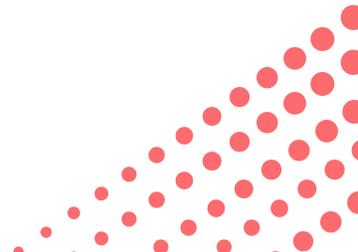




The Shift
ACADEMY



Lab Review and Protocol
Sarah Gilmore



GI MAP RESULTS

Intestinal Health Markers

Digestion/Enzyme Result **NORMAL**

*Steatocrit < 15 %

*Elastase >200 ug/g

GI Markers Result **NORMAL**

b-Glucuronidase < 2486 U/mL

Occult Blood - FIT 0 < 10 ug/g

Immune Response Result

Secretory IgA 510 - 2010 ug/g

Anti-gliadin IgA 0 - 157 U/L 190 **HIGH**

Inflammation Result **NORMAL**

Calprotectin < 173 ug/g

Parasitic/Protozoa Overgrowth

Blastocystis hominis

Bacterial Profile

Clostridia

Enterobacter spp

Bacteroidetes

Firmicutes

Bacillus spp.

Streptococcus spp.

Fungal Overgrowth

Candida spp.



GI MAP RESULTS continued

Intestinal Health Markers

Anti-gliadin IgA

- Gliadin is a component of the gluten protein
- Fecal anti-gliadin levels do not necessarily correlate with blood levels
- Gliadin can stimulate intestinal immunity and increase levels of this marker even when serum concentrations are undetectable
- Often used as a screening marker for celiac disease and non-celiac gluten sensitivity (NCGS)
- Because there are many other components of gluten that can provoke an immune response, normal levels of this marker can NOT rule out either celiac disease or NCGS
- **Elevated levels** associated with a localized immune response to gluten, celiac disease, NCGS, low elastase, low HCl, undigested food particles, and additional food sensitivities (specifically those foods known to cross-react with gluten like corn, dairy, millet, oats, rice, and yeast); consider additional testing

□

Parasitic Profile

Blastocystis hominis

- Common parasite that CDC considers to be non-pathogenic; transmitted via fecal contamination of food and water
- People can be infected for a long period of time before experiencing symptoms; others will experience acute symptoms at the beginning of infection
- Disrupts the immune system and can cause systemic issues, including in the brain, nervous system, skin, etc; common factor in chronic disease and may be associated with chronic fatigue
- Loves to hang out with H. Pylori; not uncommon to see one on a first test and the other on a retest, especially if the person has a thyroid condition
- Can be a difficult pathogen to eliminate, taking 3-12 months or more; there may be some efficacy in rotating different herbal formulas
- **Elevated levels** associated with IBS, bloating, nausea, fatigue, diarrhea, infective arthritis, Crohn's Disease, Ulcerative Colitis, Hashimoto's, Candida and/or H. Pylori co-infections

□



GI MAP RESULTS continued

Bacterial Profile

Clostridium spp.

- Gram-positive genus in the Firmicutes phylum
- Distinctly different from the *C. diff* species that produce Toxins A & B
- **Low levels** associated with insufficient fiber intake; depletion of butyrate-producing Clostridia species increases luminal expansion of salmonella

Enterobacter spp.

- Gram-negative genus in the Proteobacteria phylum; closely related to *E. coli*
- Produce pro-inflammatory LPS
- **More problematic when elevated**; particularly when Bifidobacterium or Lactobacillus are low
- **Elevated levels** associated with increased intestinal inflammation

Bacteroides fragilis

Firmicutes phylum

- Active in immune-modulation and may protect against autoimmune disorders
 - Contributes to mucosal barrier integrity and neuroimmune health
 - Increases resistance to salmonella via the production of SCFA
 - Research has shown *B fragilis* to be beneficial for conditions such as autism, colitis, and MS
 - Plays a key role in carb fermentation, producing fatty acids that feed other beneficial bacteria as well as the host
- Indicates high levels of the Phyla Microbiota

Bacillus spp.

- Gram-positive bacteria in the Firmicutes phylum
- Can be associated with food poisoning, causing nausea, vomiting and diarrhea
- Elevated levels associated with reduced digestive function and constipation



GI MAP RESULTS continued

Bacterial Profile

Streptococcus spp.

- Gram-positive bacteria in the Firmicutes phylum
- Can colonize in the skin and all mucus membranes
- Elevated levels associated with intestinal inflammation, loose stools, low HCl, reduced digestive capacity, PPI use, constipation and PANDAS

Fungal Profile

Candida spp./Candida albicans

Opportunistic fungus that is part of the normal gut flora; can be pathogenic to immunocompromised clients

Can be fatal in systemic infections

Associated with IgA damage, heavy metal toxicity and pesticide accumulation

Die-off of candida may release toxins from the fungus itself while also liberating metals and pesticides into general circulation

Elevated levels associated with fatigue, brain fog, weight gain, cravings, bloating, vaginitis, recent antibiotic use, hypochlorhydria, excess intake of dietary sugars, starches and fungi, pathogenic overgrowth of opportunistic bacteria, parasitic infections, heavy metal toxicity



DUTCH RESULTS

Adrenal Hormones

DHEA - low end of normal

Morning and Night Cortisol - low end of normal

*** some signs of shunting toward cortisone due to high stress load.

Food Map

High

none

Moderate

none

Low

Egg White, Egg Yolk

Candida Albicans - High

Yeast - Low



Step by Step Protocol

Titration and Sequencing: start one supplement at a time and give yourself 3 days to build up to full dosage before starting the next supplement. Your self treatment timeline begins when all supplements are at full dose. If you experience any negative side effects, isolate the problem supplement and contact me immediately.

Phase 1

Liver Detox

Glutathione and PushCatch Kit

1 month followed by micro-detoxing for 4 additional months

****Continue current Dietary Protocol removing sugar, dairy and gluten**

Adrenal Hormonal Balancing

DHEA is needed to refill your tank

Phase 2

Anti-Parasite Protocol 1 month

Para 1 and Para 2 by Cellcore

Phase 3

Anti-microbial and Anti-fungal self treatment - 8 weeks

Following Gut Clean Up Guidelines

#1: Biocidin - work your way up to 10 drops, three times a day.

#2: GI Detox - very important for binding the toxic waste produced when killing infection. Build up to 1 capsule 3 times a day or 3 capsules split into 2 doses 12 hours apart.

#3: Olivirex - Build up to 1 capsule 3 times a day.

#4: Proflora - 1/day last thing before bed.

#5: S. Boulardii - antifungal probiotic

Phase 4

Gut Sealing and Healing - 2 months

Rhizinate

Ultraflora Integrity

Food Reintroduction after week 3 begin with root vegetables, beans and legumes and dairy. Gluten should remain out of the diet until further testing has ruled out Celiac Disease.

