

## Module 5 – Gut Repair & Microbiota

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**[4 videos, 3 assignments]**

This module is exclusively focusing on microbiota function and improving the health of the gut ecosystem. Everything you've done to date has been improving gut health and now we're going to add a few targeted methods of increasing diversity of microbiota and improving the integrity of the gut.

**Video 5.1 — Gut Health Introduction**

**Video 5.2 — Homework 16**

### Homework

**Estimated days to complete: 3-7 days**

It is recommended that you plan out your fast in advance. As such, it may take you a few days to find a day that works and to execute the fast. However, you should move forward at your own pace and determine if you're able to perform a 1 day fast.

### Assignment

\*\*\*Please speak with your doctor before instituting a water only fast, especially if you are on prescription medication.

Your first recommendation is to institute a 1 to 3 day fast. Find a day (or days) in your week that doesn't involve a lot of work or stress. This should be a day that involves rest and relaxation for the most part. A weekend or day off is perfect for a day of fasting.

If you want to stick with a 1 day fast, it is recommended that you continue this practice on a regular basis. As often as once a week can be extremely beneficial over time.

If you would like to try a 3 day fast, it is recommended that you only do this once a month at most. Keep activity and stress levels as low as possible during the fast and be mindful of blood pressure dropping too low if you have health concerns. It is always best to work directly with a doctor or professional if instituting fasts longer than 1 day. Make sure you are drinking adequate water, but don't overdo it.

- Your last meal before a fast, should be a meal that is easy to digest. Fruits, cooked vegetables, root crops, & white rice tend to be good choices. Avoid meats, grains, legumes and raw vegetables because these can be more difficult to digest for many people.
- If you are new to fasting, the easiest way I've found to institute a 1-day fast is to have dinner as your last meal (on Friday night, for example) and avoid eating until dinner on Saturday night.
- To get the most out of your fast, do not drink coffee, teas, or any liquids other than water.
- It is good to drink water during your fast but be mindful not to drink too much water as this can dilute electrolyte levels in blood and lower blood pressure. Drink if thirsty is a good rule. I would caution against drinking more than 2 liters or 64 ounces in a day.
- Avoid excess sweating from exercise or sauna. Preserve your electrolytes.
- If you have blood pressure issues, it may be worthwhile to have a pinch of sea salt in water in the morning and perhaps the evening as well if you feel light headed or mild dizziness on standing.
- Best not to overexert yourself during a fast. Take it easy and allow your body to rest.
- When coming out of a fast, it is best to have your first meal be very light and easy to digest. Real, organic fruit juice is preferred. Within an hour of drinking fruit juice, it can be good to eat whole fruit, cooked vegetables, root crops, or white rice. Again, the meal should be small. Best not to overload the system.
- For most people, a 1 day fast is relatively easy and very safe. Again, check with your doctor, but I often find people have an easier time than they

originally thought they would. It can be valuable to feel truly hungry without feeding the body what it is craving. This will encourage the body to adapt and use existing resources to maintain balance. This is what we're looking for!

- I invite you to continue to implement short fasting on a regular basis if you are able to do so.

## Video 5.3 — Homework 17

### Homework

**Estimated days of adherence: 7 days**

It is recommended that you give yourself some time to implement these changes and at least 7 days to adhere to Assignment 2 before moving on to Assignment 3.

#### Assignment

Increase diversity of plant foods into your diet – particularly fruits, vegetables, and root crops. Below are just some examples of foods you may want add into your diet.



#### Fruit

- Apple, apricot, avocado, banana, blackberry, blueberry, cantaloupe, cherry, cranberry, dates, figs, grapefruit, grapes, guava, honeydew, kiwi, lemon,

lime, mango, nectarine, orange, papaya, peach, pear, pineapple, plum, pomegranate, raisin, raspberry, strawberry, watermelon, wild berries

### **Vegetables & Roots**

- Artichoke, asparagus, beets, bok choy, broccoli, brussels sprouts, cabbage, carrots, cassava, cauliflower, celery, chard, cucumber, eggplant, endive, fennel, garlic, jicama, kale, lettuce, leek, okra, onion, parsnip, plantain, pumpkin, radish, rhubarb, sea vegetables, spinach, squash, sweet potato, taro, turnip, yam, zucchini

### **Herbs & Spices**

- Allspice, basil, bay leaf, black pepper, cardamom, celery seed, cilantro, cumin, curry, dill, fenugreek, garam masala, garlic, ginger, lavender, nutmeg, oregano, parsley, rosemary, saffron, sage, thyme

## **Video 5.4 — Homework 18**

### **Homework**

#### **Estimated days of adherence: 7-14 days**

If you decide to order these products, it may take a few days to order, receive, and put the products to use. As soon as you've received the products and work them into your routine, please move on to the next module when ready.

#### **Assignment**

[Optional] Consider adding the three products from Microbiome Labs that works to recondition, reinforce, and rebuild the gut ecosystem. I recommend using MegaSporeBiotic for a week by itself, then adding MegaPreBiotic on top of that for a week, then adding MegaMucosa on top of the other two. Using these three

products for 30-60 days can make a big difference for many people with gut, immune, skin, fatigue, or metabolic issues.

**MegaSporeBiotic** is a spore-based probiotic that is unlike any other probiotic on the market. It has a number of research studies showing it's effectiveness at lowering gut inflammation, improving symptoms of IBD and IBS, and encouraging the growth of commensal (health-promoting) bacteria.

- [MegaSporeBiotic](#)
  - Typical Dose: 2 caps at breakfast

**MegaPreBiotic** is a precision prebiotic consisting of clinically-tested, non-digestible oligosaccharides that can increase microbial diversity and selectively feed beneficial bacteria like *Akkermansia muciniphila*, *Faecalibacterium prausnitzii*, and *Bifidobacteria*. MegaPreBiotic enhances the beneficial microbial changes created by MegaSporeBiotic to promote a strong and diverse microbiome.

- [MegaPreBiotic](#)
  - Typical Dose: 3 caps twice per day before a meal

**MegaMucosa** is a targeted mucosal support supplement formulated with key amino acids to rebuild a healthy mucosal barrier. It contains dairy-free immunoglobulins clinically shown to support a healthy immune response in the mucosa, support microbial diversity, and maintain healthy barrier function.

- [MegaMucosa](#)
  - Typical Dose: 1 scoop at breakfast