

The Gut Microbiome: The Universe Within You

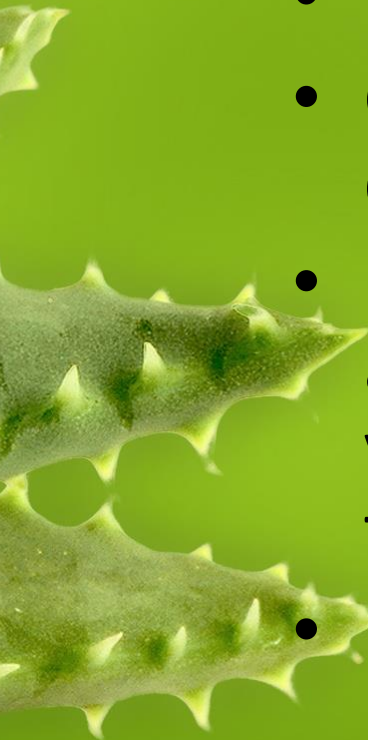
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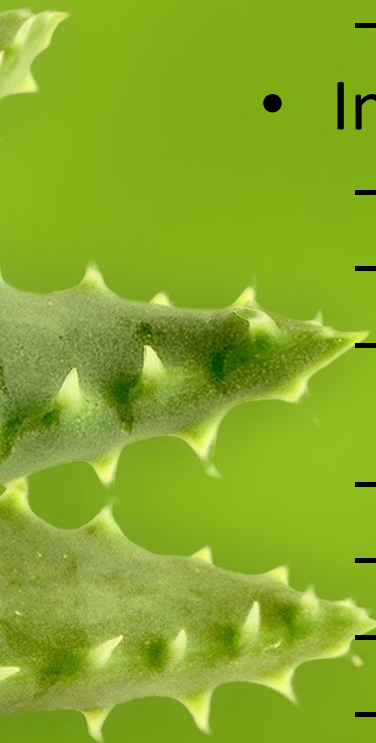
The Gut Microbiome

- 10:1 microbes to human cells in body
- 95% of bacteria in GI tract
- 2-3 pounds of bacteria in our bodies
- GI tract surface is the size of 3 tennis courts
- Bacteria (>500 species), fungi (<1%), archaea (~9% in 42% of people), viruses/bacteriophages (142K; more than bacteria?), (protozoa)
- Dysbiosis vs. a healthy gut (85/15)



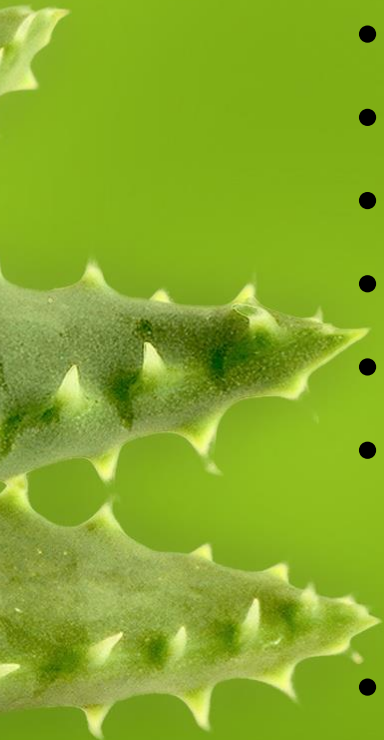
The Gut and Your Health

- Gut-brain axis
 - Vagus nerve
 - Serotonin (95% produced in gut)
 - Dopamine (50% produced in gut)
 - B vitamins + 50% vitamin K
- Intestinal hyperpermeability (leaky gut)
 - Inflammation (root of chronic disease)
 - Skin issues
 - Autoimmune disease (RA, Hashimoto's, lupus, Sjogren's . . .)
 - Joint pain
 - Frequent illnesses, sinus infections
 - Food sensitivities
 - Sleeping problems










How Things Go Wrong

- Parasites
- Standard American Diet
- Food Poisoning -> SIBO
- Antibiotics
- OTC Drugs: PPIs, NSAIDs and more
- Alcohol
- Chemical exposure
- Mold
- Stress
- C-Sections, bottle feeding (HMOs)
 - Autism
 - ADHD
- Genetic Predisposition



Do I have gut issues?

