

How to Fix Your Gut For Good

Presented by Evan Brand, CFMP, FNTF

EVAN BRAND, CFMP, FNTTP

BACKGROUND AND EXPERIENCE

- Clinical practice with over 1,000 successful client cases resolved
- Podcast host with over 13 Million downloads and worldwide listeners
- Practitioner educator to ND's, MD's, FNTTP's, Health Coaches, and More

TRAININGS AND CERTIFICATIONS

Certified Functional Medicine Practitioner and Functional Nutritional Therapy Practitioner



**1. Gluten, dairy,
grain-free diet**

**2. Conventional
doctors and “GI
specialists”**

10 YEARS AGO

**3. Probiotics,
antimicrobial herbs, and
a built supplement
graveyard!!**

**4. I’m just not sure
how to tie it all
together and fix it**

**Average # of practitioners
per person before me:**

9

It's been a long road and keeps going!



Diets People Have Tried

- *GAPS (Bad idea for MCAS/Histamine Intolerance)*
- *AIP*
- *Keto*
- *Paleo*
- *Pescatarian*
- *Gluten-free*
- *Dairy-free*
- *Weston A Price*
- *Vegetarian*
- *Vegan*
- *Carnivore*



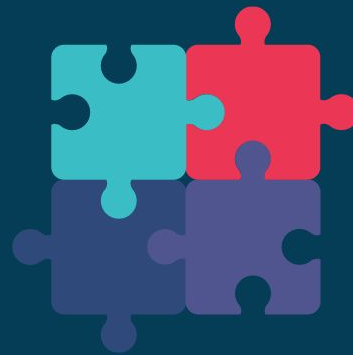
Our Priority List For Today



**The Right Functional
Medicine Lab Tests**



**My Case Studies
and Protocols**



**The #1 Puzzle Piece
Holding You Back**

The benefit of using advanced lab testing to find and fix your skin issues

- 1. Protocol creation becomes effortless**
- 2. Your compliance and success goes up**
- 3. You'll save money by testing instead
of guessing with random supplements**



75% HOPELESS

**OF PEOPLE
THINK THEY
WILL NEVER
GET BETTER**

95% SUCCEED

**GET RESULTS
WITHIN THE
FIRST 6 WEEKS
ON A PROTOCOL**

I spent years of my life suffering...

01

Bounced around to several doctors who all prescribed invasive tests and unnecessary prescription drugs or referred me to mental health specialists who'd prescribe drugs

02

I built up a massive supplement graveyard trying anything and everything I could get my hands on

03

I stopped doing the things I loved and my world became smaller to accomodate "my issues"

I TRIED TO GET BETTER GUESSING



Gluten and Grain Free Diet



RANDOM SUPPLEMENTS



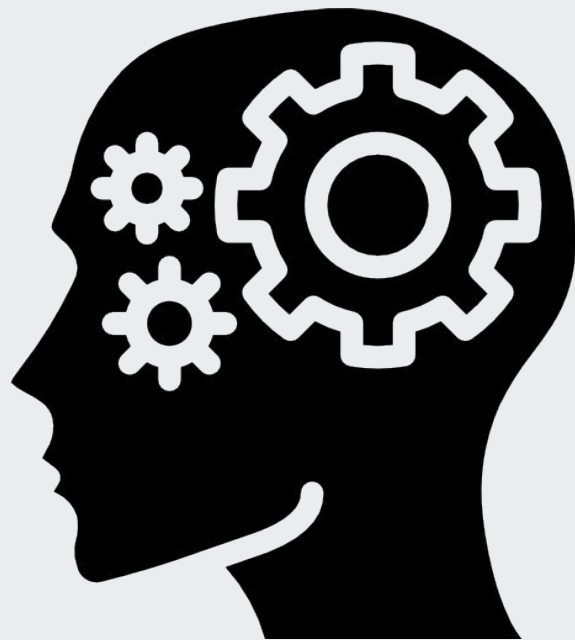
Useless Doctors, Scans, and
Prescription Pads

I thought...

“What if I’m stuck this way forever”?

