

# Gut Treatment GERD and IB Action Steps

1. Print out and review the GERD treatment summary so that you can use it as a reference.
2. Use the PDF generator to create the Paleo low-FODMAP diet food list handout with your clinic's branding so that you can share it with your patients.
3. Practice explaining the low-FODMAP diet to a patient, with your study partner, a friend, or a family member.
4. Add the recommended supplements for constipation and loose stool to your clinic's supplement list or to your electronic health record, and include dose instructions from this week so that you can easily provide these to your patients.
5. Prescribe some of the recommendations for treating IBS discussed this week to a patient, a friend, or a family member with IBS (or yourself), and discuss the results in the ADAPT Discussion Forum.
6. Use the PDF generator to create the GAPS diet handout with your clinic's branding so that you can share it with your patients.