



NEXT PRACTICE  
CARE OF GENBIOME

Name: Ms Natalie Lee

Date: 9 May 2023

Next Practice - Care of GenBiome

Suite 2 / 2 New McLean Street

Edgecliff NSW 2027

p: (02) 8311 2800

f: (02) 9161 8376

e: [genbiome.pa@nextpracticehealth.com](mailto:genbiome.pa@nextpracticehealth.com)

w: [www.nextpracticehealth.com/locations/nsw-edgecliff](http://www.nextpracticehealth.com/locations/nsw-edgecliff)

Start one supplement at a time every 3-4 days if very sensitive:

**H1 blocker:** Telfast 180mg=1 tablet twice daily OR Claratyne 1 tablet=10mg twice daily OR Zyrtec 1 tablet=10mg twice daily OR Desloratadine:5mg twice daily OR Bilastine 20mg twice daily 12 hourly before breakfast and dinner (trial a different H1 blocker for 2-4 weeks to assess which one is working best)

30minutes before food (breakfast, lunch, dinner) (if you cannot take it before food, have it with food):

**Histammune Clear** (Bioceuticals Clinical): 1 tablet three times daily

**H2 Blocker: Famotidine** 20 mg twice daily: 30 minutes before breakfast and dinner

**Liposomal methyl B12** (Designs for health): 1 pump=1000mcg once daily between cheek and gum (hold in your mouth for 30-60 seconds before swallowing) ideally 10 mins or more before breakfast

With Breakfast:

✦ **Gut R** (Orthoplex White): 1 scoop in water straight after a breastfeed (total= 2000 IU D3, 5000 IU Vit A, 34mg zinc carnosine, 10 g glutamine, 500 mg quercetin, 15.64 g turmeric)

✦ **Clinical Lipids** (Orthoplex): 1 capsule

✦ **SPM Active** (Metagenics): 1 capsule

**Selenium** (Rn Labs): 1 capsule daily for 6 months then stop (09/23)

✦ **Zinc Citrate P5P** (Spectrum Ceuticals): 1 capsule (1 capsule= 35mg zinc, 23.5mg

P5p, 20mg Mg, 72.9mg B6) (this supplement contains B6 which in some patient can rarely cause pins & needles. If this was to occur stop this supplements)

With Dinner:

✗ **Gut R** (Orthoplex White): 1 scoop in water

✗ **MegaMucosa** (Microbiome labs) ½ scoop in water for 1 week then 1 scoop daily in water with or without food

✗ **Clinical Lipids** (Orthoplex): 2 capsules

**SB 500** (Spectrum ceuticals): 1 capsule

✗ **SPM Active** (Metagenics): 1 capsule

✗ **Start last: PHGG** (Ariya): 2 heaped teaspoons daily in water

Week 1: start with 1/2 teaspoon daily in water/food and slowly increase dosage as tolerated so that you do not get bloating & wind

Week 2: 1 teaspoon daily in water/food

Week 3: 1 and ½ teaspoons daily in water/food

Week 4: 2 teaspoons daily in water/food

At bedtime:

✗ **Magnesium Glycinate** (Rn Labs): 2 capsules

Others to consider later: LDN, CBD, iodine

**Hydrogen and methane dominant SIBO with secondary fructose malabsorption**

Follow phase 1 or 2 of the SIBO biphasic diet or Dr Allison Siebecker's SIBO specific food Guide. Please individualize these to you. There is not "one SIBO

diet".

**Avoid all fruit until your fructose breath test comes back normal.**

For specific SIBO recipes you can go to:

<https://www.thehealthygut.com/recipes/>

you can choose meal types and the SIBO specific diet.

Once you have been on the above plan for 6-8 weeks, start rifaximin & antimicrobial herbs

Before you start your antimicrobial herbs:

Flush out colon to reduce the faecal load

**Colon Cleanse by Denmar International:** ½-1 teaspoon in water at night several nights in a row until you feel cleared out (this is much more effective 30 mins before or 2 hours after food than if you have this with food)

### **Step1: Week 1-2**

Antibiotic: **Compounded Rifaximin** 500mg three times a day 8am, 2pm, 8pm for 14 days before or after food and (from Kingsway compounding) together with

