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2019 *Hot-Topic* Webinar Series

Restorative Strategies for Gut Dysfunctions in Chronic Illness

Bonus Q & A

Hosted by Susan Allen-Evenson RDN, CCN, FMN



Presented by Kiran Krishnan, Microbiologist



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- Is it accurate to say that all cases of GERD would benefit from probiotic? Could a probiotic prevent someone from taking a PPI?



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- It seems like fecal incontinence could be improved with probiotics? Have you had any experience with this?



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- Does Mega Spore enhance Vitamin/mineral absorption, esp. B-vitamins, B-12?
- Can we expect it to support eating disorder patients in any way?



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- Did you mention what SCFA's are activators of metabolism, insulin uptake, etc.?
- Has you seen weight loss after use of the TGR products?



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- Beside that related to low diversity, is there research associating gut dysfunction/restoration and management of ADHD symptoms or other conditions along the spectrum, even Autism?



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Dysbiosis



- Can eradicating fungal overgrowth (through low sugar diet and anti fungal supplement) and resulting die-off cause depression and increased anxiety?
- In general, can we expect the TGR system to support improvement in depression or anxiety?



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- Based off research, is it possible we may be able to “cure” IBD down the road?



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- What are your thoughts on the recent evidence of potential harm (delay in return of healthy microbiota) with probiotic supplementation during and after antibiotic use?



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- What if someone is severely intolerant to prebiotics and polyphenols? Many with SIBO and mast cell activation are unable to take supplements like this.



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- Why do practitioners still recommend non spore probiotics when they don't survive stomach acid to reach the intestines?



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- Is fatigue after meals (moderate fat/low/no sugar) a symptom of metabolic endotoxemia?



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DIET



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- Is eating a diet rich of pre and probiotics sufficient to treat the illnesses you mentioned in the webinar?
- Does one need a prebiotic supplement to feed the keystone species, or can we use food? What foods feed the keystone species?
- Can breast milk be used to restore keystone strains in babies showing early cows milk sensitivity or allergy, and would there be a window of time that would effective?



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- Will using **coconut oil** on the skin promote metabolic endotoxemia or toxicity on the skin in some way?
- Should we be cautious in using products containing Lauricidin due to the coconut derivatives?



- You mentioned high fat and overeating could increase the LPS/endotoxemia at a meal - I wonder how someone would not overeat at each meal with the 16/8 intermittent fasting regimen. For some, it might be hard to maintain weight without stuffing in more calories at each meal with this regimen. Can you comment on this?
- With the intermittent fasting would you hold off on taking the TGR supplements until the first meal or would it not matter?



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- Would you treat a vegan/vegetarian with microbiome problems any differently?



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Testing



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- Has you tested C- reactive protein before and after using the products and is it impacted?



- What about LPS? How do we measure systemic LPS levels?
- Would elevated cholesterol be an indicator of LPS? Metabolic endotoxemia?
- If LPS is WNL, can a person still have intestinal permeability?
- I've heard that measurement of LPS is more accurate in serum than in a stool sample. Do you agree?
- Is there a relationship between zonulin and LPS?



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- In the research you presented, what method was used to measure diversity in the areas of the colon (AC-TC-DC)? Is that only available in the research setting?
- Is there a test you recommend to determine the keystone strains in an individual or to assess diversity and number of microbiota?
- In general, do you recommend before and after tests prior to restoration? If the TGR system works for everyone with IBD, reflux, autoimmune dx, etc. can't we just skip the testing?



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Product Related Questions



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- Do you have a very short video to share with our patients that explains total gut restoration?



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- How long should you take sporebiotic, prebiotic, mega mucosa? Lifetime? Get stool tested and assess?
- Can you stop cold turkey?

cont...



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- Specifically, how long do you take the probiotic before adding the other two products?
- Are there indicators that initiate progression from one R-phase to the next?
- Do you keep taking the Mega Spore while taking the megaprebiotics?

cont...



- Is there a specific protocol? Susan as...1) MegaSporeBiotic, 3 week minimum, then usually see improvement; how long to continue? 2) add, Prebiotic, recommended length of use? 3) then, when to add MegaMucosa?
- How do folks take the prebiotic and mucosa if both powders? Do they need to be spaced out etc.?



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- For clients who have a sensitive reaction to MegSporeBiotic, can we start them with the mucosa building component first?



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- Does the probiotic have to be taken with a meal to keep LPS at bay or would it still work if taken at a different meal that same day?



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- Are there long-term studies on spore based probiotics? I once was told they were dangerous long-term because they mutate and you can't get them out of your intestines....



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- Is there a role for MegaQuinone (Your K2 product) in this protocol or should it be discontinued if currently being taken?



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- Does it take longer for someone to respond to the Megaspore if they have had dysbiosis for many years verses just a few years. And is die off more likely in that person whose been ill for longer?



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- Can someone undergoing cancer treatments (radiation/chemo) undertake the Total Gut Restoration program?
- Is Megaspore contraindicated with any conditions or medications?
- Can children take this protocol? How old? Can children take Microbiome products?



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- Do you find people with gluten sensitivity (no celiac) can return to eating gluten after going through the TGR protocol?



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- For Leaky gut, do we also need to incorporate zinc carnosine, glutamine, and vitamin A? Just curious if these products include these ingredients and if not, why?



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- The mega mucosa has some Ig type ingredients. There are differing opinions about taking these at most from 2 months to a year. Is there a maximum point one can take this product?



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- The mega prebiotic and mucosa are fairly sweet. Any plans to incapsulate then for those who prefer to avoid the taste?



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- For someone who doesn't have leaky gut or any obvious conditions, would just the spore biotic and a diet rich in polyphenols be enough?



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*Thank
you*





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Additional Questions



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- Can dysbiosis be related to low stomach acid?



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- In a patient with extremely restrictive diet would you start with a probiotic or multivitamin supplement?



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- In a past talk, Kiran had mentioned that you should not use the recommendations of strains that are low in a stool test to determine what probiotics to add? Why and how would you decide what probiotic a person could benefit from?



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- Can we start the recondition of the gut if the patient suffers from chronic constipation? We learned to fix the constipation first.



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- How does omega 3/omega 6 status play into gut restoration?



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- When could a patient with SIBO introduce the mega-prebiotic?



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- Most of my patients who have used Megaspore have seen benefits. I have 2 with joint pain who have not noticed any changes after taking Megaspore. It seems like with the decrease in LPS they would see an improvement. Any thoughts?



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What journal is Kiran's study going to be published in and can we all get a copy when it is published?



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- Small intestine fungal overgrowth SIFO is not as popular topic as SIBO. How do we restore good fungal and yeast balance in individuals with skin and nail fungal overgrowth and non responsive to anti microbials' for IBS symptoms?



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Contact Us!

- ▶ **Next Level Functional Nutrition / Susan Allen-Evenson:**
IFMNTRD@gmail.com
 - ▶ Training questions
 - ▶ Private mentoring
 - ▶ Media and speaking inquires

Check us out...www.NextLevelFunctionalNutrition.com

- ▶ **Microbiome Labs / Kiran Krishnan:**
- ▶ Microbiome Labs/Physicians Exclusive, LLC.
- ▶ **www.microbiomelabs.com**
- ▶ **info@microbiomelabs.com**
 - ▶ 101 E Town Place, Suite 210
Saint Augustine, FL 32092
 - ▶ Phone: **904-940-2208**
Fax: **904-940-2209**



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