

The Art and Science of Developing a Custom Gut Healing Protocol

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Margaret Floyd Barry, FNTP, RWS, CGP

- Practicing as nutrition professional since 2007
- Author of *Eat Naked* (2011) and *The Naked Foods Cookbook* (2012)
- Joined Restorative Wellness Solutions in 2015 to equip practitioners with tools to better support their clients
- www.restorativewellnesssolutions.com
- www.eatnakedkitchen.com



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Meet Kate

41-year-old female

Complaints:

- Diagnosed with Dysautonomia / POTS
- Extreme fatigue
- Low blood pressure, dizziness & fainting
- Sensitivity to heat
- Anxiety
- Trouble sleeping

History:

- Has run the gamut of the medical system
- Already ate a “clean-ish” diet
- Hadn’t done any functional testing



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Digestion: The Body's Highest Priority

- The gut is the “mother” of the body
- Dysbiotic and compromised gut is a source of endotoxicity and inflammation
- Home to 80% of the immune system
- The second brain
- Clinically: gut healing resolves many other downstream issues



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Why Generic Protocols Don't Work

- Not comprehensive enough
- Not targeted enough
- Based largely on guesswork and symptom presentation
- Often lean on band-aids (“green allopathy”)
- Not specific to client’s unique bio-individuality



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The First Missing Link: Objective Lab Testing

- Provides meaningful insight into imbalances and blocking factors
- Allows for highly specific and customized protocols
- Compelling for the client and increases client compliance
- Better clinical outcomes



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Kate's GI-MAP test

Normal Bacterial Flora

	Result		Normal
<i>Bacteroides fragilis</i>	4.0e8	Low	1.60e9 - 2.50e11
<i>Bifidobacterium spp.</i>	1.7e10		>6.70e7
<i>Enterococcus spp.</i>	5.9e5		1.9e5 - 2.00e8
<i>Escherichia spp.</i>	1.6e8		3.70e6 - 3.80e9
<i>Lactobacillus spp.</i>	3.5e5	Low	8.6e5 - 6.20e8
<i>Clostridium spp.</i>	1.05e5		1.20e3 - 1.00e6
<i>Enterobacter spp.</i>	4.76e7		1.00e6 - 5.00e7

Phyla Microbiota

	Result		Normal
<i>Bacteroidetes</i>	1.09e11	Low	8.61e11 - 3.31e12
<i>Firmicutes</i>	7.74e9	Low	5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	0.07		<1.00



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Kate's GI-MAP test

Opportunistic Bacteria

Additional Dysbiotic/Overgrowth Bacteria

	Result		Normal
<i>Bacillus spp.</i>	1.50e4		<1.50e5
<i>Enterococcus faecalis</i>	6.18e1		<1.00e4
<i>Enterococcus faecium</i>	7.85e2		<1.00e4
<i>Morganella spp.</i>	<dl		<1.00e3
<i>Pseudomonas spp.</i>	2.22e5	High	<1.00e4
<i>Pseudomonas aeruginosa</i>	2.35e5	High	<5.00e2
<i>Staphylococcus spp.</i>	<dl		<1.00e4
<i>Staphylococcus aureus</i>	1.20e1		<5.00e2
<i>Streptococcus spp.</i>	<dl		<1.00e3



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Kate's GI-MAP test

Intestinal Health

Digestion

	Result	Normal
Elastase-1	267	>200 ug/g
Steatocrit	<dl	<15 %

GI Markers

	Result	Normal
b-Glucuronidase	2818	<2486 U/mL
Fecal Occult Blood	Negative	Negative

Immune Response

	Result	Normal
Secretory IgA	74	510 - 2010 ug/g
Anti-gliadin IgA	75	0 - 157 U/L

Inflammation

	Result	Normal
Calprotectin	29	<50 ug/g



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The Second Missing Link: Adverse Food Reactions

- Food sensitivities = "irritants" and key sources of chronic inflammation
- Elimination diets don't go far enough
- Without identifying adverse food reactions, won't achieve full gut healing



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Kate's Adverse Food Reactions

