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CHARLES'S RECOMMENDATIONS

# GUT RECOMMENDATIONS

## YOUR GUT'S BALANCE

### YOUR GUT SCORE: 2 OUT OF 10 (POOR)

When it comes to your gut's balance, the key to remember is the more diverse your gut's bacteria and fungi are, the better. So while your report will show you how you measure up for each particular organism, our goal is to help you make your gut as diverse as possible.

**With a Gut Score of 2, you could use some work.** With a few tweaks and optimizations, your gut's diversity should be in great shape!

### FACTORS THAT IMPACT YOUR GUT'S BALANCE

So what can impact your gut's balance? There are actually a number of factors. Specifically, your gut can be impacted by:

- Genetics
- Diet
- Exercise
- Environmental toxins
- Sleeping habits

In the following section, we'll list out the specific steps you can take to optimize your gut.

### YOUR GUT REPORT TAKEAWAYS

Let's go over a few key takeaways from your results:

- Your gut diversity is poor
- A few of your bacterial and fungal levels are within a normal and healthy range
- Many of your levels are out of balance
- All three of your major bacterial families (phyla) are out of balance (Bacteroidetes, Firmicutes, and Proteobacteria; Proteobacteria elevation, in particular, is associated with gut dysbiosis and inflammation)
- Several of your beneficial types of organisms are low (Pichia, Saccharomyces, Bifidobacteria, Lactobacillus, Faecalibacterium, Roseburia, and Prevotella)
- Candida levels are normal

YOUR RECOMMENDATIONS

With a Gut Score of 2, you could use some work. By implementing the recommendations listed below, you'll be well on your way to an optimized gut!

DIETARY RECOMMENDATIONS

Based on your results and questionnaire, I recommend the following nutritional adjustments:

Increase Your Plant Intake

- You reported about 2-4 cups of fruits & vegetables; recommend increasing to 9 cups daily of a variety of whole fruits, vegetables, and leafy greens
- Try including plant-based foods like beans, lentils, nuts, seeds, and whole grains
- Plant-based foods contain healthy fiber, which is associated with increases in “good” gut flora
- Plants are full of antioxidants which help reduce inflammation in the body

Fast Food

- You reported 3-5 days of fast food intake during the month; fast food can negatively impact gut bacteria and balance
- The cooking oils used are often pro-inflammatory, further encouraging inflammation
- Fast food options frequently lack fiber and other essential micronutrients
- Try to limit your fast food intake, selecting salads and options containing grilled meat products when able
- Consider grabbing whole fruit, yogurt, nuts, and other “grab and go” options at a local grocery store or gas station when on the go
- When you do eat out, choose restaurant/fast food locations that offer better options such as smoothies that are loaded with primarily veggies, and some fruits, freshly made salads, or Acai berry bowls
- Plan ahead, keeping your car, desk, or bag stocked with healthy, shelf stable snacks (nuts/seeds, trail mix, granola bars, etc.) to help you avoid fast-food temptation

LIFESTYLE RECOMMENDATIONS

Based on your results and questionnaire, I recommend the following lifestyle adjustments:

Consistent Activity

- You reported 0 days of exercise each week; I recommend increasing your current exercise to 3+ /week, at least 30 minutes per session. There’s a high correlation between regular exercise and healthy gut balance.
- Try to incorporate a variety of movement, cardio, strength, and yoga to provide your body with a well-rounded exercise program
- A strength component can help maintain and grow lean body mass, which improves bone health, balance, and metabolism
- Regular exercise reduces stress and inflammation
- Aim for daily activity increases, like gardening, taking the stairs, and yardwork
- Exercise produces endorphins (“happy hormones”), which can improve your mood and help reduce stress

Practice Good Eating Habits

- Setting the stage for a calm, mindful meal supports healthy digestion and can improve digestive symptoms
- Take five deep belly breaths before eating to activate your 'rest-and-digest' system
- Look at and smell your food before eating; savor the experience of eating
- Eat mindfully and chew well - aim for 20-30 chews per bite; your food should resemble the consistency of peanut butter before swallowing
- Try to eat only at a table, not at a desk, in front of your devices, or on-the-go

SUPPLEMENT RECOMMENDATIONS

Based on your results and questionnaire, I recommend the following supplement choices:

CONTINUE

- Currently not on a supplement regimen

ADD

- Daily probiotic supplement; make sure it contains *S. boulardii*
- Daily prebiotic supplement; one with inulin to support anti-inflammatory strains (*Bifidobacteria* and *Lactobacillus*)
- Daily fish oil (at least 1000mg of omega-3 fatty acids per serving)
- Multivitamin with Vitamin A (retinol form), zinc, and vitamin C for gut support
- Vitamin D; can improve *Proteobacteria levels*
- Adaptogens to support stress response
- Gut Mucosal Support
- Super Greens to support phytochemical intake and gut balance

RECOMMENDATIONS

Based on your questionnaire and results, I recommend the following supplement choices:

A quick note on Supplements: Restoring your health and gut balance is tricky; picking a good supplement to support you shouldn't be. Below, we hand-picked supplements we believe to offer the highest quality to provide you with a truly ideal option.



