



Gut-Brain Assessment Protocols

Step-By-Step Actions:

- ❑ **Step 1:** Complete a thorough client history.
 - ❑ <http://www.drritamarie.com/go/INEHistoryTakingGuidelinesPDF>
 - ❑ <http://www.drritamarie.com/go/INEStrategySessionQuestions>
 - ❑ <http://www.drritamarie.com/go/INEClientHistoryPDF>
- ❑ **Step 2:** Assess digestion to determine areas of compromise.
 - ❑ <http://www.drritamarie.com/go/INEDigestionAssessmentPDF>
- ❑ **Step 3:** Assess brain/neurotransmitter balance to determine areas of compromise.
 - ❑ <http://www.drritamarie.com/go/INEBrainAssessmentPDF>
- ❑ **Step 4:** Assess nutrient balance to determine whether the gut is compromising overall nutrition status.
 - ❑ <http://www.drritamarie.com/go/INENutrientAssessmentChartPDF>
- ❑ **Step 5:** Assess status of microbiome.
 - ❑ <http://www.drritamarie.com/go/INECandidaAssessmentPDF>
- ❑ **Step 6:** Assess for leaky gut.
 - ❑ <http://www.drritamarie.com/go/INELeakyGutAssessmentPDF>
- ❑ **Step 7:** If a chronic and persistent case, in spite of making healthy changes, test for Small Intestinal Bacterial Overgrowth (SIBO) using BioFlex Natural Therapies quiz.
 - ❑ <http://www.drritamarie.com/go/SIBOAssessment>
- ❑ **Step 8:** Use interpretation chart to identify areas to be addressed.
 - ❑ <http://www.drritamarie.com/go/INEGutHealingTable>
- ❑ **Step 9:** Do lab, at-home, and in-office testing as indicated for chronic and persistent cases.
 - ❑ Blood chemistry: CBC with blood chemistry including liver function, lipids, electrolytes, kidney function (a comprehensive panel similar to DirectLabs Comprehensive Wellness Profile).
 - ❑ <http://www.drritamarie.com/go/DLDRLLabs>

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- ❑ **Step 9 (continued):** Do lab, at-home, and in-office testing as indicated for chronic and persistent cases.
 - ❑ Transit time test
 - ❑ <http://www.drritamarie.com/go/INEBowelTransitTime>
 - ❑ HCl challenge
 - ❑ <http://www.drritamarie.com/go/INEHClChallenge>
 - ❑ Stool testing: See lab resource for comprehensive list of labs that do stool testing for microbes and gut function
 - ❑ <http://www.drritamarie.com/go/INELabsGutBrain>
 - ❑ Organic acids testing: For neurotransmitter function and nutrient status
 - ❑ <http://www.drritamarie.com/go/INELabsGutBrain>
 - ❑ Amino acid testing: Since amino acids are precursors to neurotransmitters, amino acid assessment is a good way to determine if brain function possibly compromised
 - ❑ <http://www.drritamarie.com/go/INELabsGutBrain>
- ❑ **Step 10:** Retest at regular intervals to determine progress and revamping of program.