TURMERIC

AVOCADO	KAMUT
BROCCOLI	LEEK
CARROT	PINTO BEAN
CATFISH	PLUM
CHICKEN	POT. NITRITE
CORN	TROUT
COT. CHEESE	RYE
COW'S MILK	SOYBEAN
RED #3	TUNA
GARBANZO	WHEAT
GR. PEPPER	



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How to Craft a Gut Healing Protocol

1. Properly support digestive function and absorption.

Consider:

- a. Protein digestion
- b. Enzyme need
- c. Biliary support



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How to Craft a Gut Healing Protocol

2. Is an eradication protocol required?
 - a. What type of organism are you eradicating? (parasite, opportunistic bacteria, H. pylori, fungal overgrowth)
 - b. Is a biofilm disruptor required?
 - c. Is a binder required?



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How to Craft a Gut Healing Protocol

3. Heal, seal and soothe the intestinal lining
4. Create homeostasis in the microbiome
5. Customize the diet
 - a. Is a special diet indicated?
 - b. Remove inflammatory foods
 - c. Emphasize healing foods



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Kate's Protocol

Functional supports

- HCl to tolerance
- Digestive enzymes

Eradication supports

- Antimicrobial herbs
- Binder

Heal, seal and soothe:

- Gut healing nutrients

Microbiome rebalancing:

- Spore-forming probiotic

Dietary customization:

- RWS rebalancing diet
- Remove inflammatory foods per MRT results
- Prioritize gut-healing foods such as bone broths and ferments



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The results?

- Fatigue totally gone
- Is now focused on optimizing workout routine
- No more low blood pressure, fainting or dizziness
- Anxiety greatly reduced
- No more heat sensitivity
- Sleeping through the night
- Declared a “miracle” by her cardiologist
- BONUS! She lost weight and feels better in her body than she has in years!



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This is not a “one-off”

This is the process we use with
every client as a starting point



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Meet Hannah

44 year-old female

Complaints:

- Recent Hashimoto's diagnosis
- IBS – extreme digestive discomfort, bloating, gas after meals
- Shoulder and neck pain
- Overall stress and anxiety
- Fatigue
- Feelings of hopelessness and depression

History:

- Eating disorder as a child
- Gallbladder removed in 2002
- Volvulus corrected surgically in 2010



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Hannah's GI-MAP tet

H. pylori			
	Result		Normal
<i>Helicobacter pylori</i>	2.2e4	High	<1.0e3
Virulence Factor, babA	Negative		Negative
Virulence Factor, cagA	Negative		Negative
Virulence Factor, dupA	Negative		Negative
Virulence Factor, iceA	Negative		Negative
Virulence Factor, oipA	Negative		Negative
Virulence Factor, vacA	Negative		Negative
Virulence Factor, virB	Negative		Negative
Virulence Factor, virD	Negative		Negative



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Hannah's GI-MAP test

Normal Bacterial Flora			
	Result		Normal
<i>Bacteroides fragilis</i>	5.1e9		1.60e9 - 2.50e11
<i>Bifidobacterium spp.</i>	2.9e10		>6.70e7
<i>Enterococcus spp.</i>	1.4e6		1.9e5 - 2.00e8
<i>Escherichia spp.</i>	2.3e9		3.70e6 - 3.80e9
<i>Lactobacillus spp.</i>	3.7e6		8.6e5 - 6.20e8
<i>Clostridium spp.</i>	1.52e6	High	1.20e3 - 1.00e6
<i>Enterobacter spp.</i>	6.94e7	High	1.00e6 - 5.00e7
Phyla Microbiota			
	Result		Normal
<i>Bacteroidetes</i>	2.89e11	Low	8.61e11 - 3.31e12
<i>Firmicutes</i>	2.05e10	Low	5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	0.07		<1.00



