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Discussion Points

- The Gut-Thyroid Connection
- Everything Probiotics & Surprising Science-based Benefits
- The Gut-Brain Connection
- How to Quickly Reset your Gut with an Elemental Diet
- Overtesting in Functional & Integrative Medicine – How it Can Harm Health Outcomes
- SIBO – A Common Cause of Gas, Bloating, Diarrhea and Constipation (+ Brain Fog, Fatigue, and Other Surprising Symptoms)

Dr. Michael Ruscio DC

Bio

Dr. Michael Ruscio is a DC, Naturopathic Practitioner, researcher, and clinician. He serves as an Adjunct Professor at the University of Bridgeport and has published numerous papers in scientific journals.

Michael received his BS in exercise science from the University of Massachusetts, his DC from Life West, and is a board-certified Doctor of Natural Medicine through the ANMCB.

Michael founded the Ruscio Institute of Functional Health, a consulting practice and research clinic that helps patients heal a wide range of GI conditions. Michael serves as the Head of Research, rigorously researching complex gastrointestinal disorders as well as their relationship to thyroid health.

From his clinical research and experience, Michael authored a book *Healthy Gut, Healthy You*, his *Thyroid Self-Management Course*, and developed the first ever over-the-counter fully elemental diet formula on the market.

In 2016, Michael started the Dr. Ruscio Radio podcast, which frequently ranks in the top charts for Alternative Health podcasts.

Publications

Ruscio, M., Guard, G., Piedrahita, G., & D'Adamo, C. R. (2022). The relationship between gastrointestinal health, micronutrient concentrations, and autoimmunity: A focus on the thyroid. *Nutrients* 14(17), 3572. doi:10.3390/nul4173572

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Ruscio, M. (2019). Is SIBO a real condition? *Alternative Therapies in Health and Medicine*, 25(5), 30–38.

Ruscio, M. (2018). *Healthy gut, healthy you: The personalized plan to transform your health from the inside out*. Las Vegas, NV: The Ruscio Institute.

Ruscio, M. (2017). Do you really want a hunter-gatherer microbiota? *Journal of Evolution and Health*, 2(1).