

RHT GUT REPAIR & MICROBIOME OPTIMIZATION GUIDE



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REBEL
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— Inc. —



RHT GUT REPAIR & MICROBIOME OPTIMIZATION GUIDE

TOP 7 RECOMMENDATIONS FOR BETTER GUT FUNCTION & FEWER GI SYMPTOMS

This PDF is a supplemental guidebook designed to accompany the RHT Microbiome Masterclass. If you find it valuable, we recommend checking out the full Microbiome Masterclass experience, as you will find much more information - along with tips, suggestions, and recommendations there!

[Click Here to Enroll in a 48-hour FREE Trial!](#)

The information in this book is for information purposes only and should not be considered a substitute for medical advice. It is not the purpose of this book to diagnose, treat, or cure any disease. Consult with your doctor or a qualified practitioner before making dietary changes, using any supplements, or partaking in any exercise program.



Diversify Your Diet

A DIVERSE SOURCE OF MACRONUTRIENTS (AND MICRONUTRIENTS) WILL LEAD TO A DIVERSE, AND THEREFORE STRONG AND HEALTHY, MICROBIOME.

Our ancestors (hunters and gatherers) consumed approximately 600 different types of foods yearly. An average westerner today consumes only approximately 15-20 different foods regularly – many of which are void of nutrients and essentials for a healthy microbiome. For the most part, we eat corn, wheat, soy, rice, meat, fish, about 5 staple fruits and on average 4-5 different vegetables. Modern humans in industrialized societies eat very few seeds, nuts, roots, tubers, fungus and a very low diversity of vegetables.

Pro Tip: We should aim to get at least 40-50 different foods into our diet and it is best to focus on local, seasonal produce/foods as much as possible.

Pro Tip: One way to keep track of this and monitor your progress towards eating a more diverse, and microbiome friendly diet is to keep a daily diet journal. Count how many different foods you eat in a day, week, month, or year!



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Time Your Eating
to Give Your
Microbiome a Rest.

CONSTANTLY FEEDING THE MICROBIOME IS NOT NECESSARILY A GOOD THING. THE ADVICE TO EAT EVERY 2-3 HOURS (MAINLY COMING FROM THE BODYBUILDING COMMUNITY) IS LIKELY NOT GOING TO DO MUCH GOOD FOR YOUR MICROBIOME.

Our microbiome requires 10-14 hours of a fasted period each day to improve diversity and conduct very important housekeeping functions such as:

- Regenerating and repairing the GI mucosa
- Eliminating dead and dying cells
- Growth of microbes that only grow in fasted states
- Allowing the migrating motor complex (MMC) to function – which is impaired/underactive in many people, contributing to several GI conditions

This is commonly referred to as Intermittent Fasting (IF), and has become quite a popular topic in the last few years.

Pro Tip: Allow at least 14 hours between your last meal of the day and first meal of the next day to give your microbiome/gut the rest/repair time it needs between feedings. (Example- Dinner at 6pm, Breakfast at 8am)

Personally, I (Michael) find that I generally feel best when eating between 11am and 7 or 8pm, for a 15 to 16 hour fasting window.

Pro Tip: If you find you're hungry very frequently, don't remain satiated from meals, and must snack all the time – consider increasing protein and healthy fats at your meals.

IMPORTANT: While most people should do okay with a 14-hour fasting window (6pm-8am as given as example above), extended intermittent fasting is not necessarily good for everyone. We would not recommend extended fasting windows for those who have high stress levels, extreme training frequency/intensity, known adrenal or thyroid problems, or blood sugar regulation issues. In addition, men seem to do better on longer fasting windows than women.

This should keep you feeling full and satisfied for longer periods of time!





Drink Clean Water

LONG-TERM EXPOSURE AND CONSUMPTION OF FLUORIDE HAS A NEGATIVE IMPACT ON THE MICROBIOME, AS FLUORIDE ACTS AS AN ANTIMICROBIAL AND CAN STUNT THE GROWTH OF IMPORTANT BACTERIA IN THE GUT.