Probiotic - BIOHM Probiotic

- The only probiotic that is proven to support total gut health by combining good bacteria and fungi with a powerful enzyme to breakdown digestive plaque
- Contains *S. boulardii*, a key fungal strain that promotes healthy gut balance.
- The strains in this probiotic come from the American Type Culture Collection (ATCC), which is a nonprofit organization that collects, stores, and distributes standard reference microorganisms, cell lines, and other materials for research and development, and is considered the gold standard in the scientific community for sourcing microorganisms.



Prebiotic - BIOHM Prebiotic

- Specifically formulated to feed the beneficial bacteria and fungi in your gut, this prebiotic combines dietary fiber and powerful digestive enzymes.
- Combines two types of prebiotic fiber: inulin and apple pectin, both shown to increase good microbes and decrease pathogenic ones.
- They're shelf-stable, so you don't have to worry about refrigeration.
- Contains the digestive enzymes peptidase and lipase to assist your body in the breakdown of proteins and fats.



Greens - BIOHM Super Greens \*

- With 31 super greens, digestive enzymes, the BIOHM probiotic and prebiotic fiber in a single blend, this is a one stop shop product for supporting gut health.
- Works to breakdown digestive plaque, the thick wall of organisms that forms along the lining of your gut and protects bad fungus and bacteria.
- Naturally sweetened with monk fruit extract and formulated with no dairy, soy, or egg.
- No refrigeration required and just one scoop a day to get all the benefits.



Fish Oil - OmegaGenics, EPA-DHA

- Features a concentrated, purified source of omega-3 fatty acids from sustainably sourced, cold water sardines, anchovies, and mackerel.
- Free of all gluten, wheat, soy, dairy products, egg, nuts, tree nuts, crustacean shellfish, colors, artificial flavors, artificial sweeteners, and preservatives.
- Easy-to-take softgels that won't leave you burping up any fishy smells.
- MetaGenics has been around for over 30 years and is a highly respected industry leader in functional medicine.



Multivitamin - Metagenics PhytoMulti

- A well-rounded multivitamin with food-based compounds that aid in gut and mucosal health.
- Contains forms of highly bioavailable vitamins and minerals, including folate and methylcobalamin, the active form of B12.
- Incorporates a phytonutrient blend with potent bioflavonoids that work as antioxidants to fight free radicals.
- This blend contains 100% of the daily value for iron for those in need.



Vitamin D3 - Thorne Vitamin D3/K2

- Provides both vitamin D3 and K2, which work synergistically to offer combined reinforcement for bones, the immune, and the cardiovascular system.
- This liquid vitamin conveniently allows you to dispense individual drops or mix into foods or beverages.
- Suspended in medium chain triglyceride (MCT) oil, a fat that aids the absorption of the fat-soluble vitamins.

- Vitamin D3 supports healthy *Proteobacteria* levels, which may, in turn, promote gut integrity and inflammation management.



Mucosal Support - Pure Encapsulations DGL Plus \*†

- Because you mentioned digestive symptoms, DGL Plus is a good all-encompassing option that may assist in symptom relief.
- Made with licorice extract, aloe vera, slippery elm, and marshmallow root, all proven to soothe the mucosal lining of the digestive tract.
- Deglycyrrhizinated licorice (DGL) has been processed to remove glycyrrhizin, making it safer for longer term consumption.
- It's hypoallergenic and free of yeast, artificial colors, and flavors.



Mucosal Support - Gaia Herbs Marshmallow Root Fresh

- Marshmallow root is naturally mucilaginous and provides soothing support for mucous membranes and the gut lining.
- It's been used traditionally for digestive, respiratory, and skin conditions.
- USDA certified organic herbal liquid with 100% certified organic alcohol from sustainably farmed sugar cane.
- Can be a good additional in rotation with DGL Plus and the Gas & Bloating tea.



Mucosal Support - Gas & Bloating Tea \*†

- A tasty tea that supports digestive and mucosal health
- Fennel works to assist normal digestive activity and may be particularly helpful for gas, bloating, and indigestion.
- Peppermint has a relaxing effect on the digestive system and was traditionally used to relieve the heavy feeling after a large meal.
- Chamomile promotes digestive function and may have an added anti-anxiety benefit.



Adaptogens - Herb Pharm Ashwagandha \*†

- Ashwagandha is an adaptogens; adaptogens have traditionally been used to support energy and performance, while helping the body adapt to stress.
- Prepared from dried, whole root of certified organic ashwagandha plants.
- Comes in an easy-to-take, rapidly absorbed liquid tincture.
- It's pure and made only with cane alcohol and distilled water.

\* Not suitable for pregnancy  
+ Caution when nursing  
\$ Not suitable for HTN  
! At time of manufacture

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

% You may want to work with your holistic practitioner to determine if small intestinal bacterial overgrowth (SIBO) is an issue; the Biocidin is a wonderful natural anti-microbial that can help to manage microbiome imbalance, in conjunction with the mucosal healing recommendations listed above.