

General Dysbiosis Protocol

Gastro-Intestinal Dysbiosis can cause Malnutrition and Immune Dysfunction

First: Test to find out what is living in the intestines: [Comp. Parasitology](#) or [GI Effects](#)

Second: Remove IRRITANTS & PROMOTERS of Dysbiosis:

1. If yeast is present, Eliminate SUGAR & Sweet things: incl. Fruit Juices, Jams, Grapes/Raisins, etc.
2. for IMMEDIATE RELIEF: Allergy testing or Modified Elimination program
 - Avoid gluten (Wheat, Barley, Rye, Spelt, occas. Oat). Gluten comes in many forms: vegetable proteins and starch, modified food starch (when derived from wheat instead of maize), malt flavoring, and glucose syrup. Many ingredients contain wheat or barley derivatives. and flavoring, stabilizing or thickening agent
 - Test for [Food Sensitivities](#) (beyond just allergies) and specifically [Gluten sensitivity](#)(beyond just celiac)
3. for LESS die-off REACTION [Whey Albumin proteins ([Probioplex®](#))– binds candida toxins]

Third: Remove overgrowth of harmful Bacteria, Yeast, or Parasite

NATURAL foods that are helpful

These herbs should be used in about 1 dose per day of no more than 2-3 herbs, at the full dose.

Herb	Dose	Ingredient	Anti-Bact	Anti-Fung	Anti-Para	Anti-Viral
Garlic	3 cloves	Allicin	X	X	X	X
Onion	1 med.		X	X	X	X
Tumeric (in Curry)	¼ tsp		X	X		
Cumin		Tannins	X			
Tarragon		Tannins	X			
Ginger	½ tsp, 2x				X	
Cinnamon	½ tsp, 2x	Tannins	X	X		
Thyme	¼ tsp, 2x	Tannins	X		X	
Oregano	1 tsp, 2x		X	X	X	X
Rosemary*	1 tsp, 2x	Eucalyptol	X	X	X	
Sage*	½ tsp.		X	X	X	
Pomegranate jce		Tannins (as Punicalagins)	X		X	
Persimmons		Tannins	X		X	
Berries (Cr, Str, Blu)		Tannins	X		X	
Hazle., Walnut, Pecan		Tannins	X		X	
red-colored beans		Tannins	X		X	
Acorn	Excessive w/o processing	Tannins	X		X	
Wine (esp. Cabernet Sauvignon, Nebbiolo, Syrah & Tannat)		Tannins (as proanthocyanidins)	X		X	

CONCENTRATED products for faster and more predictable results

Our online resource for Metagenics products is: <http://jhobbs.metagenics.com/>

These products are recommended based on the lab results.

Preparation	Dose	Ingredient	Anti-Bact	Anti-Fung	Anti-Para	Anti-Viral
Candibactin-BR _{MG}		Berberine/Tannins	X	X	X	X
Candibactin-AR _{MG}		Oregano oil	X	X	X	X
Garlic 6000 _{MG}		Garlic (Allicin)	X	X	X	X

(Prescriptive Anti-fungal option: High Sensitivity: Fluconazole)

Fourth: Regenerate:

- [Glutagenics®](#) provides Aloe, Glutamine, and Licorice for intestinal cell nutrients and healing
- **Food source of FOS** (fructooligosaccharides) (may feed yeast infection, but if you have minimal yeast, OK)
 - Garlic
 - Asparagus
 - Onion
 - Edible Burdock
 - Leek
 - Jerusalem Artichoke
 - Rye
 - Bananas

Fifth: Replace & Re-inoculation:

- Digestive Enzymes: [SpectraZyme Complete®](#) is a good, broad-spectrum (but, may need HCl also, if low on acid)
- Lactobacillus & Bifidobacterium (*refrigerated and dated*) -- >=15 billion/day
 - [Ultra Flora Spectrum®](#) MG if there is no yeast infection, otherwise use [Ultra Flora Advanced®](#) MG
 - [UltraFlora Children's \(chewable\)](#) - (Lactobacillus & Bifidus and for infants/children)
- After Yeast eliminated: Fructooligosaccharides are helpful (See FOS above, or incl. in [UltraFlora Synergy®](#) MG.)
- for Maintenance: Eat *Cultured* yogurt, kefir, sauerkraut (one excellent source is [from Eden®](#))

Source : http://en.wikipedia.org/wiki/Tannin#cite_note-25
Pomegranate and Tannins - Gil MI, Tomás-Barberán FA, Hess-Pierce B, Holcroft DM, Kader AA (October 2000). "Antioxidant activity of pomegranate juice and its relationship with phenolic composition and processing". *J. Agric. Food Chem.* 48 (10): 4581-9. doi:10.1021/jf000404a. PMID 11052704.