“Maybe I should just take the drugs and be over with this”

“I’m too stubborn to give up, I have to figure out why this is happening”



Why I Failed

- No functional lab testing
- No clear direction
- Limited or stalled progress



Once I found and implemented the **right testing**, I found the **answers**. The labs led to a **targeted protocol** to heal.

1

I identified the source of my
IBS and depression issues
almost immediately

*** Stool Antigens ***

Cryptosporidium Antigen

* Detected *

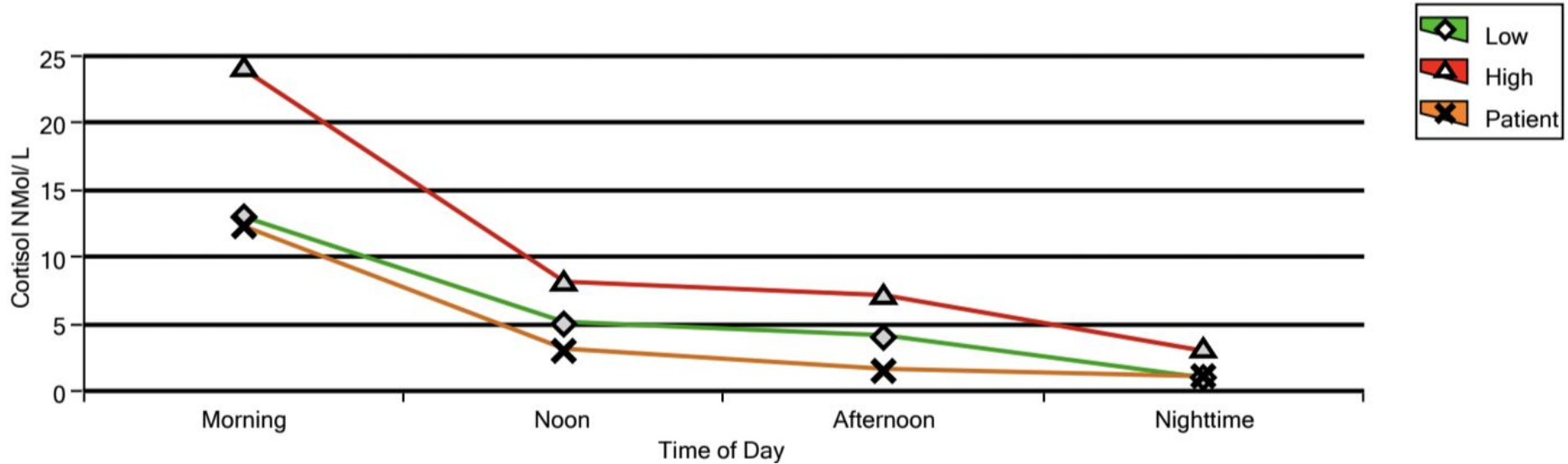
Giardia lamblia Antigen

* Detected *

I treated myself using herbs for the parasites and then H pylori showed up...

Antigens	
Cryptosporidium parvum	NOT DETECTED
Giardia lamblia	NOT DETECTED
Helicobacter pylori	DETECTED

BONUS: I identified the source of fatigue and unrefreshing sleep





**My clinical
success
skyrocketed
& referrals
became
automatic**



Blistering eczema healed

Both my feet were so swollen due to eczema where the skin looks like a continuous 3rd degree burn that kept spreading. It has been a huge chore just to get ready for work or do errands. I had to wear 3 sizes larger than my normal shoe size due to thick socks, tissues, gauze, & whatever is needed to get on my feet. After taking supplements recommended by Evan for about a week, blistering eczema is gone! Only problem left is that I need new smaller shoes :) Thank you Evan!

Diana Sep 30, 2018

Customer since May 2018



Game changer!!!

Evan has helped me take the pain associated with psoriatic arthritis from an 8 to a 1 in 4 months! He is an incredible listener and asks really relevant questions and makes connections that no dr or other functional medicine practitioner has before. I am so grateful to have found him. My 10 yr old daughter also sees him and has cured her wide spread psoriasis resulting in a huge boost to her confidence. We are a healthier family thanks to Evan!!

