



## Microbiome Labs Total Gut Restoration Protocol

The **three fundamental aspects of gut health include**: the microbial population, physical structures, and regulatory immune function. A healthy gut microbiome is multi-faceted and relies heavily upon all three of these factors, like a three-legged stool. For this reason, therapies that only address one of these facets do not typically provide total restoration of a dysfunctional GI tract. The Microbiome Labs Total Gut Restoration (TGR) Protocol has been uniquely designed to target all these areas, providing healthcare professionals with highly effective tools to maintain optimal health.

**MegaSporeBiotic™** is the first 100% spore-based, broad-spectrum probiotic clinically shown to support healthy gut barrier function. This unique all-spore formula effectively **RECONDITIONS** the gut by increasing microbial diversity and encouraging the growth of key health-promoting, commensal gut bacteria. MegaSporeBiotic™ boasts a 5-year shelf-life, does not require refrigeration, and maintains efficacy during antibiotic therapy.

**MegaPrebiotic™** is the first Precision Prebiotic™ supplement made up of clinically tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*. MegaPrebiotic™ **REINFORCES** the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

**MegaMucosa™** is the first complete mucosal support supplement of its kind, formulated with key amino acids to **REBUILD** a healthy mucosal barrier. MegaMucosa also contains a state-of-the-art flavobiotic clinically shown to support microbial diversity and maintain healthy barrier function.

Although these are scientifically researched and created products manufactured with pharmaceutical grade ingredients the dosing for the **Total Gut Restoration Protocol** combines art with science. This is one of the reasons why the Microbiome Lab products have been created for qualified Health Practitioners to use with their clients. There is so much more to the protocol than a simple step by step, cookie cutter formula.

### Total Gut Restoration Protocol:

Start with MegaSporeBiotic as this *reconditions* the gut environment – slow dosing to begin with increasing the dosage up to 2 capsules a day by week 4 (see dosage recommendations – will need to go slower if your patient has a chronic health condition)

Significant change in the gut environment can happen for some people in 2 – 3 weeks, for others it can be 12 – 18 months (again it all depends upon the starting point of the gut, the health issue, how long the person has had the problem and what else they choose to do, or do not do with their overall diet).

After 4 weeks (or more) of taking MegaSporeBiotic the gut may now be ready to add in the MegaPrebiotic supplement. MegaPrebiotic *reinforces* the beneficial microbial changes created by MegaSporeBiotic™ to promote a strong and diverse microbiome.

Begin with 3 capsules of the MegaPrebiotic for the first week of use, moving to 6 capsules in

The contents of this article are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This article does not provide medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition. Microbiome Labs Products and Protocols have been created to be used by professional, qualified Health Practitioners/Doctors in conjunction with their clients.



week two.

Have your patient try the MegaPrebiotic supplement for a few weeks, along with the MegaSporeBiotic before adding in the MegaMucosa.

Now the gut is being reconditioned with MegaSporeBiotic and those changes are being reinforced with MegaPrebiotic, it's time to *rebuild* the very important intestinal mucosal structure. This is where the MegaMucosa supplement comes in. MegaMucosa facilitates the rebuilding of the gut Mucosa.

Rebuilding the mucosa is dependent on the presence of a diverse, healthy microbiome. You cannot rebuild the mucosa if the microbiome is still in imbalance.

Begin with 3 capsules of the MegaMucosa for the first week, moving to 6 capsules in week 2. So, by week 6 – 8 your patient will be taking all three of these food supplements.

**Please note:** Using this TGR protocol is an art and a science as each person's microbiome is unique and we cannot give personal medical advice – so please pay attention to your patient's symptoms and advise cutting back on the dosage if they experience any cramping or diarrhea (very unusual yet could be a sign of the body clearing out too quickly) and then titrate up slowly to full recommended doses stated on product containers.

The next step is usually a follow up conversation with your patient about the duration of their specific protocol and their wean-down program, plus when they may be ready to move onto a regular maintenance dose.

