Gut Health and Probiotic Fast Facts

- Every cell, that makes up every tissue, that makes up every organ, depends on the body's digestive system to provide the nutrients it needs to keep functioning properly.
- The gut relines itself every 3 to 5 days.[1] Healing can happen fast!
- 2 in 5 people suffer from gut health problems. That number is growing.[2]
- Symptoms of an unhealthy gut:
  - Gas, bloating, constipation, diarrhea, abdominal pain, acid reflux, food sensitivities, food allergies, Crohn's and ulcerative colitis
  - Other: fatigue, depression, joint pain, skin issues, brain fog, sleep, thyroid issues, menstrual disorders, depression, anxiety, autoimmune conditions, metabolism, obesity, high blood pressure, high cholesterol.
- Probiotics are not condition specific. Rather, use probiotics to correct imbalances in the gut. A variety symptoms and conditions can improve.
- Probiotics are safe during pregnancy, for breast-feeding moms, infants and children.
- Probiotics can be taken with or without food.
- Probiotics can be taken anytime of the day.
- You can and should take probiotics with antibiotics. Take at different times of the day, separated by two hours.

What are probiotics?

Probiotics are living microorganisms that provide health benefits to their host. They can be found in fermented foods and in probiotic supplements.



Are probiotics safe for everyone?

Yes! Clinical research has shown probiotics are safe and recommended for use in adults, children, infants and pregnant women.

- In a systematic review of infants, probiotics showed less colic and irritability, less diarrhea, fewer spitting episodes, and fewer respiratory infections. [4]
- Prenatal probiotic supplementation has been found to reduce incidence of skin conditions, like eczema, in infants. [5, 6, 7]

How do probiotics work?

- Repair, enhance and maintain the lining of the gut, thus reducing and repairing leaky gut syndrome. When we reduce leakage through our intestinal wall barrier, there are less quantities of undigested foods, chemicals, microbial metabolites, and other toxic inflammatory compounds into the bloodstream. This reduces activation of the immune system and thus reduces whole body inflammation [8, 9, 10]
- Beneficial bacteria produce their own 'antibiotics' aka antimicrobial compounds that fight the harmful microbes and their harmful toxins
- Restore and rebalance our gut microbiome with beneficial bacteria. The good guys recolonize the gut and encourage the growth of healthier microbes and crowd out the bad guys [11]
- Lower inflammation. With a repaired gut lining and with beneficial microbe support, less toxins get into the blood stream, this promotes a healthy immune response and reduces gut inflammation [11,12]

What conditions do probiotics support?

Probiotics Improve These Conditions			
High level of scientific support:		**Limited, but encouraging scientific support for:**	
IBS Gas, bloating, diarrhea, reflux, constipation, abdominal pain, Antibiotic associated Diarrhea	[13,14, 54, 55]	**Cognition** Cognitive function, brain fog, Alzheimer's, Bipolar Disorder	[28, 29, 30, 31]
IBD Crohn's and Ulcerative Colitis	[15, 16]	**Hormonal Health** Thyroid Health, PCOS, Endometriosis, Bone Density	[32, 33, 34, 48]
Mood Depression and anxiety	[17, 18, 19 20, 21]	**Allergies** Dairy intolerance, seasonal allergies, Celiac Disease	[35, 36, 37, 38]
Gut Imbalances SIBO, H. Pylori, candida, fungus, pathogens	[22, 23, 24]	**Autoimmune Conditions** Type 1 Diabetes, Multiple Sclerosis, Rheumatoid Arthritis	[39, 40, 41, 42, 43]
Leaky Gut Gut damage and permeability	[8, 9 10]	**Metabolic Health** Blood sugar, cholesterol, blood pressure, insulin resistance, weight loss	[44, 45, 46, 47, 48]
Infections Respiratory, Vaginal infections, Urinary tract infections, tooth decay	[25, 26, 27]	**Sleep** Sleep quality and disruption	[49, 50, 51]

