of the parts and functions of the digestive system. Learn about the location and function of the esophagus, stomach, small intestine (small bowel), pancreas, liver, gallbladder, colon, and rectum, and the common disorders associated with each.

**Gut Matters 102: How the gut works in relation to food, nutrition basics; Amanda Lynett, RDN**

An overview of the importance of nutrition to the human body and the impact on gastrointestinal disorders. Learn about the nutritional components and value of food and the advantages to making knowledgeable food choices.

**Kitchen Demonstration; Emily Haller, MS, RDN with Chef Sheree Thibault**

Join Chef Thibault and registered dietitian, Emily Haller, as they demonstrate three gut friendly recipes.

**Sugar: Friend or Foe?; Emily Haller, MS, RDN**

An overview of the different sugars and their impact on the human body. Learn about the different types of sugar, how much we should consume, how the body processes them, and how they could impact gastrointestinal (GI) symptoms.

**Burning Questions on Upper Gastrointestinal (GI) Symptoms; Joan Chen, MD MS**

An overview of symptoms associated with upper gastrointestinal (GI) disorders. Learn about different GI disorders impacting the GI system, their symptoms including alarm symptoms, and dietary and lifestyle changes that can help.

**Living your BEST IBS Life: Practical Tools to Beat the Battle with your Bowels; Justin Brandler, MD**

An overview of tools and information to help empower irritable bowel syndrome (IBS) patients. Learn ways to partner with your healthcare provider and make the most of your GI visits. In addition, receive information on treatment options including diet, medication, supplements, and more.

**Constipation: Symptoms, evaluation, causes, and treatment; Kimberly Harer, MD ScM**

An overview of constipation from onset to treatment. Learn about constipation including who is most likely to experience it, why, talking to your healthcare provider and options for treatment and lifestyle changes.

**My Patient Story; Erin Slater, RDN**

An illness experience story from IFFGD advocate and registered dietitian, Erin Slater. Learn about Erin's journey from symptom onset, to diagnosis, and finally treatment.