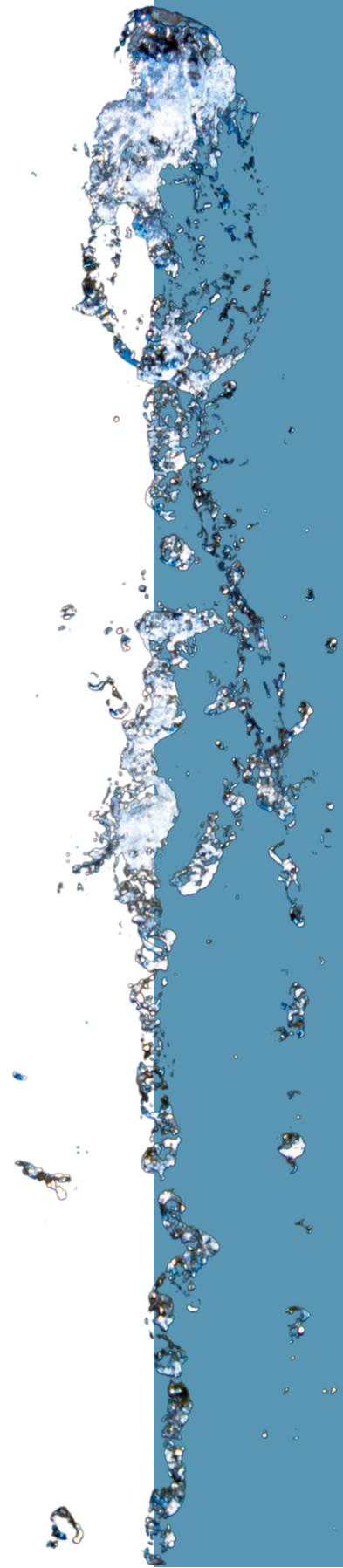
Several studies have also linked fluoridated drinking water to developmental delays, lower IQ, and other brain-related issues – with no proof/evidence that it improves the dental health of the population.

The chemicals - fluorosilicic acid, sodium silicofluoride, and sodium fluoride - used to fluoridate drinking water are industrial waste products from the phosphate fertilizer industry, much of which comes from China.

Of these chemicals, fluorosilicic acid (FSA) is the most widely used. FSA is a corrosive acid which has been linked to higher blood lead levels in children, in addition to the possible damage to the overall health of one's microbiome.

Tap water in most countries also contains chlorine, with the sole purpose of killing bacteria. Although the levels are low(ish), it doesn't take a microbiologist to figure out that drinking any amount of chlorine could have a very negative impact on our inner ecology.

Pro Tip: Avoid fluoride-based toothpastes and fluoridated tap water as much as possible. There are many excellent non-fluoride, chemical-free toothpastes available, as well as very effective water filtration systems for your home.



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**Eat Organic/
Non-Pesticide
Foods**

ORGANIC FOODS HAVE FAR LESS GLYPHOSATE AND OTHER GUT DESTROYING CHEMICAL PESTICIDES. THESE PESTICIDES (ESPECIALLY GLYPHOSATE) HAVE BEEN SHOWN TO PLAY A ROLE IN HARMING THE MICROBIOME AND THE IMMUNE SYSTEM AND CONTRIBUTING TO GI CONDITIONS SUCH AS “LEAKY GUT”.

Daily exposure to these chemical pesticides through food can lead to significant changes in the microbiome, and therefore significant changes to our overall health.

It should be noted that many massive organic farming conglomerates use natural pesticides which can be quite toxic as well. Unfortunately, the USDA's rules on what can and cannot be considered organic have gotten quite blurry in the last decade or so.

Pro Tip: Eat as much fresh, local, pesticide-free food as possible. Get to know your local farmers. Go to farmer's markets. Ask questions like “what do you spray on your food?” “How do you feed your animals?”, etc...

Pro Tip: Processed foods, fast foods, junk foods, sodas, and most foods that contain more than 3-5 ingredients aren't going to do much good for your microbiome. Many preservatives, fillers, etc... are just as toxic as pesticides.

Pro Tip: Look for the PLU number on produce. A four-digit number that begins with a 3 or 4 means it's conventional. A five-digit code that begins with 9, is organic.



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**Avoid Chemical-
Based Household
Cleaning Products**

STUDIES SHOW THAT HOMES THAT USE CHLORINE BASED CLEANERS HAVE CHILDREN THAT TEND TO HAVE HIGHER RATES OF ALLERGIES, ASTHMA, AND EVEN VIRAL INFECTIONS. WE HAVE NOT EVOLVED IN A STERILE ENVIRONMENT, NOR DO WE BELONG IN ONE.

The reason many organisms can become pathogenic is since we wipe out the counter-balance of beneficial organisms in the environment with all our sanitizing. This is especially true in hospitals.

See the bonus interview included your Inner Circle package titled “Meet Your Microbiome: From Head to Tail” for a much more in-depth breakdown of this topic.

Pro Tip: Clean with warm water and some small amounts of essential oils and/or lemon to help reduce the impact on the microbiome. There are also many non-toxic cleaning products on the market which don't wipe your home completely clear of bacteria (most of which are harmless or beneficial).

