

PATIENT NAME _____ DATE _____

Intestinal Dysbiosis refers to an imbalance in the gut between the normal healthy bacteria (normal bacterial flora) and bacteria, yeast, and/or parasites that may be inhabiting the gut.

Fungal Dysbiosis (Caused by Yeast Overgrowth) Clinical Clues:

Recurrent infections, gas, bloating and abdominal discomfort, low energy, Depression or anxiety, fatigue, Chronic sinus congestion, Itching in the vagina, anus, or in other mucosal membranes, Chronic Diarrhea, History of frequent antibiotic use, Constipation, Decreased cognitive function or “ brain fog” .

Fungal overgrowth can be very challenging to fully eradicate. We will start with two months of treatment but very often these children need 4 – 6 months and sometimes even longer treatment but getting these agents out of your child’s body is of utmost importance for their health. Although in most cases we do not see severe direct inflammation, their byproducts look very much like some of our own neurotransmitters and through this fact, will impair cognitive functioning.

Diagnosis:

1. Clinical picture
2. Stool culture and fecal smear. Very helpful if the organism is seen or grown but false negatives are possible.
3. Urine-Microbial Organic Acid test. Very helpful if positive but false negatives occur often enough to encourage using both the stool and urine testing methods.

Normal bacterial flora is essential for our healthy produced short chain fatty acids and help with digestion. Chronic use of antibiotics can upset normal bacterial flora. Both urine and stool tests are used to determine whether or not there is an imbalance between potentially pathologic and normal bacteria. If this imbalance involves yeast, then there are several steps that are imperative.

1. An Anti-yeast Diet
2. Disruptive BioFilm*
3. Using appropriate medications to kill pathogens
4. Clearing yeast/bacteria waste products
5. Replacing the healthy bacteria

Anti-yeast Diet: There are several versions of the anti-yeast diet. Use the anti-yeast diet provided by our office. You may add pears and unsweetened pear juice to the list for Phase 1. Each phase should last 2 weeks. If the yeast are particularly tenacious, it may take longer. This diet is very limited but necessary to follow as closely as possible. **AVOID SUGARS!!!** Xylitol and Stevia may be used.

(A) Disrupting the BioFilm* (AM)

_____Apple Cider Vinegar_____

_____EDTA_____

_____Enzymes , digestive (before each meal)_____

_____Probiotics_____

_____Other_____

Calcium, Iron, Magnesium supplements in evening only.
Add Cloves, Oregano, Thyme, Paprika to foods . They are naturally antibacterial.

(B) Kill (Noon)

_____Anti-Inflammatory_____

_____Immune Booster_____

_____Antifungal Medication by Prescription_____

The choice of an antifungal agent is somewhat arbitrary, particularly if we do not “grow out” the organism. Even with a positive sensitivity in culture the yeast may not be completely sensitive in the body. Sometimes a trial and error-“The Antifungal Parade” is necessary to find the right agent.

Monthly blood tests to monitor Liver function are required for all antifungal medications except Nystatin and Amphotericin B (orally). Refills will not be provided without the monthly result showing no abnormalities.

Antifungal Medications NON-Prescription:

(C) Clean Up (Mid afternoon)

_____ Fiber _____

_____ Activated Charcoal (expect stools to be black) _____

_____ Modified Citrus Pectin _____

(D) Rebuild / Nourish the Gut lining (Night)

_____ Fermented Foods _____

_____ Probiotics _____

_____ Naturally healing foods _____

Confounding factors include:

1. Poor digestion. Undigested foods can interfere with efficacy of treatment.
 Solution: Add a digestive enzyme; Plant based or Animal based.
 Creon _____ dosage / Ultrase _____ dosage / Houston AFP +Zyme Prime _____ dosage
 Enzyme Complete _____ dosage
2. Heavy metal load: Down regulates the body’s natural defense.
 Treatment: Chelation
3. Low Secretory IgA: Poor lymphocyte activity
 Treatment: Transfer Factor _____ dosage / Aloe Vera _____ dosage / Arabinex _____ dosage

Die Off: It is very common to experience die-off during the first week of treatment for yeast. This could include diarrhea, low grade fever and lethargy. Increase fluids for support. If the reaction is too severe, activated charcoal can diminish this. **PLEASE NOTE:** Activated charcoal should always be given at least an hour before or after any other medications or supplements. This may have to be repeated later on during the day throughout the die-off period of time.

Follow-up: A telephone check 10 days after starting is requested to see if any modifications need to be made. After two months, if symptoms have abated, withdraw antifungals and probiotics for 7 days. Then repeat the stool or urine test, whichever was positive previously. If necessary, more prolonged treatment will be started once results have been discussed.

***What is Biofilm?**

A biofilm is a collection of microbial communities enclosed by a matrix of extracellular polymeric substance (EPS) and separated by a network of open water channels. These communities adhere to manmade and natural surfaces, such as metals and teeth, typically at a liquid-solid interface. Their architecture is an optimal environment for cell-cell interactions, including the intercellular exchange of genetic material, communication signals, and metabolites, which enables diffusion of necessary nutrients to the biofilm community. The matrix is composed of a negatively charged polysaccharide substance, held together with positively charged metal ions (calcium, magnesium, and iron). The matrix in which microbes in a biofilm are embedded protects them from UV exposure, metal toxicity, acid exposure, dehydration salinity, phagocytosis, antibiotics, antimicrobial agents and the immune system.