Rebecca D Sep 26, 2018

Customer since Feb 2018



Life changing!

My energy is back, my digestion is doing so well and I am being able to sleep through the night! I feel so less stressed and I don't feel like I need a nap during the day because my energy levels are in good shape and I can make it to the night without feeling tired.

Angela Gomez Sep 25, 2018

Customer since Nov 2017

WOULD YOU:

- Get back into exercises and hobbies?
- Start or grow your own health practice?
- Help your friends and family heal their skin?



**SAVING OTHERS
STARTS WITH YOU**

Threats to Your Microbiome

ANTIBIOTICS

Used in conventionally-raised meats and overused in medicine

GLYPHOSATE

Since 1974, 18,959,754,547.9 pounds have been applied to Earth :(

POLLUTION

Exposure to air pollutants alters the composition of gut microbiota, which increases the risk of obesity, diabetes, gastrointestinal disorders, and other chronic illnesses, according to a study published in Environment International.

Gut Issues



Fatigue

Anxiety / Depression

Sleep Issues

Skin Issues

Food Sensitivity

Autoimmune Disease

Root causes such as mycotoxins

Meet Natalie:

“I’ve tried everything and have been to countless practitioners and can’t fix my mood, gut, or skin”

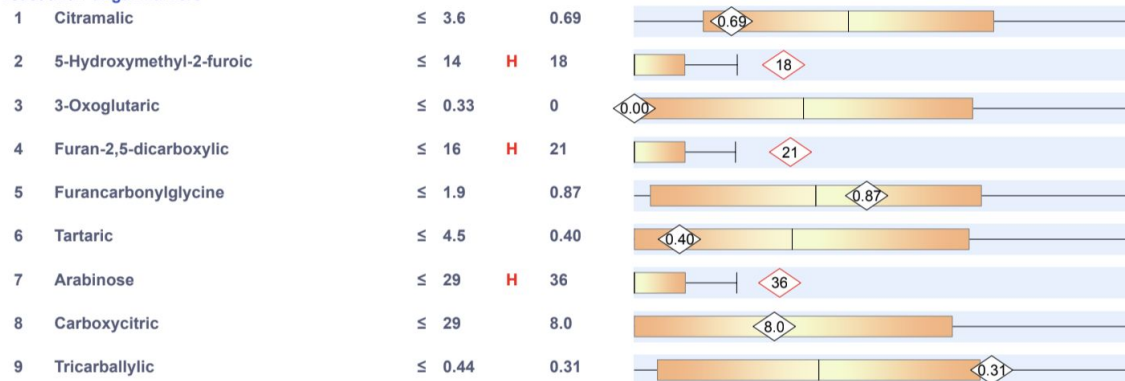
Bloating after meals, intestinal soreness, diet tweaks don’t help...

Pathogens			
Bacterial Pathogens	Result		Normal
<i>Campylobacter</i>	<dl		<1.00e3
<i>C. difficile</i> , Toxin A	5.59e3	High	<1.00e3
<i>C. difficile</i> , Toxin B	5.93e4	High	<1.00e3
<i>Enterohemorrhagic E. coli</i>	<dl		<1.00e3
<i>E. coli</i> O157	<dl		<1.00e3
<i>Enteroinvasive E. coli/Shigella</i>	<dl		<1.00e2
<i>Enterotoxigenic E. coli</i> LT/ST	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx1	<dl		<1.00e3
Shiga-like Toxin <i>E. coli</i> stx2	<dl		<1.00e3
<i>Salmonella</i>	<dl		<1.00e4
<i>Vibrio cholerae</i>	<dl		<1.00e5
<i>Yersinia enterocolitica</i>	<dl		<1.00e5
Parasitic Pathogens	Result		Normal
<i>Cryptosporidium</i>	<dl		<1.00e6
<i>Entamoeba histolytica</i>	<dl		<1.00e4
<i>Giardia</i>	<dl		<5.00e3
Viral Pathogens	Result		Normal
<i>Adenovirus</i> 40/41	<dl		<1.00e10
<i>Norovirus</i> GI/II	<dl		<1.00e7