Pro Tip: This recommendation would also apply to any soaps, lotions, and personal-care products such as hand sanitizers. There are now excellent non-toxic personal care products of every variety available. See the Rebel Health Marketplace on our site for our personal recommendations.





Dirt and Dogs

GET OUT AND TOUCH NATURE! LEAVE THE HAND SANITIZERS AT HOME AND GO FOR A HIKE IN THE WOODS AND NATURAL, PRISTINE ENVIRONMENTS.

Going out to the neighborhood park doesn't count. The park is made up of synthetic or chemical laden mulch and the grass in the park is likely fertilized and treated, so it does not represent nature.

Get out into real nature and don't sanitize yourself as soon as you get back to your car or home, allow some of that natural Earth to get on you, in you, and in your living environment.

Recent studies are clear that cultures and populations that live more off the land and are exposed to more natural dirt, tend to be healthier overall.

Getting a dog (or two) can help significantly as well. Dogs are great as they bring the outside into the house. There are studies to show that households with a dog tend to have kids with fewer immune issues.

Pro Tip: Go outside. Get in contact with the Earth. Get dirty. Have fun! (And get a dog or two!)

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Take *Effective,*
Research-Backed
Gut & Microbiome
Supporting
Supplements



THERE HAVE BEEN MANY DEVELOPMENTS AND INCREDIBLE STUDIES PUBLISHED IN THE LAST DECADE DEMONSTRATING GREAT BENEFIT TO HIGH-QUALITY PROBIOTICS, DIGESTIVE ENZYMES, AND OTHER GUT & DIGESTIVE SUPPORTS.

Regarding probiotics, our favorites are:

[MegaSporeBiotic \(Microbiome Labs\)](#) - The world's first, and leading spore-based probiotic, now used by over 20,000 health practitioners worldwide. [Click here](#) to learn more about Megaspore. [Click here](#) for a review of some of the most recent studies on Megaspore.

[High ORAC Synbiotic \(BioImmersion\)](#) - Loaded with probiotics, phytonutrients, and polyphenols - this is a well-rounded addition to any probiotic regimen. [Click here](#) to learn more about High ORAC Synbiotic.

[HoloImmune \(Healthy Gut\)](#) - A cutting-edge paraprobiotic containing several strains and ingredients shown to regulate and balance the immune system, along with many other systemic benefits. [Watch this video](#) to learn more.

Other beneficial GI supports include:

[Holozyme](#) (Healthy Gut) - The most complete digestive enzyme formula on the market, which also contains essential co-factors for enzyme activation. A great addition for anyone who struggles with digestion. [Click here](#) to learn more about digestive enzymes. [Click here](#) to hear directly from the formulator, founder of Healthy Gut, Steve Wright.

[MegaMucosa](#) (Microbiome Labs) - A healthy mucosal layer in our gut is absolutely essential for optimal digestion, immune balance, food tolerance, and overall health. This formula from Microbiome Labs is designed to help restore, repair, and support a healthy mucosal barrier. [Click here](#) to learn more about MegaMucosa. [Click here](#) to hear directly from the formulator, Microbiologist Kiran Krishnan.

[MegaIgG2000](#) (Microbiome Labs) - A professional grade serum-derived bovine immunoglobulin (SBI) formula which can assist our own immune system in the gut to help deal with pathogens, endotoxins, and various antigens - contributing to a more balanced immune system, healthy gut lining, improved detoxification and much more. [Click here](#) to learn about MegaIgG2000. [Click here](#) to read about all of the impressive research supporting the use of SBI's.

IF YOU FOUND THIS GUIDE HELPFUL, YOU MAY WANT TO CHECK
OUT THE FULL MICROBIOME MASTERCLASS EXPERIENCE!

REBEL *Health Tribe* PRESENTS

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48-HOUR TRIAL

MICROBIOME *Masterclass*



16 OF THE WORLD'S LEADING EXPERTS TEACH THEIR
CUTTING-EDGE RESEARCH, TO REVEAL HOW YOU CAN
OPTIMIZE YOUR MICROBIOME TO RADICALLY IMPROVE
YOUR HEALTH AND WELL BEING!

WE HOPE THIS GIVES YOU ENOUGH INFORMATION TO GET
YOUR JOURNEY STARTED!

Please feel free to join our [Rebel Health Tribe group on Facebook](#) –
you'll find thousands of health rebels, practitioners, experts, and
others along similar healing paths as yourself!

Thank you being part of our community!

