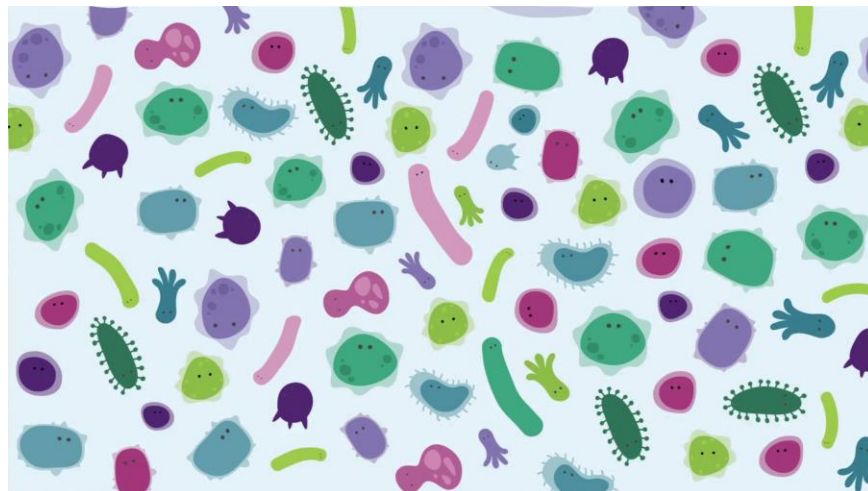


The Microbiome Reset Program

Dr. Derrick Schull, ND



INTRODUCTION

The Microbiome Reset Program is a protocol put together by Dr. Derrick Schull, ND to teach and guide patients on how to create the healthiest version of them. It is designed with the most up to date and fascinating research about the human microbiome, diet, hormones, toxins, and their effects on our health. A culmination of many years of research and testing; the program leads participants in how to best eat, live, and supplement to quickly and strikingly improve one's brain and overall health.

Microbiome - refers to the complex ecosystem of bacteria, yeast, fungi, and parasites that reside in and on our bodies. For the purposes of health the program focuses primarily on the microbiome of the gastrointestinal system. Remember to watch the YouTube video on the webpage for Rob Knight's great introduction to the microbiome.

The following pages are guides, references, and tools to make following the program as straight forward and easy as possible. They are meant to accompany the recorded lectures where Dr. Schull teaches the what, why, and how of The Microbiome Reset Program.

FOODS TO FOCUS ON EATING DURING THE PROGRAM

*Means the food is especially good for your microbiome. Focus on these in stage 2 of the program and don't go overboard with them in stage 1.

**If you have IBS symptoms eliminate these foods in stage 1.*

Vegetables

*Artichoke
*Asparagus
*Beets (organic, pickled only)
Black Radish
Bok Choy
Broccolis
Brussels sprouts
*Cabbages
Capers
*Carrots
*Cauliflower
Celery (organic)
Collards (organic)
Cucumber (organic)
*Dandelion greens
*Garlic
*Jerusalem Artichoke
*Jicama
Kale (organic)
Kohlrabi
*Konjac Noodles
*Leeks
Lettuces (except iceberg)
*Mushrooms (cooked only)
Okra
*Onions
Pumpkin
*Radishes
Rhubarb
Spinach (organic)
Squashes (organic)
Swiss chard (organic)
Turnips
Watercress
Zucchini (organic)

Protein Sources

Meats

(always pasture raised, 100% grass-fed, or wild caught).

Beef	Chicken	Bison
Lamb	Pork	Buffalo
Fish/Shellfish (see shopping guide)		

Nuts

(always raw and soaked overnight/sprouted)

Almonds (organic)	Ground Flax
Brazil Nuts	Ground Chia
Coconut	Hemp
Hazelnut	Pumpkin
Macadamia	Sunflower (org)
Pecans	
Pine nuts	
Walnuts	
Nut flours	

Seeds

Legumes

Chick peas (includes hummus*)
Lentils

Fluids

Drink 64oz filtered water/tea daily.
(Try to drink 8-16oz of H2O or tea 30mins before each meal).