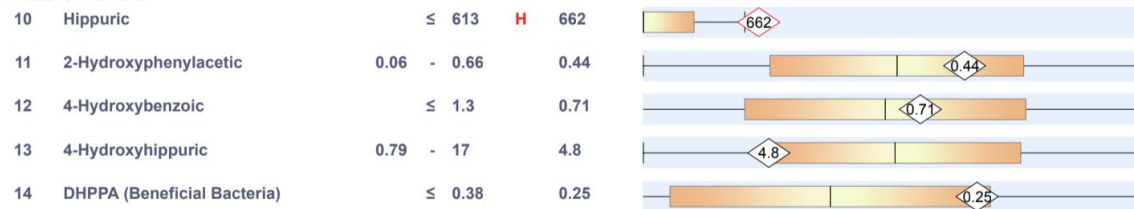
Parasites			
Protozoa	Result		Normal
<i>Blastocystis hominis</i>	1.69e4	High	<2.00e3
<i>Chilomastix mesnili</i>	<dl		<1.00e5
<i>Cyclospora spp.</i>	<dl		<5.00e4
<i>Dientamoeba fragilis</i>	4.93e3		<1.00e5
<i>Endolimax nana</i>	<dl		<1.00e4
<i>Entamoeba coli</i>	<dl		<5.00e6
<i>Pentatrichomonas hominis</i>	<dl		<1.00e2
Worms	Result		Normal
<i>Ancylostoma duodenale</i>	Not Detected		Not Detected
<i>Ascaris lumbricoides</i>	Not Detected		Not Detected
<i>Necator americanus</i>	Not Detected		Not Detected
<i>Trichuris trichiura</i>	Not Detected		Not Detected
<i>Taenia spp.</i>	Not Detected		Not Detected
Intestinal Health			
Digestion	Result		Normal
Elastase-1	263		>200 ug/g
Steatocrit	6		<15 %
GI Markers	Result		Normal
b-Glucuronidase	2444		<2486 U/mL
Occult Blood - FIT	1		<10 ug/g
Immune Response	Result		Normal
Secretory IgA	252	Low	510 - 2010 ug/g
Anti-gliadin IgA	30		0 - 157 U/L
Inflammation	Result		Normal
Calprotectin	185	High	<173 ug/g

Intestinal Microbial Overgrowth

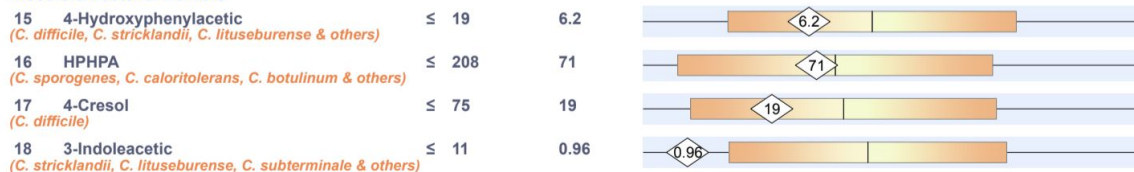
Yeast and Fungal Markers



Bacterial Markers



Clostridia Bacterial Markers





Conventional Medicine Approach

Dermatologist - Steroids
Gastroenterologist - GI drugs
Psychiatrist - Mood drugs
GP - Sleeping Drugs, thyroid



Functional Medicine Approach

Natural antimicrobials
Amino acids for brain chemistry
Binders for detoxification support
Herbs for sleep, adrenals, thyroid



GI MAP: C diff toxin and toxin b, blasto, dientamoeba, low SIGA, high calprotectin

OAT: Candida, low endorphins

Diet: Gut Repair Diet

Health Protocol	upon rising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	before bed
Adrena Nourish (2 droppers)	1		1				
DLPA					2		
Microbiome Supp 1		2		2		2	
Microbiome Supp 2		2		2			
Microbiome Supp 3		2		2			
Probio Myces						2	
Liver Synergy		4					
Pure Digest		2		2		2	

