



**Autoimmune**  
**HEALTH DETECTIVE**  
Stopping the Hidden Disease Process

## Meet Dr. Karen Thomas

Motivational Speaker, Author, and Functional  
Medicine Nutritional Expert

Dr. Karen Thomas is a dedicated and highly knowledgeable functional medicine nutritionist who has made a lasting impact in the field of holistic health. With years of experience and a deep passion for helping others achieve optimal well-being, she has become a trusted resource for those seeking personalized and effective approaches to health and nutrition.

Her holistic approach emphasizes the importance of treating the whole person, addressing not only physical health but also considering emotional, environmental, and genetic factors. Her clients and patients have benefited from her compassionate guidance and evidence-based strategies to achieve lasting wellness.

In addition to her clinical work, Dr. Thomas is a sought-after speaker, author, and advocate for the power of functional medicine nutrition in transforming lives. Her dedication to helping others reclaim their health and vitality through personalized nutritional interventions has earned her a well-deserved reputation as a leader in the field. She continues to inspire and educate individuals and healthcare professionals alike on the profound impact of functional medicine nutrition on overall well-being.

Her commitment to health and wellness extends beyond her speaking and writing; she actively contributes to the field by serving on prestigious boards, including the North Carolina Board of Dietetics/Nutrition (NCBDM), the DACE Advisory Board, and the National Network of Healthcare Hygienists (NNHH). With her wealth of knowledge and experience, she continues to make a significant impact on the world of health, wellness, and motivation.



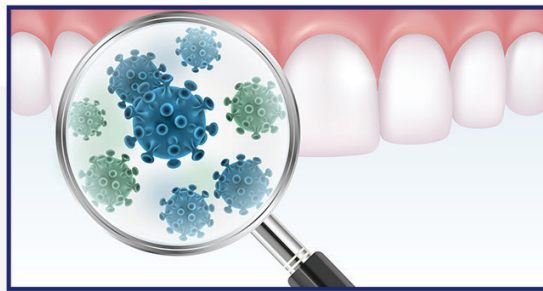


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## Presentation Topics



**From Gums to Bums**  
The Bidirectional Movement of Bacteria



**Spit Happens**  
The Art of Salivary Testing



**Is This Cookie**  
**Killing Me?**



**The Yeast Among Us**



**Hashimoto's for the**  
**Dental Professional**



**The Probiotic Myth**

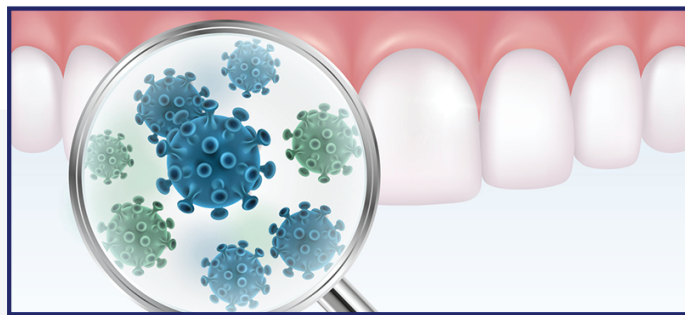
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## From Bums to Gums

### The Bidirectional Movement of Bacteria

This course will take attendees on a journey from the gut to the gums and beyond, all while discovering associations to common autoimmune diseases and chronic health conditions. Research suggests poor oral hygiene and/or failing dental restorations initiate infection and inflammation travel to other areas of the body. Oral bacteria are not contained to the mouth but can travel bidirectionally to other parts of the body thus leaking into the bloodstream and causing inflammation, urinary tract infections, and autoimmune diseases.

#### Learning Objectives

After completion of this course, you will:

- Identifying imbalances in the oral microbiome as a much broader concern.
- Learn the science behind the oral systemic link between the gums and the gut.
- Recognize your role and the importance you play in your patients' life.
- Point out how clinical signs are linked to other chronic diseases.



## Spit Happens

### The Art of Salivary Testing

Salivary testing in dentistry serves as a valuable adjunct to traditional diagnostic methods. By exploring the link between salivary biomarkers and systemic health conditions, it offers a promising avenue for early detection, monitoring, and personalized interventions in the context of cardiovascular disease, Alzheimer's disease, diabetes, and other health issues. As research in this field progresses, salivary testing may become an integral part of preventive healthcare strategies.

#### Learning Objectives

After completion of this course, you will:

- Identify key salivary biomarkers associated with systemic health conditions such as cardiovascular disease, Alzheimer's disease, and diabetes.
- Apply knowledge of salivary biomarkers to design personalized interventions for patients based on their systemic health status.
- Analyze the limitations and challenges associated with salivary testing in dentistry and systemic health monitoring.
- Formulate strategies for promoting interdisciplinary collaboration between dentists and healthcare providers in utilizing salivary testing for systemic health.

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## Is This Cookie Killing Me?

