



FROM EVIDENCE TO ACTION:

A Practical Framework for Building a Resilient Microbiome

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THE MICROBIOME BOOM

How do we help patients build a resilient gut microbiome?



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THE MICROBIOME BOOM

How do we help patients build a resilient gut microbiome?

Research

- Microbes, strains, & metabolites
- Isolated interventions
- Biochem and pathways



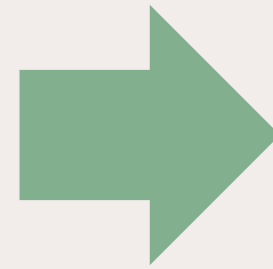
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THE MICROBIOME BOOM

How do we help patients build a resilient gut microbiome?

Research

- Microbes, strains, & metabolites
- Isolated interventions
- Biochem and pathways



Clinical

- Diet patterns, lifestyle, & habits
- Integrated approach
- Practicality and sustainability
- Education
- Support in phases



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MICROBIOME RESILIENCE FRAMEWORK

Targeted
Supplementation

What to eat

How to eat

When to eat

Lifestyle

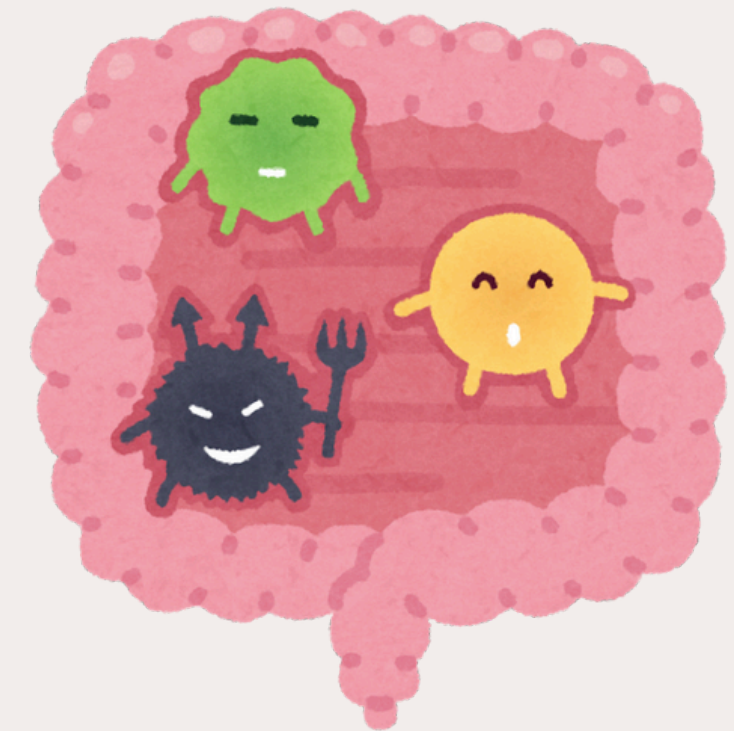


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TWO TIERS

Tier 1: Foundations

- Lifestyle (nutrition, stress, movement, sleep, nature)
- Targeted supplementation
- Eating patterns & behaviors



