

Module #1: Challenges of Working in the FS Grey Zone

- Introduction - Challenges of Working in the FS Grey Zone
- Knowledge is Like an Iceberg
- Who are “Grey-Zone” FS Clients?
- Long-term Consequences of Giving Unfounded Answers
- Considerations Before Recommending Diet Restrictions
 - Be aware of your food-related biases or preconceived ideas.
 - Consider the evidence before recommending diet restrictions.
 - Be clear with clients that you are discussing a theory.
 - Assess clients before recommending food restriction and recognize when negative food messages are contraindicated.
 - Ensure your recommendations are practical.
- HPs Role with Grey-Zone FS Clients
- How Do We Help Grey-Zone FS Clients?
 - Understand and respect the client’s goals
 - Non-judgmentally listen to their concerns
 - Empathetic responses
 - Assessment questions to learn about the client’s food sensitivity experiences and perceptions
 - Questions to better understand their experiences and perceptions include:*
 - Include questions about how the food sensitivity is affecting the client’s life.*
 - If the client is drawn to a theory or food sensitivity testing, additional questions could include:*
 - Help clients out of survival mode
 - Self-reflection questions
 - Experiment plans

Module #2: Physiology Overview

- Introduction - Physiology Overview)
- Role of Inflammation

- Role of Food in Symptoms – Sole Cause, Contributor or Not Related
- Food Components
- Food Proteins
 - Epitopes
 - Epitope Destruction
 - Cross-Reactivity

Module #3: Above the Water: Our Current FS Knowledge

- Introduction - Above the Water: Our Current FS Knowledge
- IgE Food Allergy
 - Summary
 - IgE Antibodies & Mast Cells
 - Atopic Disease (Atopy)
 - Diagnosis
 - Food-Specific IgE Blood Testing Technology*
 - Importance of Seeing a Clinical Immunology Physician (Allergist)
- Pollen Food Allergy Syndrome
 - Summary
 - Pathology
- Celiac Disease
 - Summary
 - Pathology
 - Diagnosis
 - Diagnostic Difficulties*
 - Why Clients Need to Know if They Have Celiac Disease
 - Non-Celiac Gluten Sensitivity
- Eosinophilic Gastrointestinal Diseases
 - Summary
 - Pathology
 - Symptoms
 - Diagnosis and Treatment

- Lactose Intolerance
 - Summary
 - Pathology
 - Symptoms
 - Diagnosis and Treatment
- Poorly Digested or Absorbed Carbohydrates
 - Summary
 - Low FODMAP
 - Disaccharidase Deficiency

Module #4: The Murky Depths: Theories

- Introduction - The Murky Depths: Theories
- Common Restrictions
 - Histamine
 - Salicylates
 - What are salicylates?*
 - Can low salicylate diets improve health?*
 - Salicylates in food*
 - Oxalate
 - Lectins
- Conditioned Food Sensitivity
- Leaky Gut
- Food- Dependent, Non-Allergic Mast Cell Activation

Module #5: Food Sensitivity Testing

- Introduction - Food Sensitivity Testing
- Why Is FS Testing So Popular?
 - Clients want black-and-white answers
 - Food sensitivity is a common culprit in lay media
 - Clients want food to be the cause of their symptoms

Non-validated tests seem to work

- Take a Close Look at Company Claims
- Long-term Consequences of Food Sensitivity Testing
- IgE Food Panels
 - Confusion & Over Restriction
 - Answering Your Client's Questions
- Food-Specific IgG Blood Tests
 - IgG Case Study Introduction
 - What is IgG?
 - Food-Specific IgG Blood Tests
 - Evidence for IgG Food Sensitivity Testing
 - IgG Case Study Conclusion
- How to Talk with Clients about Non-Validated Testing

Module #6: Help Clients Out of Survival Mode

- Introduction - Help Clients Out of Survival Mode
- Survival Mode 101
 - Survival Mode's Impact on the Mind and Body
- Counselling Skills to Help Client Soften Survival Mode
 - Non-Judgemental Listening
 - Sitting with Your Discomfort During Counselling
 - Normalize the Client's Experience
 - Recognizing Survival Mode and Resetting
 - Reinforce What the Client is Doing Well
- Meal Planning

Module #7: Compassionate Self-Reflection

- Introduction - Compassionate Self-Reflection

- Questions to Ask Your Clients
- Professional Self-Reflection

Module #8: Experiment Plans

- Introduction - Experiment Plans
- Helping Clients Decide Which Experiments to Try
 - Potential Benefits*
 - Potential Disadvantages*
- Write an Experiment Plan
 - Keep a Future Potential Treatments List
 - Evaluate and Make Decisions
 - Experiment Plan Encouragements

Module #9: Systematic Elimination Diets and Food Challenges

- Introduction - Systematic Elimination Diets and Food Challenges
- Pre-Restriction Assessment
- Planning and Follow-Up
 - Follow-Up
- Evaluation
- Food Challenges
 - What if Food Challenges Do Not Give Straightforward Answers?
 - Food Challenge Plan
 - Blinded Food Challenges
- Final Diet

Further Topic Exploration