

Gut Treatment Probiotics & Prebiotics Action Steps

1. Use the PDF generator to create the *Rebuilding a Healthy Gut: Probiotics and Prebiotics* handout with your clinic's branding so that you can share it with your patients.
2. An important concept in restoring a healthy gut protocol is that using only a botanical and/or prescription protocol to address underlying pathologies will not work. Rather, we want to restore a healthy balance by increasing the beneficial bacteria. Practice explaining to a patient, a friend, or a family member concepts that we discussed this week as to why rebuilding a healthy gut is an important second step in the gut healing protocol.
3. Use the PDF generator for to create *A Guide to Fermented Foods* that you can give to your patients.
4. Prescribe the prebiotic and probiotic gut restoration protocol to a patient, a friend, or a family member (or yourself), and discuss the results in the ADAPT Discussion Forum.