Herbal Teas (unlimited)

Coffee/Teas (Black, Oolong, Green, Matcha, limit to 16oz daily)

*Fermented Foods

*Goat Kefir (unsweetened)
*Kimchee
*Live pickles
*Live sauerkraut

Fruits

(limit to 2-3 servings per day)

*Apples
*Avocados (California only)
*Berries
Blueberries
Citrus (except grapefruit)
*Cherries
*Grapefruit
Kiwi
*Nectarines
Pineapple
*Pomegranate

Oils/Fats

Ghee (grass-fed)
Coconut oil
Coconut Milk (unsweetened)
Extra virgin olive oil
Fish oil (not for cooking)
Flax seed oil (not for cooking)
Sesame oil

Instructions

On this plan you will not need to count calories, worry about portions, or count macros. You simply need to focus on eating high quality foods with a focus on plant foods. As the microbiome and your gut heal and you eliminate toxins, you will gradually see improvements in your health. Stick to the guidelines on this page and don't beat yourself up if there are any slips. Just do the best you can!

FOODS TO COMPLETELY ELIMINATE

Grains

Amaranth
Barley
Corn (Maize)
Fonio
Millet
Oats
Quinoa
Rice
Rye
Sorghum
Spelt
Teff
Triticale
Wheat

(e.g. breads, pastas, flours, baked goods, gravies, chips, tortillas, tacos, popcorn, wraps, soy sauce, etc.)

Dairy

Casein
Caseinate
Cheese
Cottage cheese
Milk
Sour cream
Whey
Yogurt

Vegan cheeses

(unsweetened nut milks without carrageenan are ok substitutes)

Protein Sources

Meats

Any meats with additives
Conventional beef
Conventional chicken
Farmed fish
Pork (ham, bacon, etc.)
Preserved/cured meats (e.g. salami, pepperoni, sausages, cold cuts/ deli meats, etc.)

Nuts & Seeds

Cashews
Pistachios

Legumes
Beans (all varieties)
Carob
Lupins
Peanuts
Peas
Tamarind

(e.g. tofu, tempeh, edamame, soy sauce, tamari, etc.)

Eggs

Vegetables

Beet root (fresh)
Cassava/yucca
Eggplants
Peppers
Potatoes
Savoy cabbage
Sugar snap peas
Sweet potatoes
Yacon root
Yams

Fruits

Dried Fruits
Canned Fruits
Bananas
Goji berries
Mangos
Paw paws
Pears
Peaches
Plums
Watermelons

Sweeteners/Sugars

Any artificial sweeteners

Acesulfame-K
Aspartame
Nutrasweet
Saccharine
Sucralose

Any refined sugars

Corn syrup/sweetener
Dextrose
Fructose
Glucose
High fructose corn syrup (HFCS)
Levulose
Maltodextrin
Maltose
Sucrose
Table Sugar

Honey and Maple Syrup

Oils/Fats

Trans fats (e.g. fried foods)
Canola oil
Corn oil
Hydrogenated oil (e.g. margarine)
Safflower oil
Soybean oil
Vegetable Oil

Fluids

Alcohol
Anything sweetened
Fruit juices
Sodas/Pop
Tap Water (unless filtered)

Processed/Packaged Foods & Food Additives

Artificial colors, flavors, preservatives, texturing agents, artificial sweeteners, yeasts, flours, natural flavor, etc. (see attached shopping guide) Most diet sodas and other dietetic foods contain artificial ingredients and must be avoided. Things like chips, crackers, pretzels, meal bars, cereals, etc.

Read all labels.

MONTH 1 DAILY SCHEDULE

WAKE UP (after 8-9 hours of sleep) and drink a 16oz glass of filtered water

Make 1-2 cups of tea. Green, Oolong, and Black tea leaves should only steep in hot water for 2 minutes (otherwise too bitter!) Rooibos or any other herbal teas are an excellent non-caffeinated choice.

