

Botanical protocol for dysbiosis & mild fungal overgrowth

Treatment of gut dysbiosis can be thought of as a two-stage approach. First, we eradicate or reduce the pathology. After that, we restore the healthy gut microbiome, increasing levels of beneficial bacteria. Typically, this approach begins with a relatively short course of antimicrobials followed by significant attention to rebuilding and nourishing a healthy GI microbiome.

Below is the protocol for treating dysbiosis or mild fungal overgrowth. This is typically done for 30 to 60 days, depending on the stool test findings, followed by the gut restoration phase.

Nutraceutical	Dose
GI Synergy	1 packet BID (with breakfast and dinner)
Lauricidin	1 scoop TID with each meal
InterFase Plus	3–4 capsules BID on empty stomach
SEED Daily Synbiotic	2 capsules at bedtime
TerraFlora	One capsule with lunch

If fungal overgrowth is moderate to severe, then the following additions to the above core protocol are recommended.

Nutraceutical	Dose
A-FNG (Byron White Formula)	Slowly build to 10 drops daily w/meals, as tolerated
Biotin	5 mg daily with meals
Molybdenum	200 mcg TID with meals
Activated charcoal (or PectaClear if patient tends towards constipation)	2–6 capsules taken 90 minutes away from other medications and food (or 2–4 capsules PectaClear)