

# AN UPDATE ON GUT HEALTH

## FOOD CHEMICAL INTOLERANCES AND RPAH ELIMINATION DIET & THE CURRENT RESEARCH: GUT HEALTH IN SINGAPORE AND AUSTRALIA – SYMPTOMS, PREFERENCES AND CARBOHYDRATE INTOLERANCES

**SATURDAY, MAY 29, 2021  
1 - 3:30PM**

**2 CE**

### AGENDA

- 12.45pm Registration Opens (screenshot of attendees will be at 1:15pm)
- 1:00pm Welcome and Introductions by Kathy Lowes-Switzer, Chair of PPIG
- 1.15pm Food chemical intolerances and the RPAH Elimination Diet by Nicole Dynan
- 2:15pm Q & A
- 2.30pm Gut health in Singapore and Australia – symptoms, preferences and carbohydrate intolerances by Kezlyn Lim
- 3:10pm Q & A
- 3.25pm Survey and Thanks

### SPEAKERS

#### **Nicole Dynan – APD and Accredited Sports Dietitian**

Nicole is known as 'The Gut Health Dietitian' as she specialises in gut health and food intolerance and is one of a handful of dietitians in Australia with qualifications in dietetics and psychology. She loves working with patients to identify the food-related causes of their symptoms and help them achieve a better quality of life. Nicole runs a network of private practice clinics in Sydney one of the largest corporate nutrition services in Australia, 'The Good Nutrition Company', which she founded in 2012. Nicole is a guest lecturer for The University of Sydney and University of New South Wales and is a media spokesperson for Dietitians Australia. She has completed speaking engagements for Dietitian Connection, The Australasian Diabetes Congress and Dietitian's Australia. Prior to becoming a dietitian, Nicole worked in chronic disease management for Merck, Sharp & Dohme pharmaceuticals.



#### **Kezlyn Lim - BSc, M. Diet, APD**

Kezlyn is an accredited practising dietitian with research interests in gastrointestinal health, metabolic health and personalised nutrition. She is a research dietitian at the Singapore Institute for Clinical Sciences, A\*STAR Singapore. One of the projects she is currently involved in is the 'Gut Health in Australia and Singapore for Science and Innovation' (GASSI) study, which explores the bilateral understanding of gut health experiences and dietary factors associated with gastrointestinal health. She completed her undergraduate degree at National University of Singapore and a Masters of Dietetics at Monash University Australia. She has also attained certification as a Monash FODMAP trained dietitian.



[\*\*Register Here\*\*](#)

**OPEN TO SNDA MEMBERS ONLY.**

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