In recent years, gluten-related concerns have gained prominence due to their association with various health conditions. Recently, researchers have identified a spectrum of issues linked to gluten ingestion, encompassing disorders such as Celiac disease, non-celiac gluten sensitivity, and wheat allergy. Gluten sensitivity can represent itself with numerous manifestations and many of the symptoms of celiac disease mimic those of other diseases. However, current testing could be missing the many who have unknown gluten sensitivity. For this reason, clinicians must maintain a level of suspicion while reviewing patient's health history and assessing clinical signs. The typical route to diagnosis is a long one for most patients. Healthcare professionals who are aware can put the pieces together and lead patients to diagnosis earlier, thus limiting suffering and preventing serious consequences.

### Learning Objectives

After completion of this course, you will:

- Identify autoimmune conditions linked to gluten related issues
- Recognize the impact you have in recognizing the oral systemic links
- Distinguish the differences in testing that can find the root cause
- Discover new emerging science and its advancements



## The Yeast Among Us

This course will not only cover candidiasis but will also encompass various types of yeast infections encountered in dental practices may not be aware of. Participants will gain expertise in recognizing the etiology, risk factors, and clinical manifestations of these infections, fostering a holistic approach to patient care.

### Learning Objectives

After completion of this course, you will:

- Recognize and recall the different types of yeast infections, extending beyond oral candidiasis
- Interpret the etiology and risk factors associated with yeast infections
- Apply a holistic approach to patient care by synthesizing knowledge of yeast infections
- Evaluate diagnostic information obtained from laboratory results and clinical assessments to discern and formulate evidence-based treatment strategies tailored to yeast infections

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## Hashimoto's for the Dental Professional

The thyroid gland plays a crucial role in regulating various bodily functions. By staying informed about treatment modalities and diagnostic testing related to thyroid disorders, dental professionals can contribute to a holistic and collaborative approach to patient care. Effective communication with patients and other healthcare professionals is key to ensuring optimal oral health outcomes for individuals with thyroid disorders.

Learning Objectives:

After completion of this course, you will:

- Identify the oral health implications of thyroid disorders and the potential impact in dental treatment.
- Summarize the significance of staying informed about treatment modalities and diagnostic testing in the context of providing holistic patient care.
- Develop strategies for incorporating a holistic and collaborative approach in patient care, considering both oral and systemic health.
- Evaluate the effectiveness of communication strategies with patients, ensuring understanding and cooperation in managing oral health within the context of thyroid disorders.



## The Probiotic Myth

This course is designed to debunk common myths and misconceptions surrounding probiotics, fostering a nuanced understanding of their role in promoting health. Participants will delve into evidence-based information to distinguish fact from fiction, empowering them to make informed decisions and recommendations. The course will cover a range of probiotic-related topics, from their impact on gut health to dispelling exaggerated claims.

Learning Objectives:

After completion of this course, you will:

- Develop the ability to distinguish between common myths and evidence-based facts regarding probiotics, gaining a critical perspective on popular claims.
- Acquire a comprehensive understanding of how probiotics influence gut health, including their impact on the microbiome, digestive function, and overall well-being.
- Gain proficiency in navigating the diverse landscape of probiotic supplements, understanding the significance of different strains and their potential health benefits.
- Develop communication skills to effectively convey evidence-based information about probiotics, empowering patients and clients to make informed decisions regarding their health.

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## Past Presentations

### **Diet Guidelines For the Immunocompromised Patient**

Conference Key Nutritional Support for the Immunocompromised Patient (Tacoma, WA) | October 2023

### **Spit Happens**

The Art of Salivary Testing | January 2023

### **Under One Roof**

From Gum to Bums:  
The Bidirectional Movement of Bacteria | August 13, 2022

### **When You Yeast Expect it**

Conference Functional Nutrition Strategies For Autoimmunity, Sponsor Allestess (Houston, TX) | April 2022

### **International Academy of Oral Medicine and Toxicology**

From Gums to Bums:  
The Bidirectional Movement of Bacteria | March 13, 2022

### **Airway Circle**

From Gum to Bums:  
The Bidirectional Movement of Bacteria | February 24, 2022

### **Wizdom**

From Gums to Bums:  
The Bidirectional Movement of Bacteria | August 28, 2021

### **Hot Topics**

Leaky Gums, Leaky Gut: A Missing Link | January 2021

### **Wizdom**

Leaky Gums, Leaky Gut: A Missing Link | December 2020

### **The American Academy of Oral Systemic Health: Hot Topics**

Overwhelmed and Undernourished NO MORE:  
Using Food as Medicine Saved My Life | February 2019

## Publications

"Oral Health and Leaky Gut: The Surprising Connections" Oral DNA Magazine | July 23, 2021

"My Mum, My Dad, My Advocate: Mental Health Affects Every Family" DewLife Magazine | April 9, 2021

Book: Overwhelmed and Undernourished: Use Food as Medicine and Turn Your Life | Around 2015