

Microbiome Restoration Protocol

Goal: Rebuild and optimize intestinal microbiota, digestive function, and gut barrier integrity in a safe, phased approach.

Duration: Minimum 8 weeks (adjustable up to 12–16 weeks depending on severity).

△ **Pre-Protocol Notes** Before beginning, consider running:

A comprehensive stool test (e.g., GI-MAP, Genova GI Effects)

Serum levels for Vitamin D, hs-CRP, Zonulin, Calprotectin

Food sensitivity or IgG testing (if symptoms suggest intolerance)

Contraindications: This protocol is not advised without modification in patients with SIBO or other significant GI conditions unless under clinical supervision.

PHASE 1: REMOVE (Days 1–14)

Objective: Remove pathogens, dysbiotic flora, and inflammatory triggers.

Dietary Focus: Adopt an anti-inflammatory, whole-food diet. Remove refined sugar, gluten, alcohol, dairy (if sensitive), seed oils, artificial sweeteners, and ultra-processed foods.

Supplement Recommendations:

- Berberine HCl: Take 500 mg twice daily for 14 days. Antimicrobial and helps rebalance the microbiome.
- Oil of Oregano (≥70% carvacrol): Take 150–200 mg twice daily with food for 10–14 days. Broad-spectrum antimicrobial.
- Allicin (Garlic Extract): Take 250–500 mg one to two times daily for 10–14 days. Supports anti-bacterial and anti-yeast activity.
- Activated Charcoal: Optional. Take 500–1000 mg at bedtime (away from food or medications) for 7–10 days to bind microbial byproducts and toxins.

PHASE 2: REPLACE (Days 7–28)

Objective: Restore digestive secretions (enzymes, bile, acid) to support nutrient breakdown and reduce dysbiosis.

Supplement Recommendations:

- Digestive Enzymes (broad-spectrum): Take 1–2 capsules with each meal for 3–4 weeks. Look for enzymes that include protease, amylase, lipase, and lactase.
- Betaine HCl (with pepsin): Start with 500–750 mg once with protein meals. Titrate dose upward as tolerated. Not suitable for individuals with ulcers or gastritis.
- Bitter Herbs (Swedish bitters, gentian, or dandelion root): Use 1 tsp tincture or a capsule before meals for 2–3 weeks to stimulate gastric and bile flow.

PHASE 3: REINOCULATE (Days 15–60)

Objective: Restore beneficial bacteria and microbial diversity.

Probiotic & Fermented Food Recommendations:

Lactobacillus and Bifidobacterium blend: Take 25–50 billion CFU once daily with food, for 6–8 weeks. Use strain-specific blends where possible.

Spore-based probiotics (e.g., *Bacillus subtilis*, *Bacillus coagulans*): Take 5–10 billion CFU once daily. Optional but excellent for colonization and microbiome resilience.

Saccharomyces boulardii: Take 5 billion CFU one to two times daily for 4–6 weeks. Especially useful after antimicrobial phase to help crowd out pathogens.

PHASE 4: REPAIR (Days 21–60)

Objective: Restore intestinal lining integrity and reduce permeability.

Supplement Recommendations:

- L-Glutamine (powder): Take 5 grams twice daily (morning and night) for 4–8 weeks. Supports mucosal healing and enterocyte health.
- Zinc Carnosine: Take 75 mg twice daily for 4 weeks to support intestinal barrier repair.
- Aloe Vera (inner leaf extract): Take 50–100 mg once or twice daily for 4–6 weeks. Anti-inflammatory and soothing.
- Slippery Elm or Marshmallow Root: Take 1–2 grams once or twice daily for 4 weeks to support mucosal protection and gut barrier.
- Collagen Peptides: Take 10–15 grams daily for connective tissue repair and gut wall support.
- Vitamin D3: Take 2,000–5,000 IU daily (based on lab values). Essential for immune regulation and gut epithelium integrity.

PHASE 5: REBALANCE (Maintenance Phase)

Objective: Maintain long-term gut health and microbial balance through nutrition, lifestyle, and optional ongoing supplementation.

Lifestyle and Nutrition Guidelines:

- Include probiotic-rich foods regularly: kefir, sauerkraut, kimchi, yogurt, tempeh.
- Eat a minimum of 30 different plant foods per week to provide diverse fiber and polyphenols.
- Hydrate with 2–3 liters of water per day.
- Engage in daily physical activity (30+ minutes).
- Prioritize sleep (7+ hours nightly).
- Limit antibiotic use and NSAIDs unless medically necessary.

Optional Ongoing Support Supplements:

Prebiotic Fibers (PHGG, acacia, FOS, or GOS): Start at 2–3 grams/day and gradually increase to 5–10 grams/day. Adjust to tolerance to avoid bloating.

Polyphenol Complexes (green tea, pomegranate, curcumin): Follow label instructions. Polyphenols selectively feed beneficial bacteria.

Magnesium (glycinate or citrate): Take 200–400 mg daily to support bowel regularity and neuromuscular function.

Outcome Metrics (Evaluate at 8–12 Weeks)

- Improved stool regularity and form (Bristol Stool Chart Type 3–4)
- Reduction in bloating, gas, cramping, or reflux
- Improved energy, skin, mood, and mental clarity
- Optional: Repeat stool test to measure changes in microbiota balance, inflammation (calprotectin), and gut markers (zonulin, SCFAs)

Why Gut Health Matters:

A healthy gut microbiome is key to feeling your best.

Your gut is home to trillions of bacteria that help with digestion, immune function, mood, metabolism, and even brain health. But modern life—like poor diet, stress, medications, and toxins—can throw this balance off, leading to what’s called dysbiosis.

When your gut is out of balance, it can lead to:

- Bloating, gas, constipation, or diarrhea
- Low energy and brain fog
- Food sensitivities
- Skin issues
- Weakened immunity
- Mood problems like anxiety or depression
- Fixing your gut can help reduce inflammation, improve how you absorb nutrients, strengthen your immune system, and even support mental clarity and energy.

Why Use a Step-by-Step Protocol?

You can’t fix gut health with just a probiotic.

This protocol:

- Removes harmful triggers
- Replaces missing digestive support
- Rebuilds healthy bacteria
- Repairs the gut lining
- Maintains balance for long-term results

It’s a simple, science-backed way to reset your gut—and your health.