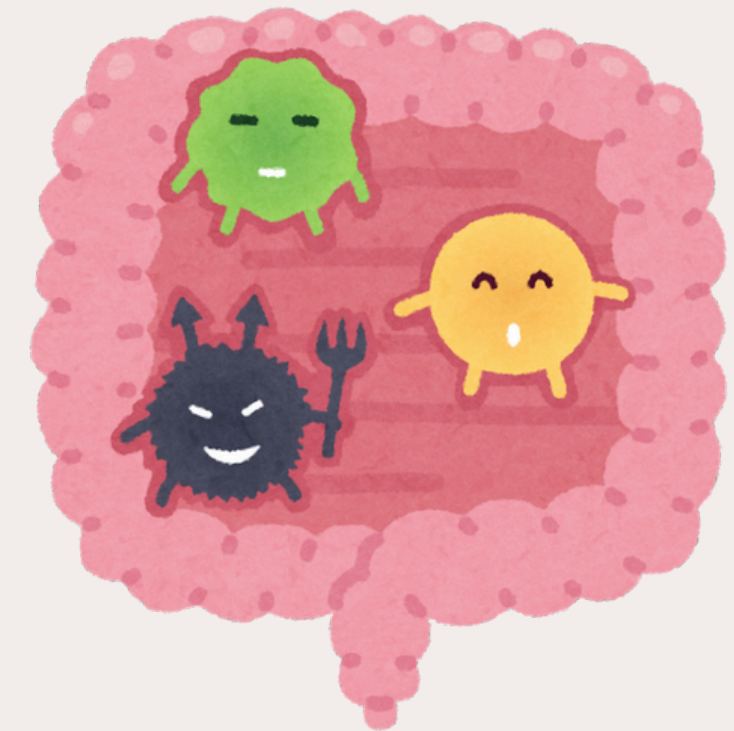
TWO TIERS

Tier 1: Foundations

- Lifestyle (nutrition, stress, movement, sleep, nature)
- Targeted supplementation
- Eating patterns & behaviors