Probiotics From Foods

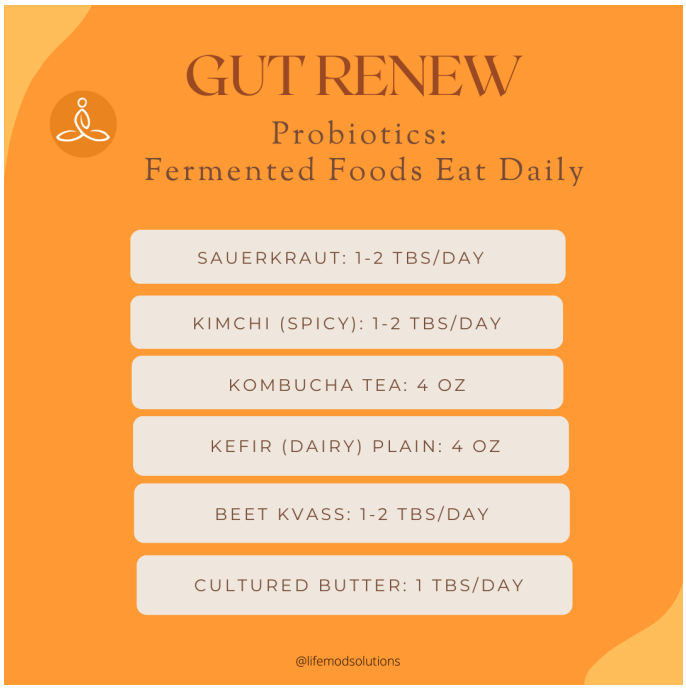
The goal is to eat fermented foods every day to restore and maintain gut health.

They are found in the refrigerator section of health food stores and can made at home.

The dosing of fermented foods is low and slow. Start at 1 tablespoon per day.

If you do not experience an exacerbation of your gut symptoms, increase the amount by 1 TBS each week.

The average dose of probiotics per cup of fermented foods, like sauerkraut and yogurt, is 1 billion - 3 billion CFU, with kimchi being the highest at 11.5 billion CFU per cup. [52,53]. Please be aware that this is per cup serving size. On average, we are not consuming a cup of fermented vegetables per day, nor is this recommended when you are first getting started with these foods.



Thus, it is difficult to obtain a clinical dose of probiotics through foods. This is where probiotic supplements can be used to expedite healing.

To learn more about fermented foods, watch my YouTube video, How to Use Fermented Foods to Fix Your Gut by **clicking here**

Or scan →

Probiotic Dosing from Supplements

There are a dizzying amount of products out there. This is a model to follow. Take one probiotic from each group and stay on them daily, together, for a minimum of 3 months. The longer probiotics are taken, we observe greater health benefits.

Watch this video to learn how I use these probiotics with my patients →

The Different Groups of Probiotic Supplements		
Group 1	**Group 2**	**Group 3**
Spore Based or Soil-Based Probiotics using bacillus species	Lactobacillus & bifidobacterium species dominant blends	Saccharomyces Boulardii (healthy fungus)
Dose: 3-4 billion CFU	**Dose**: 10 to 50 billion CFU	**Dose**: 5 - 15 billion CFU

Probiotics Dosing from Supplements cont'd…



The key is start at a low dose, go slow, and add one type at a time. Start with Group 1 soil based.

Ex: Take Group 1 Probiotic at 1 capsule every other day for 7 days, then increase to 1 capsule daily thereafter. If tolerated, then add a Group 2 probiotic following the same timelines. Then add Group 3.

If you're improving, stay on the Probiotic Triple Parade Protocol until your improvements have plateaued

Click here to access high quality supplements for your Probiotic Triple Parade Protocol

Take with or without food?

There is limited data on how food affects probiotic supplements. There are little to no comments in clinical studies that discuss specific time of day or food restrictions with dosing probiotics. I recommend to take probiotic supplements on an empty stomach. However, I have found clinical benefits in my patients who take probiotics with and without food The most important thing to focus on is that you take them everyday. So, do what works for you

What should I expect when starting probiotics?

You may experience an increase in gut symptoms when you first start probiotics, like bloating, gas, burping, etc. This is normal because you are introducing new microbes to your gut. It should settle within 3-7 days. If it does not, stop probiotic until you return to baseline. and restart the probiotic dose at 50% less. This can be done by extending the days in between dosing, opening the capsule to dose less and mix into water and drink, or purchasing a new product with a lower billion CFU count.

People often feel symptoms, and then avoid probiotics. BIG MISTAKE! The key is to find the dose that you can tolerate and increase each week. I have used as little as 1/8 capsule with patients.



What if I feel worse after starting



Those with chronic gut issues tend to have a more sensitive and overreactive immune system. Some may experience headaches and flu-like symptoms when starting probiotics. If you experience these symptoms, discontinue probiotic until you return to baseline. Then try again at 1/4 of the dose at every other day and increase by 1/4 dose every 7 days. Continue and work up from there. If problems persists, reach out to a holistic health gut specialist. You may need a course of an herbal supplement to weed out the imbalanced gut flora.