**Allimed:** 2 capsules three times a day for 14 days during or after a meal together with

**PHGG (Ariya):** 5 grams twice daily in water (enhances effects of rifaximin/improved effectiveness of SIBO Rx)

**Nilstat:** 2 capsules three times a day for 2 weeks

### **Step 2: Week 3-8:**

During these 6 week:

Have **Nilstat** 2 capsules three times daily with food for 6 weeks AND the following herbal remedies:

With Breakfast, with lunch and with dinner:

**Bactrex** (Metagenics): 2 caps twice a day and **Allimed**: 2 capsules three times a day for 6 weeks then stop

Where to purchase allimed:

<https://www.houseofhealth.co.nz/product/allimed-100-caps/>

<https://www.nzhealthstore.co.nz/shop/Immunity/Allimed.html>

Once you finish antimicrobial herbs, test **Fructose and lactulose breath test** one week later (ideally within 2-6 days) to assess whether you fully eradicated SIBO.

(It is best and important to repeat the lactulose breath test within 2 weeks of finishing the antimicrobial herbs.)

Follow patient preparation guidelines for SIBO lactulose breath testing (LBT) and:

1. Stop any probiotics (SB 500) or prebiotics (PHGG) for 1 week before repeat LBT
2. Stop laxatives (anything used to create a BM) x 4-7 days beforehand (Mg, Vit C, polyethylene glycol, coffee, fiber such as PHGG etc)

Enema and/or Glycerin Suppositories are OK during this time

3. stop all other supplements 48 hrs before repeat LBT
4. Wait 2 weeks to test after abnormal watery diarrhea

Please come for review once you have completed your antimicrobial treatment when we have your repeat SIBO results. It is best to come for review as soon as your results are available so that we can determine the best next course of action without losing any gains we have made with regards to lowering gas levels.

Please start the below prokinetic the next day after you finish your last antimicrobial herbs to reduce back sliding or recurrence. Stop also your prokinetic 48 hrs before your SIBO breath test. Be mindful of what supports and hinders a good migrating motor complex (See handout):

**Prucalopride** (Motegrity/Resolor/Resotran) 0.5-1 mg at bedtime (use a pill cutter for a 2mg tablets to make this more cost effective)

Please stay on the SIBO Bi-phasic diet especially once you finish your antimicrobial herbs to prevent relapse or recurrence for the next 3-6 months after clearing SIBO. Space your meals at least every 4 hrs and do not eat for a minimum of 12 hrs overnight to assist your MMC.

## **MCAS**

**A practical resource: "The many manifestations of MCAS by health means: <https://7day.healthmeans.com/mcas22/>**

## **Brain-Immune-Gut Axis**

### **Identify and avoid triggers of MCAS:**

- Heat, cold or sudden temperature changes
- Stress: emotional, physical, including pain, or environmental (i.e., weather changes, pollution, pollen, pet dander, heavy metals, plastics, pesticides, mould, EMF, etc.)
- Exercise: overexertion
- Poor sleep
- Food and beverages (histamine, lectins, oxalates, salicylates, sulfur, fodmaps)
- Additives, preservatives, flavour enhancers
- Drugs (opioids, NSAIDs, antibiotics and some local anaesthetics) and contrast dyes
- Excipients or dyes or fillers in pharmaceutical medications
- Natural odors, chemical odors, perfumes and scents
- Venoms (bee, wasp, mixed vespids, spiders, fire ants, jelly fish, snakes, biting insects, such as flies, mosquitos and fleas, etc.)
- Infections (viral, bacterial or fungal), e.g. COVID-19, dysbiosis, SIBO, SIFO, candida
- Mechanical irritation, friction, vibration
- Sun/sunlight

### **Diet:**

**Avoid gluten, sugar and processed foods long term**

**Avoid dairy as per food intolerance results**

**Trial of a low histamine diet for 6-8 weeks (Most MCAS patients have histamine intolerance, but not everyone. Please refer to separate handout.):**