- Stool
 - 1-3 times/day
 - Not unpleasant smell
 - 12-18 hour transit time
 - Clean wipe
 - Bristol stool chart 3 or 4
 - No hemorrhoids
- After meals
 - Relaxed but not in a food coma
 - No discomfort or unusual pain, reflux, bloating, gas, belching, nausea or cramping

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid

Do I have gut issues?

General health indicators of gut issues

- Fatigue
- Autoimmune disease/CFS/fibromyalgia
- Unintentional weight gain or loss
- Sleep issues
- Skin issues
- Multiple food intolerances
- Regular headaches, migraines, brain fog or memory issues
- Anxiety or depression
- Regular UTIs or yeast infections
- Anemia



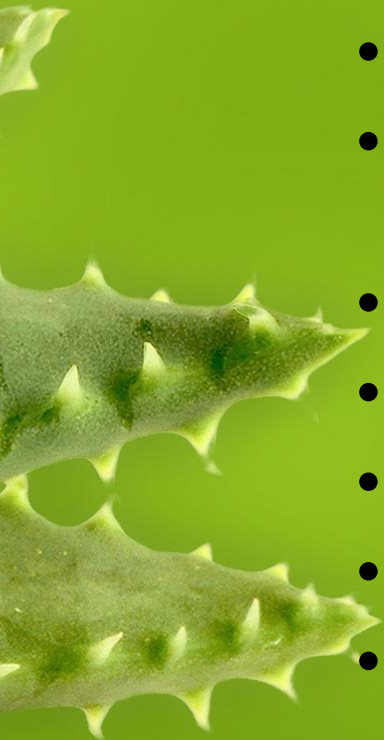
Gut Issues - Diagnoses

- IBD (Crohn's and Colitis) (1.3% in US)
- Gastritis / Ulcers
- H. Pylori
- GERD (31% in previous week)
- IBS (10-15% in US)/SIBO/Dysbiosis
- Candida and other fungal overgrowths
- Parasites
- Leaky gut / intestinal permeability



Home Interventions

- Improve eating habits
- Diet changes (anti-inflammatory, very low sugar, low-carb, organic, pastured-raised meat, eggs and dairy, non-GMO)
- Drink $\frac{1}{2}$ body weight in ounces of water
- Reduce alcohol consumption
- Increase fiber (beans, peas, lentils, starchy vegetables, whole grains) or ketogenic diet
- Eat probiotic foods daily / take probiotics
- Elimination diet
- Exercise regularly
- Get regular exposure to nature and bacteria
- Reduce stress



Functional Medicine Testing

- Comprehensive Stool Tests
 - GI Map (Diagnostic Solutions)
 - Doctor's Data
 - GI 360
 - Comprehensive Stool Analysis w/Parasitology
 - GI Effects (Genova)
- Organic Acids Test
- Food Allergy Testing Mediator Release blood test (MRT)
- NutrEval or ION Profile (Genova)



Typical Functional Interventions

- Betaine HCl
- Digestive Enzymes
- Gallbladder (bile) support
- Polyphenols
- Antimicrobial herbs and supplements
- Leaky gut nutraceutical (l-glutamine, gut soothing/healing herbs and/or butyrate)
- Probiotics (spore-based, lacto/bifido, *S. Boulardii*, *A. muciniphila*, Equilibrium, phages)
- Prebiotics and fiber
- Prokinetics
- Amino acids
- Vitamins and minerals



Getting Help

Functional Medicine Practitioners

- Functional Medicine MD
 - Naturopath
 - PharmD
 - Chiropractor with functional medicine training
 - Health Coach
- Set up a free, 30-minute breakthrough session with me or a 1-hour consultation

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Free e-booklet on web site: “Finding your Root Cause through Stool and Organic Acids Testing”