Tier 2: When foundations are not enough

- Functional testing
- Therapeutic supplements
- Personalized interventions



LIFESTYLE



Nutrition

Community

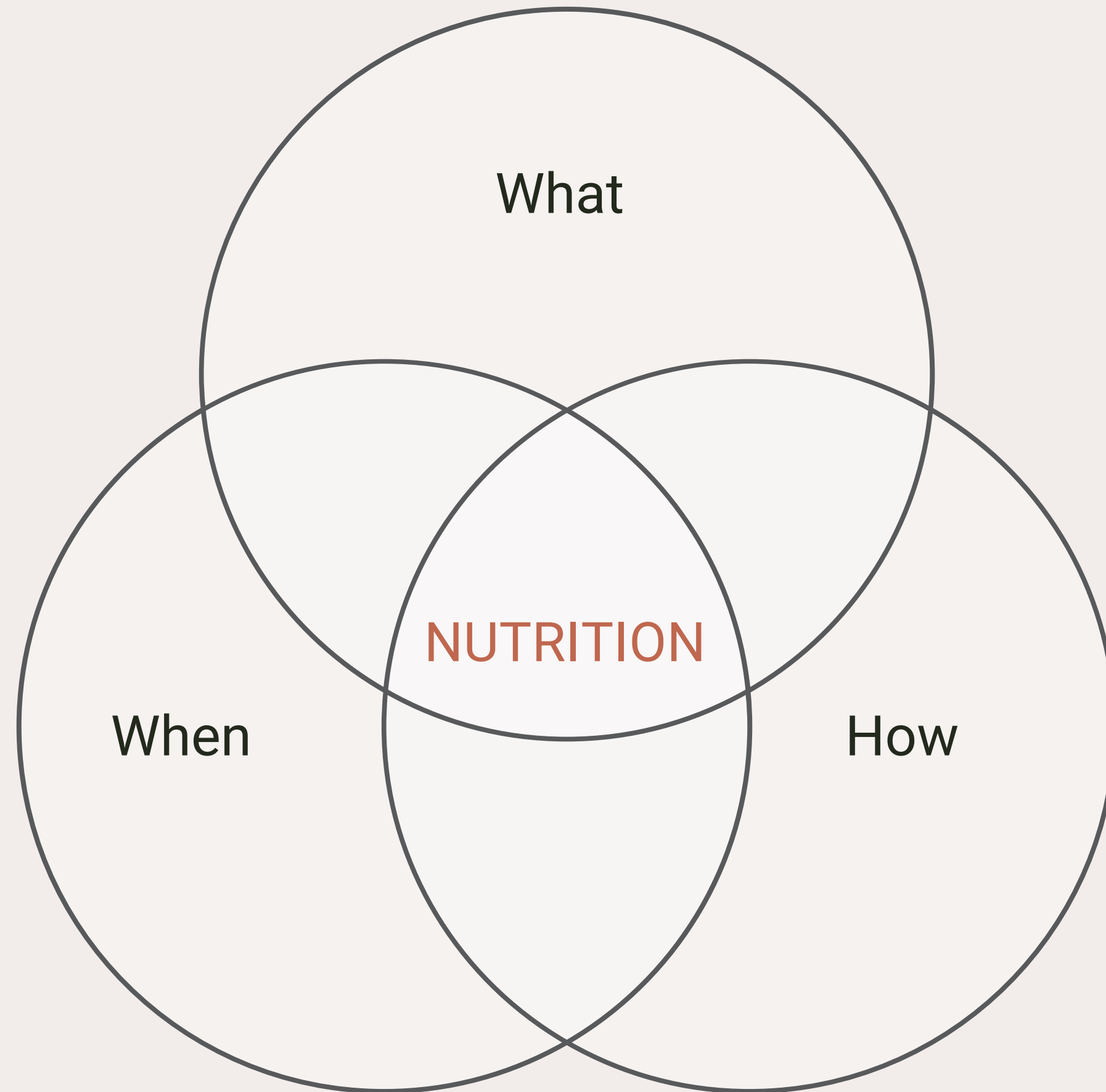
Nervous System

Movement

Sleep



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WHAT TO EAT



- Diversity
- Key nutrients
- Fiber & prebiotics
- Fermented foods & probiotics
- Intention over restriction



PLANT DIVERSITY



- Diverse diet creates diverse microbiome
- Supports immune health
- May reduce inflammation & chronic disease risk
- Balanced macronutrients

30 + unique plants/week
Every color every day
2-3 colors at each meal



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KEY NUTRIENTS

- Antioxidants & Omega-3's
 - Inflammation
 - Gut barrier integrity
 - Microbiome diversity
 - Sugar cravings

Diet: Dark colors. Fatty fish, chia, flax, hemp seeds, walnuts, soy

Supplements: omega 3's, polyphenols



FIBERMAXXING

Supports:

- SCFA production
- Healthy BM's
- Metabolic health and weight
- Cancer risk

95% of Americans fall short

Goal: 25-30 g/day

Increase gradually!

Diet: All plants, especially beans

Supplements: It depends...



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PREBIOTICS



- **Diet:** garlic, onion, asparagus, legumes
 - Cooked and cooled rice, potatoes
- **Supplements:** psyllium husk, PHGG, acacia, inulin



FERMENTED FOODS



- Increase alpha diversity
- Introduce beneficial microbes to the gut
- Decrease inflammatory markers

- **Diet:** yogurt, kimchi, kombucha, tempeh, fermented veg, miso
- **Supplements:** probiotics

Increase gradually!



“NOW I FEEL WORSE!”



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SUPPLEMENTS



- Clinically effective dose & formula
- Third-party testing & certifications
- Avoid unnecessary additives, fillers
- Read ALL ingredients
- More ≠ Better

Have a plan and strategy!
Meet your body where it's at NOW



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FOUNDATIONAL

Omega 3 fatty acids (DHA+EPA)

Vitamin D3 (+ K2)

Vitamin B12



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FOUNDATIONAL & THERAPEUTIC

Omega 3 fatty acids (DHA+EPA)

Vitamin D3 (+ K2)

Vitamin B12

Digestive enzymes

Bitters

Magnesium (Oxide or Citrate)



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MINIMIZE



- Highly processed foods
- Added sugars
- Saturated fat
- Alcohol
- Excess caffeine

Overrestriction!



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Beef Tallow

VS



Seed Oils



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WHEN TO EAT

- Consistent meal timing
- Reducing constant grazing
- Spacing meals
 - Snack 2-3 hours apart
 - Meals 4-5 hours apart
- Overnight fasting (~10-12 hours)
- Stop eating 2-3 hours before bed



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HOW TO EAT

| | |
|------------------------|---|
| Minimize distractions | Brings awareness |
| Engage sensory input | Initiates digestion |
| Maintain posture | Supports gastric emptying + reduces reflux |
| Incorporate bitters | Promotes digestive secretions |
| Chew until you “drink” | Enhances satiety signaling + food tolerance |



COMMUNITY, CULTURE & CONNECTION



Share meals, enjoy cultural and favorite foods, honor traditions ←



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NERVOUS SYSTEM

- Directly impacts digestion & motility
- Chronic stress → shifts microbiome composition
- Reduced vagal tone → impaired gut signaling

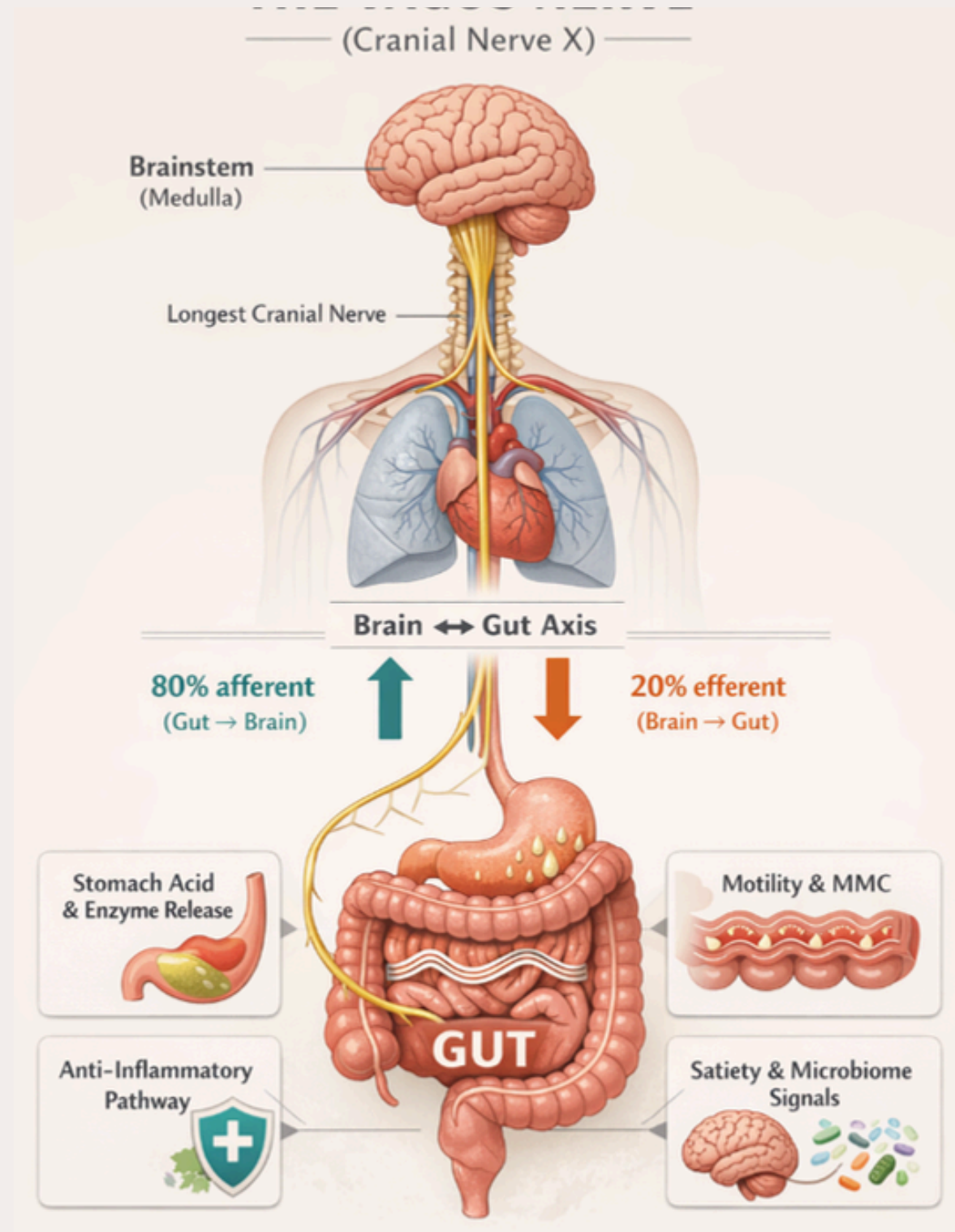


Mental health support, hobbies, pre-meal routine, eating environment ←



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THE VAGUS NERVE



- Diaphragmatic breathing
- Meditation
- Yoga
- Humming, loud singing
- Gargling
- Cold exposure
- Social connection