Drink **8-16 ounces of tea** with **20 drops of stevia** (divide it into the total amount of tea).

Take **4 tabs of Vira-Shield**.

Remember to exercise every day. The best time is right before you break your overnight fast. Try to walk regularly and do something that really gets your heart going and skin sweating at least 3 times per week. Do not forget resistance training!

Take **2 caps of GI Detox** it is important you take these at least 1 hour after vira-shield and at least 1 hour before breakfast as these powerful binders can steal your nutrients and mess with para-shield effectiveness.

BREAKFAST – take **1 cap LV-GB Complex**. (If you do not eat breakfast take this cap with your largest meal)

Remember to stay hydrated through the day (64oz minimum). Filtered water only (or herbal teas made with filtered water). Avoid drinking fluids with meals as it dilutes stomach acid and ruins digestion.

LUNCH – take **1 cap LV-GB Complex**, **1 cap Ginger**.

This should be your biggest meal of the day!

Try to get some good sunlight exposure during the day. This will help with sleep and regulating gut function. You may want to include 15-30 minutes of your daily exercise as a walk in the sun during your lunch break.

DINNER – take **1 cap LV-GB Complex**, **1 cap Ginger**.

Try to finish eating 3 hours before bedtime.

2+ hours after dinner take **2 caps RestorFlora**. (Start with only 1 cap in the first week of the program)

Complete 100 conscious breaths or meditate by end of day (or another activity to mitigate stress). This is great to wind down and get ready for bed.

SLEEP – Get 8-9 hours of quality sleep!

Try to be in bed by 10pm. The earlier you get to sleep the better quality sleep you will have and the better your brain health, inflammation levels, and waist line will be.

FOODS TO ADD BACK IN - MONTH 2

Focus on practicing mindful eating. No stress, no electronics, no distractions. Simply focus on eating, enjoying your food, and chewing thoroughly.

If you start adding any of these foods and notice reactions (see food sensitivity symptoms page next) then you should take them out again for the next month. We will try again after further gut healing.

All of the foods with an * from the Foods to Focus on Eating for Program list should be increased in their frequency. If you had eliminated these for any reason, it is time to add them back in. If you notice your weight loss stopping or reversing, that the food you added back in out of the diet again.

Dairy

Goat or Sheep dairy of all varieties is allowed.

Cow dairy that is fermented (such as kefir and unsweetened yogurt) or comes from A2 cows.

Fruits

Bananas (especially green)*
Dragonfruit
Guava
Mango
Melons (except watermelon)
Peaches (organic)
Plantain (especially green)*
Passion fruit
Paw paws
Pears
Strawberry
Tomatoes (no skins/seeds)*

Protein Sources

Eggs

Best – from 100% pasture raised hens.

2nd best – free range and organic eggs.

3rd – organic or omega fortified.

Avoid conventional eggs in general.

Legumes

Beans*
(all varieties, ideally pressure cooked)

Continue with chickpeas and lentils as desired.

Nuts

Cashews
Pistachios

Fluids

Alcohol if desired.

Max 3-4 glasses/ week.

Beer (gluten free)
Ciders
Kombucha
Wine

Gluten-Free Grains

Amaranth
Buckwheat
Millet
Montina
Oats (certified gf)*
Quinoa
Rice (all varieties)
Sorghum
Teff

Vegetables

Beet root (fresh)
Cassava/yucca*
Eggplants
Peppers
Potatoes
Savoy cabbage
Sugar snap peas
Sweet potatoes
Yacon root*

SYMPTOMS THAT MAY BE DUE TO FOOD ALLERGY/SENSITIVITY

When you are re-introducing foods after week 3 and again after the full 2 months, look for these symptoms. If any of them develop within 3 days of eating the food, then you should stay off of the food that caused the reaction for longer than the 2 month program. You will likely need to introduce gut healing supplements or may need to consider ways to remove psychological somatizations from past stresses to eliminate the reaction. Ask Dr. Schull for advice on how to proceed.

Skin

Itching, burning, hives, red spots, sweating, break outs.