**Avoid the following:**

- Fermented foods (pickles, sauerkraut, kefir, yogurt, vinegar, soy sauce, kombucha, etc)
- Alcohol, especially wine
- Soured foods: sour cream, sour milk, buttermilk, soured bread, etc
- Most vinegar & vinegar containing foods like olives, pickles, mayonnaise, ketchup
- Citrus fruit, strawberries, banana, kiwi, pineapple, plum
- Aged cheese & meats like salami, hot dogs, lunch meats, pepperoni, sausage, bacon
- Dried fruit: apricots, prunes, dates, figs, raisins
- Nuts: cashews, walnuts, peanuts
- Uncooked egg white
- Avocado, spinach, tomatoes, eggplant, mushrooms,
- Seafood that is not fresh (not gutted within 30 minutes of catch), anchovies, sardines
- Smoked food
- All processed foods
- Canned meats
- Chocolates
- Soybeans
- Black tea, Mate tea, coffee, energy drinks
- Leftovers
- Sugar, additives, colourings, flavourings- anything artificial
- Additives that can wreak havoc with mast cells:
- Carrageenan, sodium benzoate potassium sorbate, lecithin, MSG, citric acid, sodium triphosphate, potassium triphosphate, sodium nitrite, maltodextrin, calcium chloride, Xanthan gum, food colourings, smoke flavouring, yeast extract

Limbic system Retraining (choose one of these that resonate with you):

- **The Gupta Program:** [www.guaptaprogram.com](http://www.guaptaprogram.com) (more meditative)
- **DNRS program** (Annie Hopper) [www.retrainingthebrain.com](http://www.retrainingthebrain.com) (more structured)
- Primal trust program (Dr Cathleen King) <https://www.primaltrust.org>
- ANS program <https://answire.com>

Vagus nerve Stimulation (choose 1 or 2 of these):

- **Stanley Rosenberg's** vagal exercises (refer to part 2 his book: "Accessing the healing power of vagus nerve")
- **Emotional freedom technique** (quietens the vagus nerve, work with a therapist trained re where to tap on your face and shoulders, areas of the face that correlate to cranial nerves 5 and 7 nerves, cranial nerve 5 & 7 insert into an area of the brain called the nucleolus ceruleus where the vagus nerve comes out of)
- **Acupressure points for the vagus nerve**

- **Brain Tap Audio** (a virtual reality headset with earplugs, delivers different frequencies of light & sound through the eyes and ears simultaneously to calm down inflamed parts of the brain, short programs (20mins long), do not need a practitioner, must make sure you get the right program: ask for programs which quieten the autonomic nervous system, also good sleep program)
- **Safe and sound protocol** (a sound-based method for quietening the vagus nerve, but need a therapist)
- **Frequency specific microcurrent:** <https://frequencyspecific.com/>
- **Osteopathic craniosacral work**

Stress reduction techniques:

- **Restorative exercise:** yoga, tai chi, qigong
- **Breathing techniques:** e.g. alternate nostril breathing, resonance breathing  
<https://www.rosalbacourtney.com/resonance-frequency-breathing/>
- **Meditation, mindfulness, prayer:** e.g. Dr Joe Dispenza meditations  
<https://drjoedispenza.com/collections/meditations>, **NERVA app** (gut health)
- **Chanting/singing**
- **Body work:** e.g. acupuncture, massage, craniosacral therapy, EFT, chiropractor specializing in functional neurology
- **Binaural beats**
- **HeartMath-heart rate variability**
- **Earthing**

#### **Lymphatic system and detoxification Support:**

- Regular daily bowel motions
- Lymphatic massage (professional or self-massage): refer to Perry Nickelston ("The Body Aquarium, Lymphatic Mojo") and Kelly Kennedy ([notmedsglobal.com](http://notmedsglobal.com))
- Skin dry brushing
- Epsom salt bath or foot bath
- Adequate hydration (2-3 L water/day) with clean water
- Movement/ exercise, e.g. rebounder
- Avoidance of tight clothing
- If tolerated infra-red sauna, castor oil packs
- A helpful resource: "The Lymphatic Rescue Summit" by Healthmeans  
<https://www.healthmeans.com>

## **Food Combining**

### **Animal Protein (turkey, chicken, red meat, fish, eggs, dairy, other animal proteins)**

1 palm size & thickness:

- with 3 handfuls of:  
**non starchy vegetables** and

1 teaspoon of olive oil/flaxseed oil/ hemp oil or ¼ avocado

- NOT WITH: starchy vegetables (artichoke, squash, potato, sweet potato, corn)  
Grains, legumes, soy, nuts & seeds & fruit

### **Fruit**

- Best on its own
- Or with cow's milk or sheep's or goat's produce
- Or with nuts & seeds (ideally soaked/activated)

**Grains, starchy vegetables, soy, dairy, legumes, nuts & seeds, oils, avocado and non starchy vegetables are ok together**