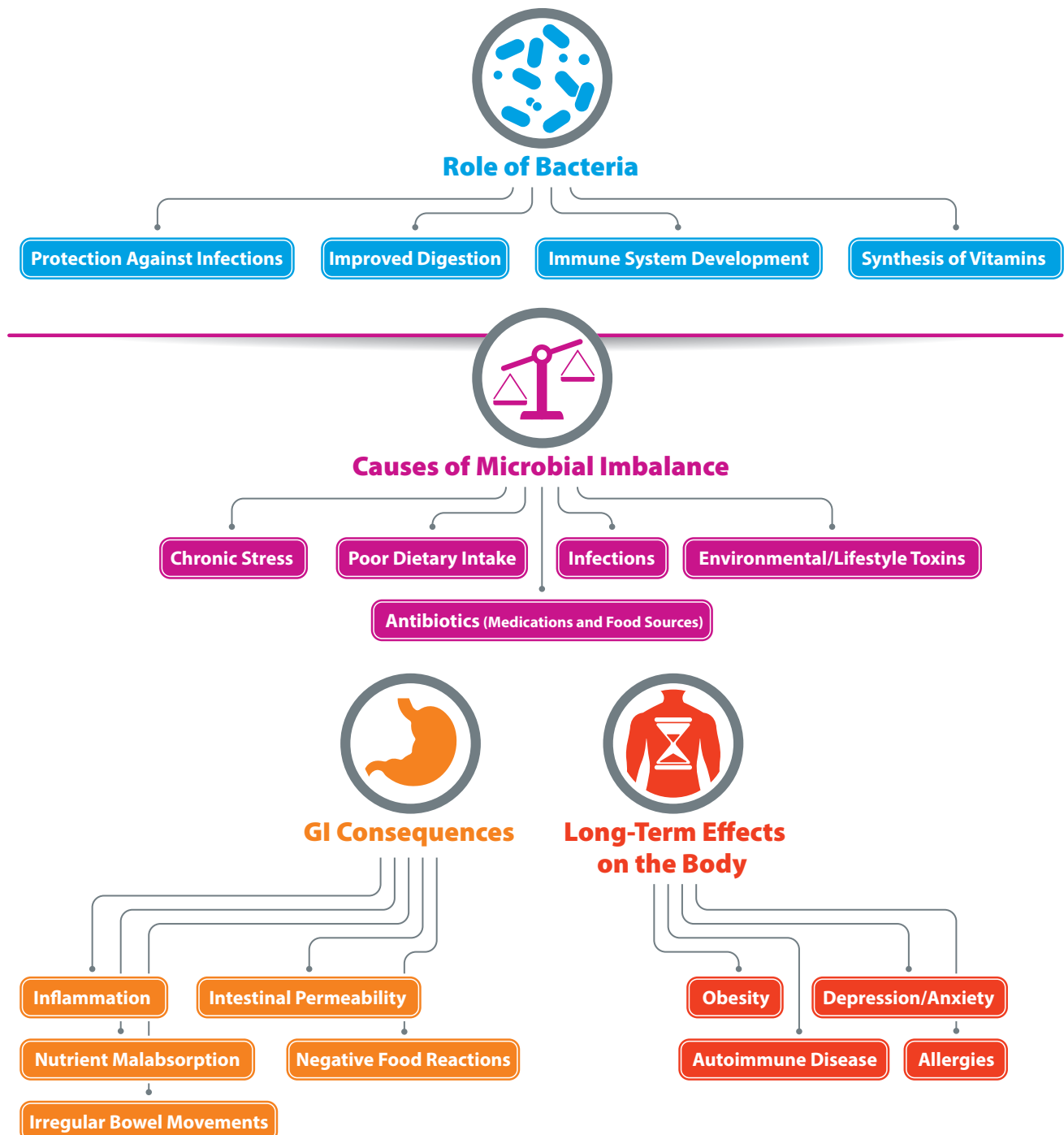


Patient Name:

Date:

Microbial Balance

The microbiome is defined as the collection of microbes or microorganisms that inhabit an environment, creating a unique ecosystem. The human microbiome is a diverse ecosystem made up of bacteria, fungi and viruses. It is directly influenced by food choices and other daily interactions, resulting in a constantly changing environment that is representative of your health. Imbalance in this microbial community, called dysbiosis, has been implicated in countless chronic health conditions. Understanding the impact of your daily lifestyle habits will help you choose habits that positively influence your microbiome and overall health.



Lifestyle Modifications

- ☐ **Limit exposure to antibiotics (water, food, antibiotic medications)**
 - ☐ Increase fermented food intake
 - ☐ Increase probiotic intake
- ☐ **Identify and eliminate negative food reactions**
 - ☐ Gluten
 - ☐ Dairy
 - ☐ Soy
- ☐ **Prepare and cook your own food**
 - ☐ Buy local, organic, seasonal produce
 - ☐ Increase fruit and vegetable consumption
 - ☐ Limit sugar intake
 - ☐ Consume meals around friends and family
- ☐ **Reduce stress levels**
 - ☐ Balance mental and emotional stressors
 - ☐ Maintain healthy blood sugar levels
 - ☐ Improve sleep quality
 - ☐ Decrease inflammation

Additional Recommendations:

Nutrient Solutions

Probiotics + <i>Saccharomyces boulardii</i>	L-Glutamine Deglycyrrhizinated Licorice Aloe Vera Leaf Gel Extract	Serum-Derived Bovine Immunoglobulins	Soluble and Insoluble Fiber	Herbal Antimicrobial Blend
Help maintain a healthy and balanced digestive tract Prevent "bad" bacteria from overgrowing Protect and preserve gut barrier function Decrease inflammation	Enhance the repair and regeneration of the mucosal lining Balance intestinal microflora Improve the composition of the gut microbiome	Assist in binding and eliminating toxins Prevent toxins from gaining access to the intestinal epithelium Reset healthy immune tolerance and build a stronger barrier to the external environment	Provide fuel for "good" bacteria Enhance bowel regularity and structure Help bind and eliminate toxins	Helps eliminate pathogens and restore microbial balance Decreases inflammation Tightens loose junctions in the intestinal barrier
Probiotics 20-450 billion CFU* <i>S. boulardii</i> 2-10 billion CFU* *Colony Forming Units	L-Glutamine 4 g/day Deglycyrrhizinated Licorice 400 mg/day Aloe Vera Leaf Gel Extract 75 mg/day	5 g/day	25-38 g/day	Titrate Dosing Up as Needed

Special Considerations for You:
