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GI-Map and MRT 12-week Protocol

Prepared by Christine Garvin, MA, NE, RWP on November 18, 2022
Start date November 18, 2022
Duration 12 weeks
See also Protein_good fat snack ideas.png
Anti-Fungal Diet.pdf
Seed cycling.jpg
Supplement Recommendations - E Parker.pdf
Paleo Bread Recipe.pdf

Focus

Diminish pathogens, remove sensitivities, rebuild gut lining, upregulate digestion

Overview of GI-Map results (you can find your GI-Map in your documents folder):

Helicobacter pylori 6.6e2 Present: Because it's present but not high, you don't need to do a full h. pylori eradication protocol. But this may be part of your bloating issue, so we'll tackle it with a supplement that also fights candida.

Normal (beneficial) bacteria

Escherichia spp. 2.77e6 Low
Clostridia (class) 2.44e6 Low

We want your beneficial bacteria strains to rise, so continue with Megasporebiotic.

Firmicutes:Bacteroidetes

Ratio is fine, though Firmicutes is high at 7.23e11. The anti-fungal, blood-sugar balancing diet you will be on will help with this.

Opportunistic bacteria

Bacillus spp. 6.12e5 High
Staphylococcus spp. 1.56e6 High
Staphylococcus aureus 7.73e3 High
Streptococcus spp. 2.96e4 High
Methanobacteriaceae (family) 2.83e8 Present

This is the crux of what your immune system has been dealing with. Working to bring down the levels of these bacteria will help your immune system tremendously, plus begin to heal your gut lining, which will also bring down inflammation that is stoking your hormonal issues. **Both GI-Microb-X (and another antimicrobial formulation that we'll switch to halfway through) and Monolaurin will help with this.**

Potential Autoimmune Triggers:

Prevotella spp.3.93e7 Present

Fusobacterium spp.3.10e6 Present

Although these aren't high, we pay attention to them as they could lead to issues down the road if we don't. **Using the same products as we use for the opportunistic bacteria will help bring down these levels.**

Digestive health:

Elastase-117 Low - Low pancreatic enzyme (and as an extension, HCl) output. **Continue with Digestive enzymes with HCl - may need to go to 3-4 per meal for a while.**

b-Glucuronidase 2981 High - we know for sure (which was already indicated by your symptoms) that you are not moving estrogen out of your body well. **DIM Detox will help with this, as well as support your liver.**

Secretory IgA 174 Low - not surprisingly after everything your body has been through in the last several years, your immune system function is diminished. The above protocol should help to lift this number. If it doesn't after the protocol is over, we can get you on an immune-system booster.

Anti-gliadin IgA 102- Indicative of a moderate gluten intolerance. **Action: Remove all gluten from diet 100%**

Calprotectin 89 - Calprotectin is often elevated with dysbiosis or food sensitivities. **Repairvite to heal intestinal lining and diminish inflammation.**

MRT

Red (Remove for 6 months): CORN

Yellow (Remove for 3 months):

BLUEBERRY
BOK CHOY
CANDIDA ALB.
CANTALOUPE
CELERY
EGGPLANT
LETTUCE
PORK
QUINOA
SHRIMP
SPINACH
TEA
TILAPIA
TUNA
TURMERIC

Therapeutic Diet

1. Even though candida didn't show up on your GI-Map (it's the one marker on there that doesn't always catch active yeast), the fact that Candida showed up as a yellow on your MRT and your questionnaire shows that you most likely have an issue with it.

Luckily the anti-fungal diet is pretty much a blood-sugar balancing diet and is perfect for hormonal health.

2. I really want you to focus on getting enough protein in your diet for the next 3 months. Shoot for 80-120g/day (or 26-40g per meal). **Protein is going to provide the amino acids to help with keeping your blood sugar stable (which is the key to weight loss), supporting hormone production, and keeping you satiated.** See attached ideas for protein-rich snacks.

3. Keep your fat intake to about medium levels, and focus on good fats such as coconut, olive oil (cooked at medium-low temps), grass-fed animal fat, avocado.

4. Remove gluten and dairy 100%. Even though dairy didn't show up on your MRT, it's so inflammatory and is nearly 100% of the time connected to cycle issues: <https://www.larabriden.com/what-dairy-does-to-periods/>. Plus, you don't really want to consume it on the anti-fungal diet. After six weeks, if you'd like, can try a little goat or sheep's dairy.

5. *Good substitutes:*

-Kite Hill (almond based cheeses, cream cheeses, yogurts, etc. - <https://www.kite-hill.com/our-food/>)

-Cashew-milk yogurt: <https://www.foragerproject.com/all-products/dairy-free-yogurt/>

Let me know if you need substitute ideas for gluten and corn snacks.

6. Seed cycling (see handout)

Supplements for 12 week protocol:

Diminish Opportunistic bacteria: **GI Microb-X (will switch to different antimicrobial at 6 weeks)**

Diminish yeast and h. pylori: **Monolaurin-Avail**

Bind to eradicated bacteria/yeast/h. pylori to move out of body: **GI Detox**

Bring down Calprotectin (inflammation) number and heal gut lining: **Repairvite**

Bring down b-glucuronidase number (estrogen removal from body): **DIM Detox**

Liver/Gallbladder support, for now: **Beta-TCP**

Upregulate Elastase (pancreatic enzymes and HCl): **Digestive Enzymes with HCl**

Support higher levels of beneficial bacteria: **Megasporebiotic**

Support hemoglobin/iron levels, as well as a good overall multi: **Beef Spleen**

Continue Seriphos for adrenal/sleep support

Detox support:

I find clients that use supports to get stuff out of their bodies more quickly tend to handle the process better and have less "side effects." Things that seem to work the best:

-Coffee enemas (if you want to learn about the process, you can do so [here](#))

-Infrared saunas

-Epsom Salt baths

-Castor oil packs (**Instructions in your documents**)

Lifestyle support:

1. Finding time for you each day. This is essential! I recommend finding at least 5-10 minutes in the afternoon as a "break" for yourself (and your adrenals!). Meditation, visualization, deep breathing - whatever works for you
2. Nighttime ritual - will send you a handout
3. Mindset work - creating an affirmation around your health being to the energy and life you want to lead.

Next steps:

- 1) See your most recent blood labs
- 2) Meet 2-weeks after you have started the protocol