

THE 5 RS FOR GUT HEALTH

THE GUT HEALING FRAMEWORK

1. REMOVE
2. REPLACE
3. REINOCULATE
4. REPAIR
5. REBALANCE



GUT HEALING FRAMEWORK

A HEALTHY GUT MEANS HEALTHY HORMONES!

01 | REMOVE

REMOVE INFLAMMATORY TRIGGERS AND PROBLEMATIC FOODS THAT ARE OFTEN ASSOCIATED WITH INCREASED INTESTINAL PERMEABILITY.

IN THIS STAGE, PATHOGENIC, BACTERIAL, PARASITIC, AND/ OR FUNGAL OVERGROWTH WILL ALSO BE ASSESSED AND REMOVED BY WAY OF A COMPREHENSIVE STOOL ANALYSIS.

FOLLOW THE FIVE R'S TO REBALANCE YOUR GUT



SHIFT

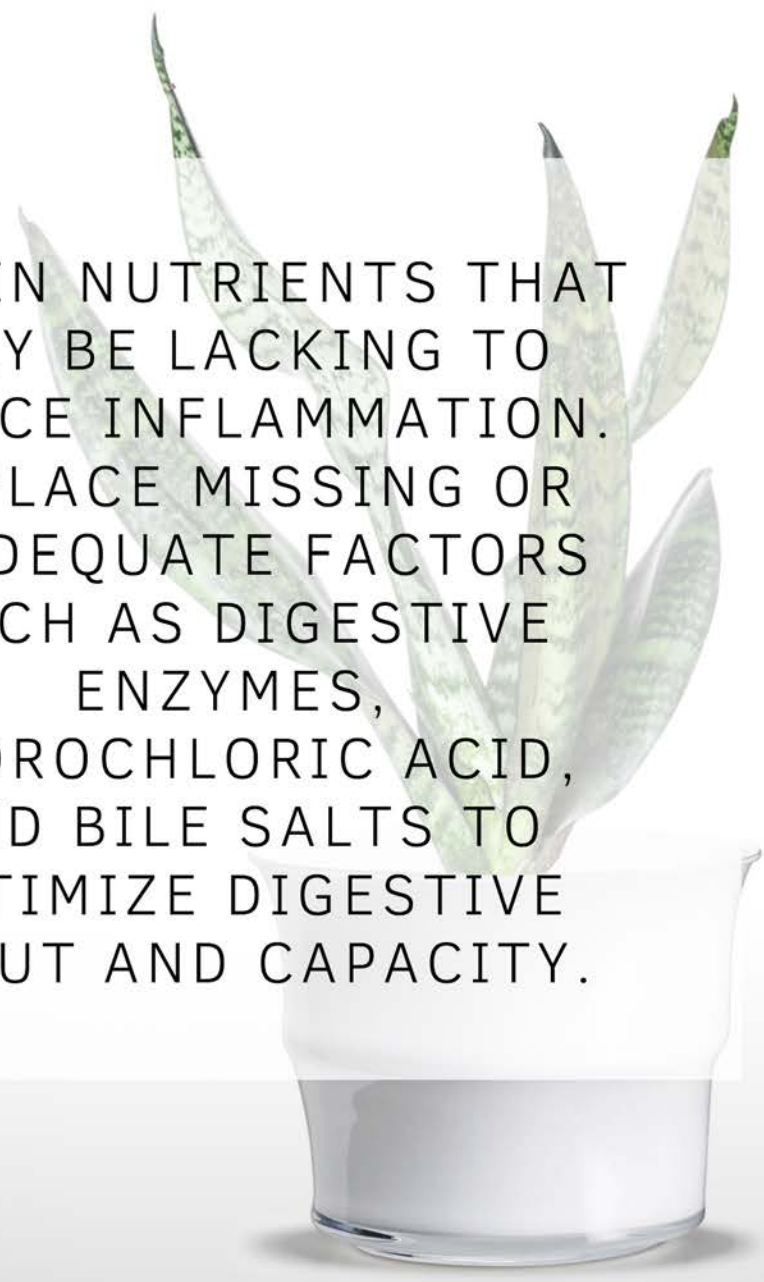
FUNCTIONAL MEDICINE

REMOVE CHECKLIST

INFLAMMATORY TRIGGERS TO REMOVE

- SUGAR, ARTIFICIAL SWEETENERS, FRUIT JUICE
- CAFFEINE, GLUTEN, CORN
- DAIRY, SOY, ALCOHOL, WHITE POTATOES, GRAINS
- EGGS, TOMATOES, SHELLFISH, LEGUMES





ADD IN NUTRIENTS THAT
MAY BE LACKING TO
REDUCE INFLAMMATION.
REPLACE MISSING OR
INADEQUATE FACTORS
SUCH AS DIGESTIVE
ENZYMES,
HYDROCHLORIC ACID,
AND BILE SALTS TO
OPTIMIZE DIGESTIVE
OUTPUT AND CAPACITY.

02

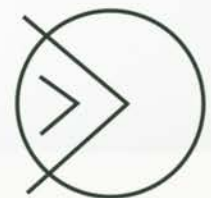
REPLACE

REINOCULATE AND REPOPULATE
THE GUT WITH BENEFICIAL
BACTERIA TO IMPROVE THE
OVERALL MICROBIOME.

A COMBINATION OF:

1. PROBIOTIC RICH FOODS
2. TARGETED SUPPLEMENTATION

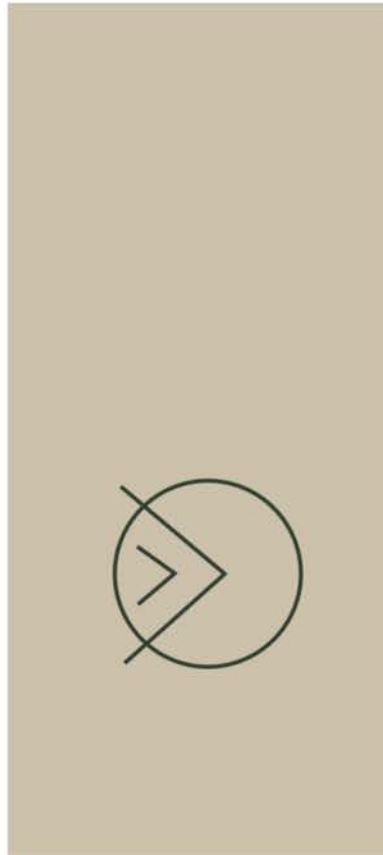


THIS HELPS TO INCREASE
BENEFICIAL BACTERIA, CROWD
OUT HARMFUL BACTERIAL, AND
PROMOTE RICH MICROBIAL
DIVERSITY.



03

REINOCULATE

04 | REPAIR



REPAIR AND RESTORE
THE MUCOSAL LINING
OF THE GUT WITH
SPECIFIC NUTRIENTS
& HERBS KNOWN TO
REDUCE
INFLAMMATION AND
IMPROVE INTESTINAL
PERMEABILITY.



05 | REBALANCE

REBALANCE LIFESTYLE FACTORS TO PROMOTE LONG TERM HEALING. STRESS MANAGEMENT, MINDFULNESS, AND LIFESTYLE MEDICINE PRACTICES ARE ONLY SOME EXAMPLES OF REBALANCING THAT CAN OCCUR DURING THIS PHASE. CONTINUED SUPPORT AT SHIFT FUNCTIONAL MEDICINE WILL HELP YOU PUT THIS INTO PRACTICE.



SHIFT

FUNCTIONAL MEDICINE

