



What Is A GI Map?

A GI Map, short for *Gastrointestinal Microbial Assay Plus*, is a comprehensive stool test that is used to analyze the microbiome, pathogens, and functions of the gastrointestinal (GI) tract. This test is designed to help healthcare providers diagnose and treat various gut-related issues. Here are key elements that a GI Map typically includes:

- **Microbial Composition:** It assesses the levels of beneficial bacteria, opportunistic bacteria, and dysbiotic (*harmful*) bacteria. This helps in understanding the balance of the microbiome.
- **Yeast & Fungi:** The test can detect the presence of yeast or fungal organisms that might be contributing to GI symptoms or conditions.
- **Parasites:** It screens for various parasites, which are often overlooked in standard stool tests.
- **Viruses:** Certain GI Map tests can detect the presence of gastrointestinal viruses.
- **Inflammation Markers:** It often includes markers for inflammation in the GI tract, such as calprotectin. This can be helpful in diagnosing conditions like Inflammatory Bowel Disease (*IBD*).
- **Immune Response:** Some tests measure secretory IgA, an important marker of the immune function in the gut.
- **Digestive Function Markers:** This includes testing for enzymes, pH, and other factors that affect digestion and absorption.
- **Antibiotic Resistance Genes:** Some advanced GI Map tests can also identify specific antibiotic resistance genes, which can be crucial for treatment planning.

The GI Map is used by your healthcare provider to assess your gut health as part of a broader wellness strategy. This test provides valuable insights to your overall health and symptoms.



The Importance of Addressing Gut Health Issues

Addressing gut health issues identified by a GI Map test, the idea of "killing off" harmful microbes before "cleaning the gut" is a simplified way of describing a more nuanced and complex treatment process. This process typically involves several steps, and while eradicating harmful microbes is often a part of it, it's important to approach this in a balanced and careful manner. Here's a general outline of the steps involved:

- **Eradication of Harmful Microbes:** If the GI Map test identifies pathogenic bacteria, parasites, or fungi, the first step is often to address these infections. This might involve the use of antibiotics, antifungals, or antiparasitic medications, or natural antimicrobial agents. The choice of treatment depends on the specific pathogens and their resistance patterns.
- **Supporting the Gut Lining & Reducing Inflammation:** Simultaneously, or immediately following the eradication phase, strategies to support the gut lining and reduce inflammation are often implemented.
- **Rebalancing the Microbiome:** After addressing pathogenic microbes, the focus shifts to rebalancing the gut microbiome. This involves introducing probiotics to replenish beneficial bacteria and prebiotics to nourish them. Dietary modifications are also key in this phase.
- **Lifestyle Modifications:** Throughout the process, and as part of long-term maintenance, lifestyle factors such as diet, stress management, exercise, and sleep are addressed to support overall gut health.
- **Monitoring & Reassessment:** Follow-up testing may be necessary to monitor progress and make any necessary adjustments to the treatment plan.

It's important to note that this process should be guided by a healthcare professional. Each step needs to be personalized based on individual test results, symptoms, and overall health. The approach must be balanced to avoid disrupting the gut microbiome further. For example, excessive or inappropriate use of antimicrobial agents can harm beneficial bacteria and potentially lead to other issues like antibiotic resistance or overgrowth of resistant organisms.



Rebalancing Your Gut Microbiome With Dietary Changes

Rebalancing your gut microbiome through dietary changes involves focusing on foods that promote the growth of beneficial bacteria and reduce inflammation, while limiting foods that can disrupt the microbial balance. Here are some general dietary guidelines to consider:

- **Increase Fiber Intake:** Fiber serves as a prebiotic, feeding beneficial gut bacteria. Foods rich in fiber include fruits, vegetables, whole grains, legumes, nuts, and seeds.
- **Diverse Range of Plant-Based Foods:** Eating a variety of plant-based foods can increase the diversity of your gut microbiota. Each type of plant can support different groups of beneficial bacteria.
- **Incorporate Fermented Foods:** Foods like yogurt, kefir, sauerkraut, kimchi, miso, and kombucha contain live probiotics that can help populate your gut with beneficial bacteria.
- **Limit Processed & Sugary Foods:** Processed foods and high sugar intake can promote the growth of harmful bacteria and yeasts, and should be minimized.
- **Reduce Red Meat & Processed Meats:** These can negatively impact gut health. Opt for lean protein sources like poultry, fish, or plant-based proteins instead.
- **Healthy Fats:** Include sources of omega-3 fatty acids (*like fatty fish, flaxseeds, chia seeds, and walnuts*) and minimize trans fats and excessive saturated fats.
- **Stay Hydrated:** Adequate water intake is essential for gut health.
- **Moderate Alcohol & Caffeine Intake:** Excessive alcohol and caffeine can disrupt the gut microbiome.
- **Consider Individual Tolerances:** Pay attention to food intolerances or sensitivities, such as gluten or lactose, as these can cause inflammation and gut imbalances.
- **Mindful Eating:** Eating slowly and mindfully can improve digestion and absorption of nutrients.