Habit stacking ←



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SLEEP

- Regulates circadian rhythm of the microbiome
- Poor sleep → increased inflammation
- Impacts gut permeability
- Linked to metabolic and GI dysfunction



Regular schedule, AM sunlight, quality + quantity ←



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MOVEMENT

- Supports gut motility
- Increases microbial diversity
- Reduces inflammation
- Improves insulin sensitivity



Exercise & movement 'snacks' ←



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LET'S PUT IT INTO PRACTICE



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CASE STUDY

- 24 yo, F
- 10+ years of bloating, gas, alternating D/C
- Fatigue, brain fog, acne, rashes
- **PMH:** H. pylori, anxiety, depression, IBS
- **Diet:** low fiber, limited diversity, processed foods, inconsistent schedule, sugar cravings
- **Lifestyle:** Sleep 10-12 hrs, with naps, no exercise, limited social interaction
- **QOL:** Avoidance of social events, anxiety around food & eating

“EVERYTHING LOOKS FINE.”



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TESTS

- Bloodwork: Low vitamin D, B12. High T3
- Stool test: Dysbiosis and inflammation
- Candida screening questionnaire: Highly likely
- MSQ: 77



PHASE 1

- Elimination diet - 4 wks
 - Reintroduction - 3 wks
- Circadian rhythm, morning routine
- Walking
- Social support
- Mindfulness



PHASE 1

- Elimination diet - 4 wks
 - Reintroduction - 3 wks
- Circadian rhythm, morning routine
- Walking
- Social support
- Mindfulness
- Supplements:
 - Replenish nutrients
 - Remove pathogens
 - Digestive support



SUPPLEMENTS

- Vitamin D: D3 + K2
- Vitamin B12: sublingual
- B Complex
- Multivitamin
- Omega 3: EPA + DHA
- Digestive Enzymes
- Blended Herbal Formula
 - Anti-microbial, parasitic, yeast



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PHASE 1 OUTCOME

After 8 weeks:

- Reduced bloating & GI discomfort
- Improved energy & mental clarity
- More regular BM's
- Decreased sugar cravings
- Normalized labs: Vitamin D, B12, T3

MSQ: 77 → 50



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PHASE 2

- Build sustainable nutrition habits
- Experiment in the kitchen and enjoy food!
- Regular exercise
- Spend time with friends, foster community
- Supplements:
 - Stop antimicrobials
 - Soothe and support the gut lining
 - Pull back on vitamins/minerals



NUTRITION

Increase:

- Plant diversity
- Fiber & prebiotic-rich foods
- Fermented foods
- Omega-3-rich foods



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Decrease:

- Ultra-processed foods
- Red meat
- Alcohol
- Food triggers



NUTRITION

Increase:

- Plant diversity
- Fiber & prebiotic-rich foods
- Fermented foods
- Omega-3-rich foods

Build:

- Balanced meals
- Consistent eating schedule
- Mindful eating

Decrease:

- Ultra-processed foods
- Red meat
- Alcohol
- Food triggers



PHASE 2 OUTCOME

After 26 weeks:

- Expanded diet diversity and enjoyment
- Improved tolerance to previously triggering foods
- Sustained energy. No naps. 8-10 hrs/night
- More social connections, going out with friends
- Regular physical exercise at the gym
- Better QoL!

Energy: 1/10 → 7/10

MSQ: 77 → 50 → 17



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TAKEAWAYS

- A resilient microbiome is built through sustainable daily habits, consistency
- Clinicians are the bridge between research and real world implementation
- Tier 1 vs Tier 2
- Key components: what, when, and how to eat and live
- Supplements should be tools, targeted, and intentional
- Foundations create the conditions where targeted therapeutic interventions can be effective



THANK YOU!

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As seen in....

Forbes **Eat This, Not That!** **TIME** **Better Homes & Gardens** **yahoo!**

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