Ear, Nose, Throat

Sneezing, runny nose, sore or dry throat, mucous in throat, hoarseness, ringing in the ears, dizziness.

Eyes

Blurring, spots before eyes, watering, pain, twitching, sensitivity to light, redness and swelling of lids.

Respiratory

Wheezing, mucous formation, shortness of breath, tightness of chest, asthma.

Cardiovascular

Pounding heart, increased heart rate, flushing, tingling, faintness.

Gastrointestinal

Increased salivation, canker sores, indigestion, bloating, stomach ache, heartburn, colic, constipation, pain, diarrhea, gas, itching/burning of anus, weight gain.

Genitourinary

Frequent, urgent, or painful urination; inability to control bladder, itching, discharge, pain, water retention.

Musculoskeletal

Fatigue, weakness, pain, swelling, stiffness of joints, backache, joint pains.

Nervous System

Headache, migraine, drowsiness, inability to concentrate, depression, anxiety, irritability, restlessness, hyperactivity, dizziness, numbness, tremors.

MONTH 2 Daily Schedule

WAKE UP (after 8-9 hours of sleep) and drink a 16oz glass of filtered water

Make 1-2 cups of tea. Green, Oolong, and Black tea leaves should only steep in hot water for 2 minutes (otherwise too bitter!) Rooibos or any other herbal teas are an excellent non-caffeinated choice.

Drink **8-16 ounces of tea**

Remember to exercise every day. The best time is right before you break your overnight fast. Try to walk regularly and do something that really gets your heart going and skin sweating at least 3 times per week. Do not forget resistance training!

BREAKFAST – take **1 cap Detox Benefits, 2 caps GI Revive.**

Try to eat a high protein and fat breakfast with vegetables. This will ensure you stay full all morning. If you are intermittent fasting you will instead take this capsule with your largest meal of the day.

30 - 60mins before lunch drink 16oz of tea or water (avoid caffeinated teas, stick to herbals at this point).

LUNCH – take **1 cap Detox Benefits, 1 cap Ginger, 1 cap MegaSporeBiotic, 2 caps GI Revive.**

This should be your biggest meal of the day!

Try to get some good sunlight exposure during the day. This will help with sleep and regulating gut function. You may want to include 15-30 minutes of your daily exercise as a walk in the sun during your lunch break.

DINNER – take **1 cap Detox Benefits, 1 cap Ginger, 1 cap MegaSporeBiotic, 2 caps GI Revive.**

Try to finish eating 3 hours before bedtime.

Complete 100 conscious breaths or meditate by end of day (or another activity to mitigate stress).

Starting in week 6 - take 1 scoop of PureLean Fiber with 8oz of filtered water

SLEEP – Get 8-9 hours of quality sleep!

Try to be in bed by 10pm. The earlier you get to sleep the better quality sleep you will have and the more weight you will lose.

THE REAL LIFE GUIDE - MONTHS 3+

At this point you will have significantly reduced many of your symptoms and are feeling great!

Hooray!

Celebrate!

Celebrate some more!

If you have met your health goals at this point you have all of the knowledge and tools to maintain these changes. With the appropriate microbiome on board you should have a much easier time avoiding unhealthy foods and allowing yourself to have a treat. In fact, you can retain your benefits with only 80% compliance to the diet (that means you can “cheat” with foods not on the approved list for 4-5 of your meals a week).

Continue to eat healthy probiotic and prebiotic foods as outlined in this program. As long as you eat heartily from the “Foods to Include” list you will have an excellent diet for great health and aging.

As you reintroduce foods or “cheat,” make sure to weigh yourself the next morning to see if you put on any immediate inflammatory weight. If so, or if you have any negative symptoms since eating the food, consider removing it from your diet again as there will need to be further work to clear the reactivity around the food.

If you have made significant progress but still have some health goals to achieve, continue with this program and consider the stage 3 recommended supplements. Remember to remain 100% gluten free for the full 3 months before testing it out. If given another month or so you are not at your health goals then there is something else deeper going on that must be evaluated. If you would like a quick 15 minute phone consultation with me for direction shoot me an e-mail at derrick.schull@gmail.com with some days and times that work for your schedule.