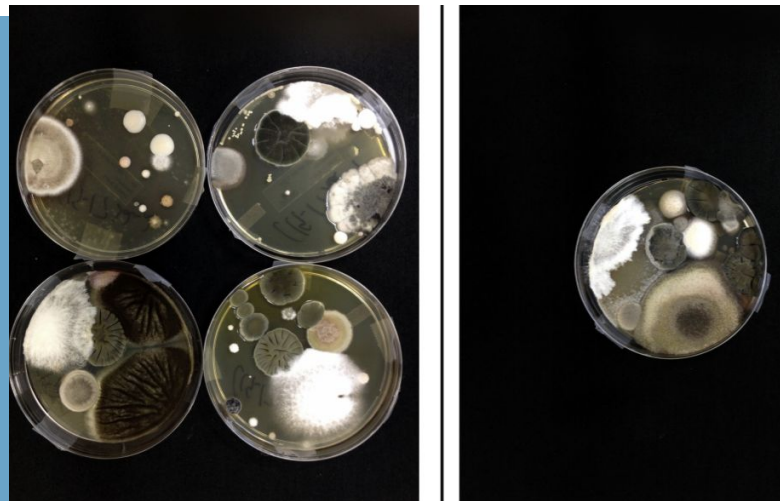
Skin was already 85% better as we begin moving into phase 2 protocol

NEW GI MAP: C diff gone, blasto gone, minor bacterial overgrowth low elastase, low SIGA

Diet: Gut Repair Diet

Health Protocol (<u>Pill Organizer</u>)	upon rising	with breakfast	mid morning	with lunch	mid afternoon	with dinner	before bed
Microbiome Supp 1		2		2			
GI Soothe		2		2		3	
Pure Digest		2-3		2-3		2-3	

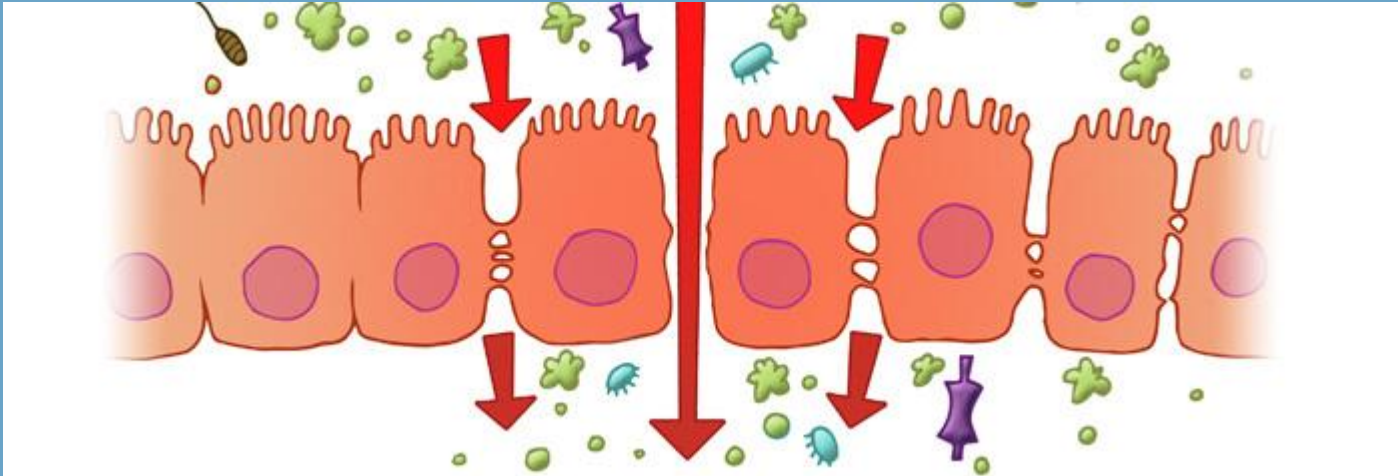
Lab Sample ID	Client Sample ID	Total Count	Matrix	Date Sampled	Test
C19-1732-1	Living Room	6	Air	05/20/19	Genus ID/Count
C19-1732-2	Kitchen	11	Air	05/20/19	Genus ID/Count
C19-1732-3	Bathroom	10	Air	05/20/19	Genus ID/Count
C19-1732-4	Bedroom 01 (C)	47	Air	05/20/19	Genus ID/Count
C19-1732-5	Bedoom 02 (N)	8	Air	05/20/19	Genus ID/Count



