

Nutrition & Air Pollution:

How to help your body deal with city pollutants?
There is hope! Facts, challenges, and available solutions.

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Short Profile: Dr. Walid Khairallah is a Consultant in Endocrinology at the Bellevue Medical Center. An expert in evidence-based functional medicine, he is reputed for giving nutritional therapy and lifestyle modifications their important values in the management of patients with diabetes, cardiovascular disease, and osteoporosis, as well as special conditions such as autism spectrum disorders, attention deficit hyperactivity disorders, and autoimmune diseases. After graduating in Internal Medicine and Endocrinology at the American University of Beirut, he worked at the eminent Joslin Diabetes Center affiliate in Manama, and there he realized the major importance of the interaction of genetics with diet and exercise on the epidemic of obesity and diabetes in the Gulf. He then went to the US where he started training in biomedical nutrition for special conditions such as autism spectrum disorders, attention deficit disorders, and autoimmune diseases. Dr. Khairallah is a graduate of the Institute of Integrative Nutrition in New York where he has trained to become a Health Coach. He has numerous publications in PubMed, the official medical publication agency.

He is currently the manager of Green Clinics - Beirut, a center that joins the efforts of medical doctors, nutritional therapists and psychotherapists to help patients implement behavioral changes in their daily lives in order to reach their goals of health and wellbeing.

Definition / Benefits	Constraints / Challenges / Barriers
<ul style="list-style-type: none"> ✓ Taking the challenge of living healthy in the city 	<ul style="list-style-type: none"> ✓ 80 000 new pollutants (chemicals) on the planet ✓ Noise pollution (loss of hearing on the long run)
Best Practice / Solutions / Tools	Resources / local Availability
<ul style="list-style-type: none"> ✓ Respect of input/ output principle, i.e. “Input” try to reduce as much as possible the pollutants that enter the body and “Output” increase to the max the bodies capacity to eliminate toxins (Liver). ✓ Examples of Input gates in the body are the skin/water/digestive tract (GI)/lungs /ears. The Gastro Intestinal tract being the biggest (70% of body surface) ✓ P.S.: The Liver is the main body filter! It converts toxic substances into non-toxic ✓ Example of Skin pollutants are textile, air, cosmetics and creams, soap and water ✓ Example of Lung pollutants are gases, fumes, mold, toxins... 	<ul style="list-style-type: none"> ✓ Best solution is to control food input by eating clean products and nutrients that help detoxify the body: <ul style="list-style-type: none"> • Probiotics (fermented food) • organic products • detoxifying food (such as turmeric (curcuma) • asparagus • egg yolk • spirulina • vitamin C • N-Acetyl Cysteine amino acid (NAC) ✓ To protect the lungs <ul style="list-style-type: none"> • Ionization filters (home, cars...) • Himalayan salt • purifier + ionizer • clean AC filters regularly • Treat any sources of mold • No/low VOC paints