

2026 Pain Care Skills & Substance Use Disorder Training

Warfighter Gut Health: Functional Frameworks for Optimal Performance

Presented by: Bryan Stepanenko MD, MPH, IFMCP, FAAFP

Offered: 12 August 2026; 0830–1030 AM ET

Location: ZoomGov

Description: Providing actionable knowledge and helpful frameworks grounded in Functional Medicine concepts that can be immediately applied to providing whole-person care and human performance support for the professional warfighter as it pertains to gut health. Sharing lessons-learned, clinical practices, and new research around factors that influence warfighter gut health and countermeasures to mitigate gut dysfunction.

Learning Objectives: Upon completion of this workshop, participants will be able to:

1. List the ways gut dysfunction directly and indirectly affects warfighter health and performance
2. Identify threats to health in the Military Operational Environment and understand how they contribute to gut dysfunction
3. List protective lifestyle and nutrition strategies that can mitigate and reverse gut dysfunction

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0830-0845 Workshop Introduction & Background (15 min)

0845-0905 A Functional Understanding of Gut Dysfunction (20 min)

0905-0935 Exposures in the Operational Environment (30 min)

0935-0945 BREAK (10) min

0945-0950 Audience Polls/Discussion (5 min)

0950-1005 Evaluating Gut Health (15 min)

1005-1025 Personal Protective Lifestyle & Nutrition (20 min)

1025-1030 Summary & Closing Statements (5 min)