Should probiotics be refrigerated?

Follow the package instructions. Benefits are still achieved when probiotics are dead, or heat inactivated. [56] A randomized, double-blind, placebo-controlled study in 58 nursing students using 5 billion heat killed probiotics over 4 weeks showed that probiotics can enhance mood in those without mental health diagnosis. They reported they were more friendly, had more vigor and motivation, and more feelings of relaxation. [57]

How long does it take for probiotics to start working?

There is a lack of data in the clinical research because most studies do not collect daily symptom data. So while the data is showing probiotics work, it doesn't tell us how quickly.

Based on observations in my clinical practice, some patients notice benefits within 3-7 days. For others, it takes as long as 2-3 weeks. In general, you should see some benefits within the first month. If so, continue using each probiotic type daily for 3 total months for each type.

How long should I take probiotics?

In systematic reviews, we have found peak benefit up to 2 months, specifically in constipation relief, and even as long as 3 months for conditions like metabolic health. There are some studies 6 months for skin conditions in children to resolve. The longer you take probiotics, the better. So do not give up after the first month! Take them for 3 months everyday, then

How should I monitor for effectiveness of probiotics?

1	**Track your symptoms before start**	Before starting, track your symptoms from fatigue to bloating. Give each symptom a rating from 1-5, where 1 is low and 5 is high.
2	**Reevaluate your symptoms in 4 weeks**	Are you improving? If so, stay on your protocol. We are looking for progress, not complete resolution. Healing takes time. Patience!
3	**Keep an eye out for your peak plateau**	Here is another milestone to celebrate. Continue the probiotic protocol for an additional 4 weeks.
4	**Wean and See**	Lower your dosing to every other day, then in 4 weeks reevaluate your symptoms. If symptoms return, you need more time on daily dosing. If you do well, find the minimal effective dose and stay there moving forward.

What if I don't feel better after probiotics?

If you have been taking the probiotic triple parade for 4 weeks continuously and you are confident you are taking a high quality trusted product, you you do not need to try another probiotic.

Some people have imbalances in the gut that require antimicrobial herbal therapies as additional support. A holistic health gut expert, like myself. can help you with this.

Gut healing is holistic journey. What you eat, how you eat, your day to day activities, how you work out and your stress levels all impact the gut. If you have not made change to nutrition nd lifestyle, this is the next place to look.

About Dr. Loredana:



Dr. Loredana had gut problems her whole life. From constipation in her teenage years, to diarrhea and severe abdominal cramping and pain in college, to acid reflux and severe bloating, she knows first hand what you are going through. After being failed by the traditional medical system and after paying over $5,000 dollars on stool testing, other lab tests, and way too many supplements, she took her health in her own hands. She used her pharmacy training and medical research training to study gut health. She corrected her own gut issues and now uses these time and money saving practices with her patients in private practice She is on a mission to teach others you can heal your gut with natural remedies, that fixing your gut is easier and quicker than you think, and it doesn't require any lab testing.

Dr. Loredana Marzullo Shapson, PharmD, FNTP, founder of LifeMod Solutions, earned her Doctor of Pharmacy degree (PharmD) at Temple University in 2012 and is a pharmacist licensed in Pennsylvania and New Jersey. Any day of the week, you'll find her watching a live band with her husband, loving on her two cats, getting her hands dirty in her garden, following Dave Matthews Band all over the world, watching shows like Game of Thrones, Friends, Marvelous Mrs Maisel, and Shameless, practicing the piano, box drum, or harmonica, or jet setting to Jamaica, Mexico, Nicaragua or somewhere else in the U.S or Europe.

Gut Health Freebies:

1. **Get access to high quality probiotics supplements through my Fullscript Dispensary, shipped directly to your door. Create your account by clicking here**
2. **Follow me on YouTube @lifemodsolutions to get FREE gut health information by clicking here.**
3. **Get rid of bloating using things you have in your kitchen. Free recipe click here.**
4. **Get FREE holistic health information and direct access to me in my private Facebook LIFEMOD INSIDERS HOLISTIC HEALTH by clicking here.**
5. **Work with Dr Loredana 1-on-1 in person in Newtown Pa, or virtually over zoom. Schedule your "FREE 15 Minute Phone Consult" by clicking here .**

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