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Hannah's GI-MAP tst

Opportunistic Bacteria		
Additional Dysbiotic/Overgrowth Bacteria	Result	Normal
<i>Bacillus spp.</i>	4.53e4	<1.50e5
<i>Enterococcus faecalis</i>	<dl	<1.00e4
<i>Enterococcus faecium</i>	<dl	<1.00e4
<i>Morganella spp.</i>	3.17e3 High	<1.00e3
<i>Pseudomonas spp.</i>	1.42e4 High	<1.00e4
<i>Pseudomonas aeruginosa</i>	2.91e3 High	<5.00e2
<i>Staphylococcus spp.</i>	<dl	<1.00e4
<i>Staphylococcus aureus</i>	2.02e1	<5.00e2
<i>Streptococcus spp.</i>	1.99e3 High	<1.00e3
Potential Autoimmune Triggers	Result	Normal
<i>Citrobacter spp.</i>	<dl	<5.00e6
<i>Citrobacter freundii</i>	1.47e3	<5.00e5
<i>Klebsiella spp.</i>	<dl	<5.00e3
<i>Klebsiella pneumoniae</i>	<dl	<5.00e4
<i>M. avium subsp. paratuberculosis</i>	<dl	<5.00e3
<i>Prevotella copri</i>	<dl	<1.00e7
<i>Proteus spp.</i>	<dl	<5.00e4
<i>Proteus mirabilis</i>	<dl	<1.00e3

Hannah's GI-MAP test

Fungi/Yeast			
	Result		Normal
<i>Candida spp.</i>	7.11e3	High	<5.00e3
<i>Candida albicans</i>	<dl		<5.00e2
<i>Geotrichum spp.</i>	<dl		<3.00e2
<i>Microsporidium spp.</i>	<dl		<5.00e3
<i>Rodotorula spp.</i>	<dl		<1.00e3



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Hannah's GI-MAP test

Parasites		
Protozoa	Result	Normal
<i>Blastocystis hominis</i>	<dl	<2.00e3
<i>Chilomastix mesnili</i>	1.47e3	<1.00e5
<i>Cyclospora spp.</i>	3.16e3	<5.00e4
<i>Dientamoeba fragilis</i>	<dl	<1.00e5
<i>Endolimax nana</i>	<dl	<1.00e4
<i>Entamoeba coli</i>	<dl	<5.00e6
<i>Pentatrichomonas hominis</i>	<dl	<1.00e2
Worms	Result	Normal
<i>Ancylostoma duodenale</i>	Not Detected	Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	Not Detected
<i>Necator americanus</i>	Not Detected	Not Detected
<i>Trichuris trichiura</i>	Not Detected	Not Detected
<i>Taenia spp.</i>	Not Detected	Not Detected

Hannah's GI-MAP test

Intestinal Health			
Digestion	Result		Normal
Elastase-1	180	Low	>200 ug/g
Steatocrit	17	High	<15 %
GI Markers	Result		Normal
b-Glucuronidase	1319		<2486 U/mL
Fecal Occult Blood	Negative		Negative
Immune Response	Result		Normal
Secretory IgA	284	Low	510 - 2010 ug/g
Anti-gliadin IgA	35		0 - 157 U/L
Inflammation	Result		Normal
Calprotectin	203	High	<50 ug/g



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Hannah's Adverse Food Reactions

BROCCOLI	PARSLEY
CAULIFLOWER	SACCHARIN
MUSHROOM	SOYBEAN
ASPARAGUS	LEMON
BEET	MAPLE
CABBAGE	MUSTARD
CANDIDA ALB.	NAVY BEAN
CARDAMOM	PEACH
CORN	PINEAPPLE
DILL	RASPBERRY
GREEN BEAN	SHRIMP
GR. PEPPER	TAPIOCA
HONEYDEW	TYRAMINE
KALE	YEAST



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Hannah's Protocol

Functional supports

- HCl to tolerance
- Digestive enzymes
- Bile salts

Eradication supports

- Anti-microbial herbs
- Mastic gum
- Biofilm disruptor

Heal, seal and soothe:

- Gut healing nutrients

Microbiome rebalancing:

- Spore-forming probiotic

Dietary customization:

- Anti-candida diet
- Remove inflammatory foods per MRT results
- Include low-sugar ferments, garlic and coconut oil



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Hannah's "After" Lab Results

H. pylori		
	Result	Normal
<i>Helicobacter pylori</i>	<dl	<1.0e3
Virulence Factor, babA	N/A	Negative
Virulence Factor, cagA	N/A	Negative
Virulence Factor, dupA	N/A	Negative
Virulence Factor, iceA	N/A	Negative
Virulence Factor, oipA	N/A	Negative
Virulence Factor, vacA	N/A	Negative
Virulence Factor, virB	N/A	Negative
Virulence Factor, virD	N/A	Negative



