

# Restoring the Gut Microbiome

A diverse microbiome is crucial to our health. We want our microbiome to be populated by “good bugs”; however, it may be destabilized by stress, other microorganisms, diet, and environmental toxins which may lead to dysbiosis, an “imbalance” in the gut microbial community that is associated with disease.

## SIGNS

1. Upset stomach, gas, heartburn, nausea, bloating
2. Sugar cravings
3. Unintentional weight changes
4. Waking while sleeping
5. Constant fatigue
6. Skin issues (acne, dryness, scales, rashes, etc)
7. Autoimmune conditions
8. Food sensitivities or intolerances
9. Emotional health issues

## CAUSES

1. Not eating a diverse range of foods
2. Eating processed, sugary or zero nutrient foods
3. A lack of prebiotics in the diet
4. Lack of consistent exercise
5. Drinking too much alcohol
6. Smoking cigarettes and chewing tobacco
7. Antibiotic use
8. Not getting enough sleep
9. Too much emotional stress

Probiotics and prebiotics are both pretty big topics in nutrition these days. Yet even though they sound similar, the two play different roles in your health.

- Probiotics. These are live bacteria found in certain foods or supplements. They can provide numerous health benefits.
- Prebiotics. These substances come from types of fibers that humans can't digest. The beneficial bacteria in your gut eat this fiber.

## GOOD HABITS

1. Change the way you eat
2. Eat slowly
3. Do a parasite and/or yeast cleanse
4. Take high quality pre- and probiotics
5. Work on managing your stress levels
6. Get 7-9 hours of sleep each night
7. Stay hydrated
8. Check for food sensitivities
9. Intermittent fasting

## PREBIOTIC FOODS

1. Garlic
2. Onions
3. Asparagus
4. Jicama
5. Bananas
6. Flaxseed
7. Cabbage
8. Berries
9. Hemp Seeds
10. Chicory Root
11. Leeks
12. Dandelion Greens
13. Apples
14. Sweet Potatoes
15. Watermelon

# THE PROTOCOL

*The following protocol will be available in the office. A different protocol will be available through Fullscript.*

## Days 1-15

Complete an Intestinal cleanse to open up the bowel pathway. It's been said that death begins in the colon. More recent discussion centers around the microbiome and its role in disease.

- ICF #1 is food for the colon and entire digestive tract. Used over time, it supports peristaltic action (the muscular movement of the colon), strengthens the muscles of the large intestine, discourages putrefaction, disinfects, soothes and promotes normal healing of the mucous membrane lining of the entire digestive tract. This product also improves digestion, relieves gas and cramps, and increases the flow of bile which helps cleanse the gall bladder, bile ducts and liver.
- ICF #2 This formula is a strong intestinal cleanser and has a vacuum like effect on the intestinal colon walls. It draws accumulated fecal matter and built up mucous lining off the walls of the colon and out of any bowel pockets. It will cleanse the small intestinal tract and enliven the villi for nutrient absorption as well as remove accumulated poisons, toxins, parasites and heavy metals.

## Days 16-30

Complete a yeast cleanse to reduce the toxin overload in the gut.

- HP Yeast Redux is a broad spectrum combination of herbs historically designed to create an environment and a natural support of the immune system regarding any systemic yeast or fungal challenge. There are literally hundreds of seemingly unrelated concerns which find their root cause traced back to a fungal or internal yeast imbalance. Candidates for Candida or systemic fungal infection include those who have been on antibiotics, cortisone or prednisone, have taken birth control pills, have an excessive sugar intake, or have been on hormone replacement therapy (HRT).

## Month 2

Perform a gut reset using ByoClear 1 and 2, along with intermittent fasting. Take these, preferably, on an empty stomach to achieve the best results. These products utilize a clinical strength herbal complex designed to help the body reset and support healthy flora.

## Month 3

Rebuild the microbial terrain through soil-based products.

- Terra Byome is a novel approach to diversifying and stimulating the human microbial terrain. Terrain probiotics uniquely provide many health benefits through both transient and seemingly long-term interactions. Soil-based organisms (SBO) support metabolism, gut health and most importantly they provide our first line of defense. We find them in the soil, water, ferments and dairy.
- Terra Superfood is a revolutionary formula designed to support the growth of soil-based organisms (SBO) in our intestines. We have sourced the most comprehensive group of plants, vegetables, fruits and enzymes making a true SBO prebiotic. This unique comprehensive prebiotic not only feeds the Terra Byome it provides critical interactions with both SBOs and our plant microbiome. Furthermore, Terra Superfood can be used anytime as a superfood drink.

## Months 4-6

Continue to improve, rebuild and reset the other microbiomes in the body.

### Immune System Health

- Immuno Byome is a next generation probiotic designed around the development of a healthy and effective immune system. A number of crucial organisms have been identified for their role in educating and maintaining a healthy human immune function.
- Immuno Pre-Byome is a prebiotic formulation that provides unique nutritional support to the microbiome related immune modulation. Our Gut Associated Immune System is intimately associated with our microbiome. The microbiome educates, protects, maintains homeostasis and provides unique immune modulation. A growing body of research identifies the key role probiotics, and their diversity, play in promoting a healthy, robust immune system.

### Neurological Health

- Neuro Byome is a powerful gut-brain axis tool. Amazing research into our behavior, well-being and mood has been linked to our microbiome. This formulation includes all the key probiotics found in the current psychobiotic research. Each of these probiotics has the potential to positively influence the natural state of well-being and neurological health.
- Neuro Pre-Byome combines prebiotics and probiotics. Research consistently shows how the microbiome is powerfully influenced by the diet. More importantly, our microbiome is influenced by unique phytochemicals like flavonoids, flavanols, cyanidins, procyanidins, terpenes, alkaloids and others. Our research confirms the power of these phytocompounds on the microbiome. Neuro Pre-Byome is specifically designed to deliver the phytonutrients most beneficial to our probiotic, Neuro Byome, and generally to the healthy gut-brain microbiome. Indeed, the gut-brain axis is linked to neuropsychological health and the role of prebiotics, plus probiotics positively supports these neurological processes.

### Skin Health

- Taking probiotics orally can benefit our skin through the system called the gut-skin axis. Ongoing skin microbiota research clearly elucidates the connection between skin microbial diversity and our skin's immune system. Even more surprising is the elegant connection between our G.I. immune system, G.I. microbiota and the skin health behavior. This distant relationship (gut-skin axis) is mediated by a number of immune cells which seem to get their directive from G.I. microbiota, including probiotics. Supplementing specific probiotics have shown numerous skin benefits and improved immune function in the skin.
- Skin Vyrome assists the body's normal microbial balance of prebiotic and probiotic influences. Biophages have a long-established presence in supporting a healthy microbiome through their ability to inhabit and replicate inside of specific bacterial species. This product provides a safe and effective method of supporting the normal microbiome via nature's self-limiting process of microbial balance, while completely avoiding collateral damage associated with other methodologies.

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