How long a patient needs to use this protocol depends entirely upon their level of health when they started, how long they have had that problem plus other factors including diet, lifestyle, stress levels, genetics etc. Hence the importance of working with a Health Practitioner/Integrative Doctor on this journey.

### **Other Ideas for a Healthy Microbiome**

During the **reconditioning phase**, as well as taking MegaSporeBiotic here are three additional ideas to support a diverse, healthy gut Microbiome:

#### **1. Diversity of the diet**

Increase, in a methodical fashion, the diversity of your diet - add a small amount of a few different food items on a regular basis in order to increase the diversity of your diet. Shop in ethnic grocery stores. Choose roots or tubers or other different vegetables that you wouldn't normally see in your own grocery store and eat a small amount of it. This is an easy and healthy way to help the health of your gut.

#### **2. Keep a Food Diary**

Record how many different foods you are eating on a weekly basis. How diverse is your current diet? How much more diverse are you willing to make it?

An increase in the diversity of your diet, will have a direct correlation to the increase in the diversity of your microbiome.

#### **3. Intermittent Fasting**

The contents of this article are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This article does not provide medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition. Microbiome Labs Products and Protocols have been created to be used by professional, qualified Health Practitioners/Doctors in conjunction with their clients.



The other thing that increases the diversity of the microbiome is fasting. Kiran Krishnan (CSO of Microbiome Labs) recommends that people look at incorporating some form of fasting when working on reconditioning and repairing their gut health. Kiran says *“Whether it’s 12-hour fasting, 14-hour fasting or better yet a 16-hour fast. This helps the gut. If initially (due to current health condition etc.) you can only manage a 12 or 14-hour fast, then do that. If you can do a 16-hour or build up to a 16-hour, that becomes incredibly important as well.”*

**Note:** Please talk to your Doctor or Health Practitioner before you start any type of intermittent fasting program.

During the **reinforcement phase**, allow the consumption of the prebiotic to go on for a couple of weeks **before** adding any fiber into the diet because fiber is a general fermenting carbohydrate that can be utilized by bad bacteria, as well as good bacteria. When you increase the intake of fiber, you actually start to decrease the diversity of the microbiome if you don’t do it in a slow, methodical fashion. (Fiber is a general fermenting carbohydrate that can be utilised by bad bacteria, as well as good bacteria.)

The last part of the TGR protocol is the **rebuild**. Talk to your health practitioner/doctor about increasing your intake of foods that contain polyphenols.

### **Reduce Toxic Exposure to Household Chemicals and Beauty Products**

- Detoxify your environment because one of the things that dramatically interferes with the regeneration of the mucosa is the inflammation of the mucosa.
- One of the best ways to reduce inflammation, aside from taking the MegaMucosa, is to reduce the toxic exposure of the gut. This means cleaning up your home environment, reducing the amount of household cleaners that you’re using, especially chlorine-based cleaners, reducing the intake of processed foods that have any types of preservative and artificial colourings.
- Reducing the chemical exposure, improving the types of personal care products you use. Use the most simple, all-natural personal care/make up products you can find because exposure to chemicals on the skin/hair end up causing inflammation in the mucosa.

With these additional ideas in place (along with the TGR protocol) your patient will experience a fundamental shift in the health of their microbiota and start to see a significant improvement.

Once a gut is restored and functioning the way it’s supposed to naturally, any other therapies that your patient may utilise such as nutritional therapy, herbal therapy or homeopathic therapy will all work much better as well.

We wish you well on your health journey.

Yours in Health,

The Microbiome Labs UK Team

[www.MicrobiomeLabs.co.uk](http://www.MicrobiomeLabs.co.uk)

The contents of this article are for informational purposes only and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. This article does not provide medical advice, diagnosis, or treatment. Always seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition. Microbiome Labs Products and Protocols have been created to be used by professional, qualified Health Practitioners/Doctors in conjunction with their clients.