**We didn't know about her mold issue initially
but added detox and binder support!**

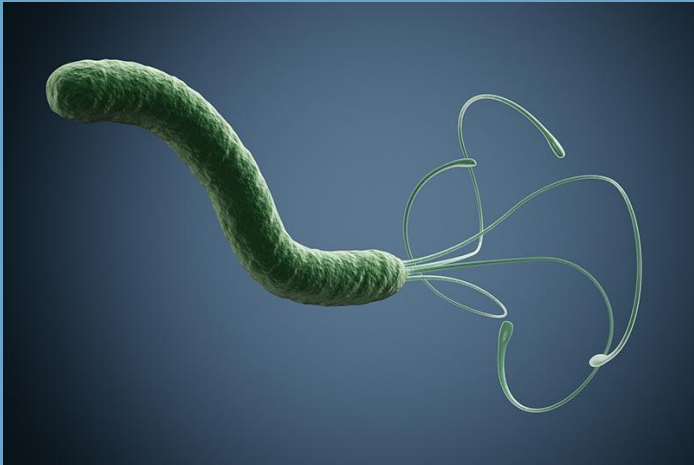


Mycotoxins will keep your gut leaky no matter what you treat....



GI-MAP[®]

GI Microbial Assay Plus



Who Should Have the GI-MAP Comprehensive Stool Analysis Done?

Everyone, but especially those with:

- Autoimmune diseases
- IBS/IBD
- Digestive complaints, diarrhea or constipation
- Brain fog
- Skin problems, like acne and psoriasis
- Mood disorders, depression, and anxiety
- Diabetes and weight loss issues



KIDS NEED FUNCTIONAL MEDICINE!

- Autoimmune diseases
- IBS/IBD
- Digestive complaints, diarrhea or constipation
- Autism and behavioral issues
- Skin problems, like acne and psoriasis
- PANS, PANDAS, ADD, ADHD



NAME:

Sanjam

SEX:

Female

AGE:

3

COMPLAINTS:

Loss of Appetite

Skin Problems

Nasal Congestion

Sleep Issues

Redness over Eyelids

Patient Age: 2

Time of Collection: Not Given

Patient Sex: F

Print Date: 02/02/2021



Organic Acids Test - Nutritional and Metabolic Profile

Metabolic Markers in Urine









Reference Range
(mmol/mol creatinine)

Patient
Value

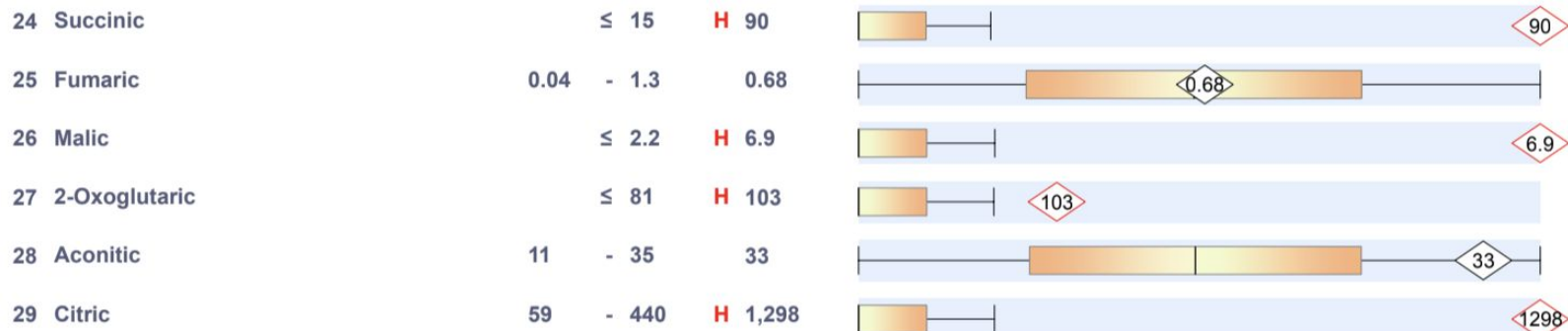
Reference Population - Females Under Age 13