Pay attention: If at any time after this program your symptoms start returning, look to what has changed in your life/lifestyle that may have derailed you. Sometimes it’s a food we have started eating again, a return of stress, an antibiotic, a new chemical exposure, or becoming more sedentary. You should be able to easily self-correct, but if you are not sure, go see your naturopathic doctor or other qualified health professional that can thoroughly evaluate things.

ORGANICS BUYING GUIDE

Highest Pesticide Residues (always buy organic)

- 1) Apples
- 2) Strawberries
- 3) Grapes
- 4) Celery
- 5) Peaches
- 6) Spinach
- 7) Bell Peppers
- 8) Nectarines
- 9) Cucumbers
- 10) Cherry Tomatoes
- 11) Potatoes
- 12) Hot Peppers
- 13) Blue Berries
- 14) Leafy Greens
- 15) Grains

Lowest Pesticide Residues (OK to buy generic)

- 1) Avocados
- 2) Pineapples
- 3) Cabbages
- 4) Onions
- 5) Asparagus
- 6) Mangos
- 7) Kiwis
- 8) Eggplants
- 9) Grapefruits
- 10) Cantaloupes
- 11) Cauliflowers
- 12) Sweet Potatoes/Yams
- 13) Mushrooms
- 14) Honeydew Melon
- 15) Watermelon

FISH/SEAFOOD TOXICITY AND SUSTAINABILITY GUIDE

Least Toxic / Most Sustainable

- ✓ Wild Caught Alaskan Salmon
- ✓ Anchovies
- ✓ Sardines
- ✓ Atlantic Mackerel
- ✓ Atlantic Herring
- ✓ Arctic Char
- ✓ Alaskan Cod
- ✓ Tilapia
- ✓ Scallops

Most Toxic / Least Sustainable

- Tuna
- Farmed Salmon
- Atlantic Salmon
- Snapper
- Mahi Mahi
- Pollock
- Sturgeon
- Marlin
- Shark
- Swordfish
- Orange Roughy
- Flounder
- Soul
- Halibut
- Atlantic Cod
- Caviar
- Octopus
- Red King Crab
- Eel
- Shrimp

GLUTEN FREE GRAINS

- ✓ Amaranth
- ✓ Buckwheat
- ✓ Millet
- ✓ Montina
- ✓ Gluten Free Oats
- ✓ Quinoa
- ✓ Rice
- ✓ Sorghum
- ✓ Teff
- ✓ Wild Rice

GLUTEN CONTAINING GRAINS

- Wheat
- Barley
- Bulgur
- Durum
- Farina
- Farro
- Graham
- Kamut
- Malt
- Oats (often contaminated)
- Rye
- Semolina
- Spelt
- Triticale

GENETICALLY MODIFIED CROPS

(avoid or buy organic or non-gmo)

- Corn
- Cotton
- Sugar Beets
- Summer Squash
- Canola/Rapeseed
- Soy/Edamame
- Zucchini
- Papaya

FOOD ADDITIVES TO AVOID

- Aspartame
- High Fructose Corn Syrup
- Monosodium Glutamate (MSG)
- Partially/Hydrogenated Oils
- Food Dyes / Colorings
- Sulfites/Sulfates
- Nitrates/Nitrites
- BHA/BHT
- Potassium Bromate
- Maltodextrin
- Artificial Flavor
- Natural Flavor
- Dextrose
- Sugars
- Splenda
- Saccharin
- Preservatives
- Olestra
- Carrageenan
- Parabens

OTHER HEALTHY CHOICES

- ✓ Free Range / Pastured Eggs
- ✓ Free Range / Pastured Chicken
- ✓ Free Range / Pastured Beef
- ✓ 100% Grass Fed Beef
- ✓ Lamb
- ✓ Pastured pork
- ✓ Butter or Ghee from 100% grass fed animals