It's important to note that individual dietary needs can vary greatly, and what works for one person may not work for another. Remember, changes to the gut microbiome can take time, and a consistent, balanced approach is often more effective than extreme dietary changes.



Phase One - Protocol

Kill Harmful Microbes

(H pylori >5e2, High Commensal Phyla and/or High Overgrowth)

Pyloricil 2 X Twice Daily

Paracid Forte 1 X Twice Daily

Intestin-ol 1 X Twice Daily

Saccharomyces Boulardii 1 X Twice Daily

Orthospore Complete 1 X Twice Daily

For Individuals with Candida?

- Treat with **Nystatin** 500,000iu 4x daily for 21 Days Prior to Starting the Items Listed Above.

For Individuals with Low Commensals?

- Add Fiber, 1 Scoop Once Daily

For Individuals with Constipation?

- **Motility Pro** 1 X Twice Daily with Meals

- **Triphala** 1g Nightly

- **Calm Gummies** 4 X Nightly

For Individuals with Diarrhea?

Saccharomyces Increase to 2 X Twice Daily

SBI Protect Add 2 capsules X Twice Daily or 1 Scoop Daily

Digestzyme V 1 X Before Meals

Collagen (fiber) 1 X Scoop Daily

For Individuals with H pylori Present **But <5e2**?

- No **Pyloricil**

For Individuals with High B-Glucuronidase

- **Silymarin** 1 X Twice Daily

High Anti-Gliadin IgA?

- Individuals Should Adhere to A Gluten-Free Diet.

High Inflammatory Markers (*SIgA, EAP, calprotectin*)?

- Individuals Should Adhere to A Gluten-Free Diet if Patient Also Has A High Anti-Gliadin IgA.
- Food Sensitivity Testing if Patient Does Not Have A High Anti-Gliadin IgA.
- Add **NAC** (500mg X Twice Daily) or **Curcumin** (Turiva 1 Capsule X Twice Daily).



Phase Two - Protocol

Gut Repair

(Hpylori Not Present or <5e2, Low Commensal Phyla, Low SlgA, Poor Digestion, High Beta-Glucuronidase)

PhytoPre 2 X Daily

Fiber 1 Scoop Daily

Orthobiotic 100 1 Daily

Digestzyme (no V) 1 Before Meals

SBI Protect 2 caps X Twice Daily or 1 Scoop Daily (or IgG Protect Powder if we carry both)

Saccharomyces 1 X Daily

Vitamin A 10,000u 1 X Daily For 3 Months

For Individuals with Low Akkermansia

- Add **Akkermansia Pro 500** 1 X Daily
- **TriButyrin Supreme** 1 X Daily

For Individuals with High Pathogens

- Add **Intestin-ol** 1 X Daily

For Individuals with Constipation

- Add **Motility Pro** 1 X Twice Daily with Meals
- Add **Triphala** 1g X Nightly
- Add **Calm Gummies** 4 X Nightly

For Individuals with Diarrhea

- Increase **Saccharomyces** to 2 X Twice Daily
- Change to **Colostrum** If Not Already Using (IgG protect powder, 1 scoop, 1 X Daily)

For Individuals with High B-glucuronidase

- **Silymarin** 1 Capsule, 1 X Daily (Milk Thistle)

For Individuals with High Anti-gliadin IgA

- Individuals Should Adhere to A Gluten-Free Diet.

For Individuals with High Inflammatory Markers (SlgA, EAP, Calprotectin)

- Individuals Should Adhere to A Gluten-Free Diet.
- Food Sensitivity Testing if Patient Does Not Have A High Anti-Gliadin IgA.
- Add **NAC** (500mg X Twice Daily) or **Curcumin** (Turiva 1 Capsule X Twice Daily).

Treat For Three Months. Repeat GI Map.