Intestinal Microbial Overgrowth

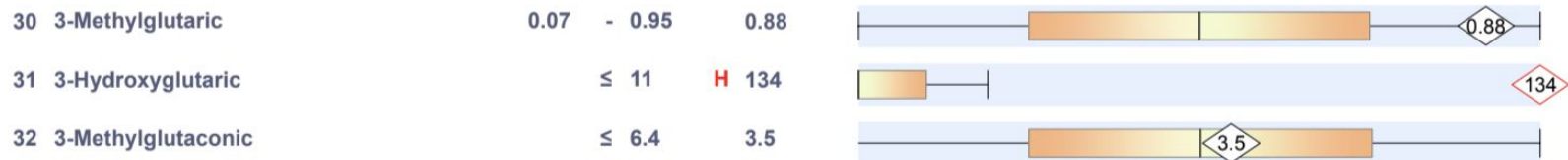
Yeast and Fungal Markers

1 Citramalic	≤ 5.3	3.7	
2 5-Hydroxymethyl-2-furoic (Aspergillus)	≤ 30	9.0	
3 3-Oxoglutaric	≤ 0.52	0	
4 Furan-2,5-dicarboxylic (Aspergillus)	≤ 22	4.1	
5 Furancarboxylglycine (Aspergillus)	≤ 3.6	0.14	
6 Tartaric (Aspergillus)	≤ 3.9	H 147	
7 Arabinose	≤ 56	H 226	
8 Carboxylic	≤ 24	0.02	

Mitochondrial Markers - Krebs Cycle Metabolites



Mitochondrial Markers - Amino Acid Metabolites



Mycotox Profile

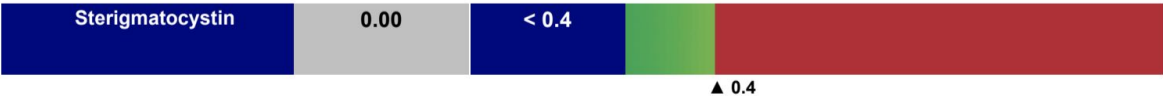
Creatinine Value: 99.89 mg/dl

Metabolite	Results (ng/g creatinine)	Normal Range *	Abnormal Range
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Aspergillus



Penicillium



**Probiotics
Binders
Antimicrobials**

**Mold,
Candida
and
Bacterial
Overgrowth**

**Multi
Liver Support
Electrolytes**

**Mito
Damage
and Skin
Issues**



**Mold
Toxicity is
#1 Priority
Here**

**Binders
Probiotics
Antifungals**

**Mood
Issues and
Insomnia**

**Calming
adaptogens**

GI MAP: Various bacterial overgrowth

MYCO: Ochratoxin, MPA

OAT: high colonization, high candida, major mitochondrial damage, very high serotonin, low B2, low vitamin C

DIET: [Low Histamine Foods List](#)

Health Protocol (Pill Organizer)	upon rising	with breakfast	mid morn	with lunch	mid after noon	with dinner	before bed
Ultra Preventive		2					
NDF Plus		1-13 drops		1-13 drops			
Electrolyte		1 scoop					
Microbe Slayer		2-3ml					
Cytoflora		6-52 drops		6-52 drops			
Sac B		1/2 scoop					
TG Liquid		1/2 tsp					
NDF Sleepy							2ml
GI Detox+ (Empty stomach)					1		

Thank you!
Visit evanbrand.com