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Hannah's "After" Lab Results

Normal Bacterial Flora		
	Result	Normal
<i>Bacteroides fragilis</i>	3.4e10	1.60e9 - 2.50e11
<i>Bifidobacterium spp.</i>	1.3e9	>6.70e7
<i>Enterococcus spp.</i>	2.0e6	1.9e5 - 2.00e8
<i>Escherichia spp.</i>	7.3e7	3.70e6 - 3.80e9
<i>Lactobacillus spp.</i>	9.8e6	8.6e5 - 6.20e8
<i>Clostridium spp.</i>	3.56e4	1.20e3 - 1.00e6
<i>Enterobacter spp.</i>	6.13e6	1.00e6 - 5.00e7
<hr/>		
Phyla Microbiota	Result	Normal
<i>Bacteroidetes</i>	1.70e12	8.61e11 - 3.31e12
<i>Firmicutes</i>	2.43e11	5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	0.14	<1.00



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Hannah's "After" Lab Results

Opportunistic Bacteria		
Additional Dysbiotic/Overgrowth Bacteria	Result	Normal
<i>Bacillus</i> spp.	4.75e4	<1.50e5
<i>Enterococcus faecalis</i>	4.73e2	<1.00e4
<i>Enterococcus faecium</i>	4.17e3	<1.00e4
<i>Morganella</i> spp.	<dl	<1.00e3
<i>Pseudomonas</i> spp.	9.21e2	<1.00e4
<i>Pseudomonas aeruginosa</i>	2.06e3	<5.00e2
<i>Staphylococcus</i> spp.	<dl	<1.00e4
<i>Staphylococcus aureus</i>	1.24e1	<5.00e2
<i>Streptococcus</i> spp.	8.98e2	<1.00e3
Potential Autoimmune Triggers	Result	Normal
<i>Citrobacter</i> spp.	<dl	<5.00e6
<i>Citrobacter freundii</i>	<dl	<5.00e5
<i>Klebsiella</i> spp.	<dl	<5.00e3
<i>Klebsiella pneumoniae</i>	1.26e4	<5.00e4
<i>M. avium</i> subsp. <i>paratuberculosis</i>	<dl	<5.00e3
<i>Prevotella copri</i>	<dl	<1.00e7
<i>Proteus</i> spp.	<dl	<5.00e4
<i>Proteus mirabilis</i>	<dl	<1.00e3

Hannah's "After" Lab Results

Fungi/Yeast		
	Result	Normal
<i>Candida spp.</i>	<dl	<5.00e3
<i>Candida albicans</i>	<dl	<5.00e2
<i>Geotrichum spp.</i>	<dl	<3.00e2
<i>Microsporidium spp.</i>	<dl	<5.00e3
<i>Rodotorula spp.</i>	<dl	<1.00e3



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Hannah's "After" Lab Results

Parasites		
Protozoa	Result	Normal
<i>Blastocystis hominis</i>	<dl	<2.00e3
<i>Chilomastix mesnili</i>	<dl	<1.00e5
<i>Cyclospora spp.</i>	<dl	<5.00e4
<i>Dientamoeba fragilis</i>	8.83e3	<1.00e5
<i>Endolimax nana</i>	<dl	<1.00e4
<i>Entamoeba coli</i>	<dl	<5.00e6
<i>Pentatrichomonas hominis</i>	<dl	<1.00e2
Worms	Result	Normal
<i>Ancylostoma duodenale</i>	Not Detected	<Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	<Not Detected
<i>Necator americanus</i>	Not Detected	<Not Detected
<i>Trichuris trichiura</i>	Not Detected	<Not Detected
<i>Taenia spp.</i>	Not Detected	<Not Detected

Hannah's "After" Lab Results

Intestinal Health		
Digestion	Result	Normal
Elastase-1	244	>200 ug/g
Steatocrit	9	<15 %
GI Markers	Result	Normal
b-Glucuronidase	1615	<2486 U/mL
Occult Blood - FIT	0	<10 ug/g
Immune Response	Result	Normal
Secretory IgA	1166	510 - 2010 ug/g
Anti-gliadin IgA	57	0 - 157 U/L
Inflammation	Result	Normal
Calprotectin	36	<173 ug/g



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