

## Digestion Protocols: Dysbiosis

Dysbiosis is a general term for bacterial flora imbalance in the digestive tract and may be caused by any number of unwelcome organisms or by a lack of proper digestive function.



The gastrointestinal tract is the largest immune reactive surface inside the human body with a total surface area comparable to the size of a small tennis court.

This surface is continually exposed to a vast array of food particles, bacteria, and yeast that can dramatically alter the defense mechanisms of the gut lining, producing inflammatory responses associated with skin disorders as well as inflammatory joint and connective tissue diseases.

This may explain why intestinal symptoms of dysbiosis are more common among people with these conditions than in healthy people.

### Evaluation

- ☐ Symptom survey
- ☐ Comprehensive Digestive Stool Analysis
- ☐ Urine Organic Acids - D Arabinol test
- ☐ IgG food sensitivity testing
- ☐ Small Intestinal Bacterial Overgrowth (SIBO) hydrogen breath test
- ☐ Tongue and facial markings, as well as pulse diagnosis



## Common Causes of Dysbiosis

- ☐ Use of antibiotics
- ☐ Use of birth control pills
- ☐ Use of hormone medicines like steroids
- ☐ Use of NSAIDs such as aspirin and advil
- ☐ Bacterial, viral, parasitic, or yeast infections
- ☐ Deficiency of good bacteria or overgrowth of bad bacteria
- ☐ Immune suppressive diseases such as AIDS and diabetes
- ☐ Inflammation
- ☐ Maldigestion
- ☐ Nutritional deficiencies such as zinc and omega-3's
- ☐ Being stressed
- ☐ Pregnancy
- ☐ Overweight and obese conditions
- ☐ Chronic constipation
- ☐ Excess sugar or refined carbohydrates
- ☐ Excess meat or fat
- ☐ Lack of fiber in the diet
- ☐ Alcohol
- ☐ Contaminated food and water
- ☐ Food allergies and sensitivities
- ☐ Environmental toxins

## Lifestyle Habits to Improve Dysbiosis

- ☐ Eliminate any molds, fungus, and toxic metals in your home environment
- ☐ Stress management techniques; consider biofeedback techniques
- ☐ Daily yoga or walking
- ☐ Spend time outside
- ☐ Evaluate medications
- ☐ Proper chewing and eating slowly
- ☐ Have proper meal spacing and portions



## **Dietary Habits That Can Improve Dysbiosis**

- ☐ Increase fiber intake
- ☐ Increase water intake (half the body weight in fluid ounces)
- ☐ Avoid hydrogenated and processed foods
- ☐ Avoid sugary and starchy foods
- ☐ Decrease animal protein and saturated fat
- ☐ Eliminate dairy
- ☐ Eliminate gluten
- ☐ Eat more garlic
- ☐ Increase probiotic foods like sauerkraut, kefir, and cultured vegetables

## **Herbs and Nutrients to Improve Dysbiosis**

- ☐ Bayberry
- ☐ Berberine
- ☐ Butyric acid
- ☐ Caprylic Acid
- ☐ Digestive enzymes
- ☐ Echinacea
- ☐ Garlic
- ☐ Geranium
- ☐ Goldenseal
- ☐ Grapefruit seed extract
- ☐ Kombucha tea
- ☐ L-Glutamine
- ☐ Marshmallow
- ☐ N-acetyl-glucosamine
- ☐ Oregano
- ☐ Pau de Arco
- ☐ Prebiotics, such as Jerusalem artichoke and yacon
- ☐ Probiotics
- ☐ Slippery elm
- ☐ Turmeric
- ☐ Wormwood