

IWHI Personalized Nutrition Matrix

There are a range of healthy, nutrient dense, anti-inflammatory nutrition plans. Fine tuning the food plan for your client in a personalized fashion takes a number of factors into consideration.

I. Genetics

Consider The Anti Inflammatory Spectrum of Food Plans

Vegan - Vegetarian - Mediterranean - Paleo - Keto

We often use a complex genetics analysis software that takes genetic snps, and epigenetics into account: Opus 23/ SWAMI Genotype developed by Datapunk, Dr. Peter D'Adamo.

The basics that we begin with:

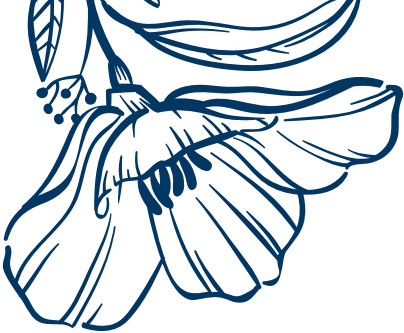
- Blood type A does best on the vegan/ vegetarian end of the spectrum
- Blood type O does best on the paleo/ keto end of the spectrum
- B/ AB tend to be more flexible

Within that framework, we can personally refine for optimal support using the software, history, and clinical experience. But, consider disordered eating behaviors, food fears, eating & cooking enjoyment, and a focus on eating well 90% of the time for resilience, with the relaxation of the nervous system being of the utmost importance.

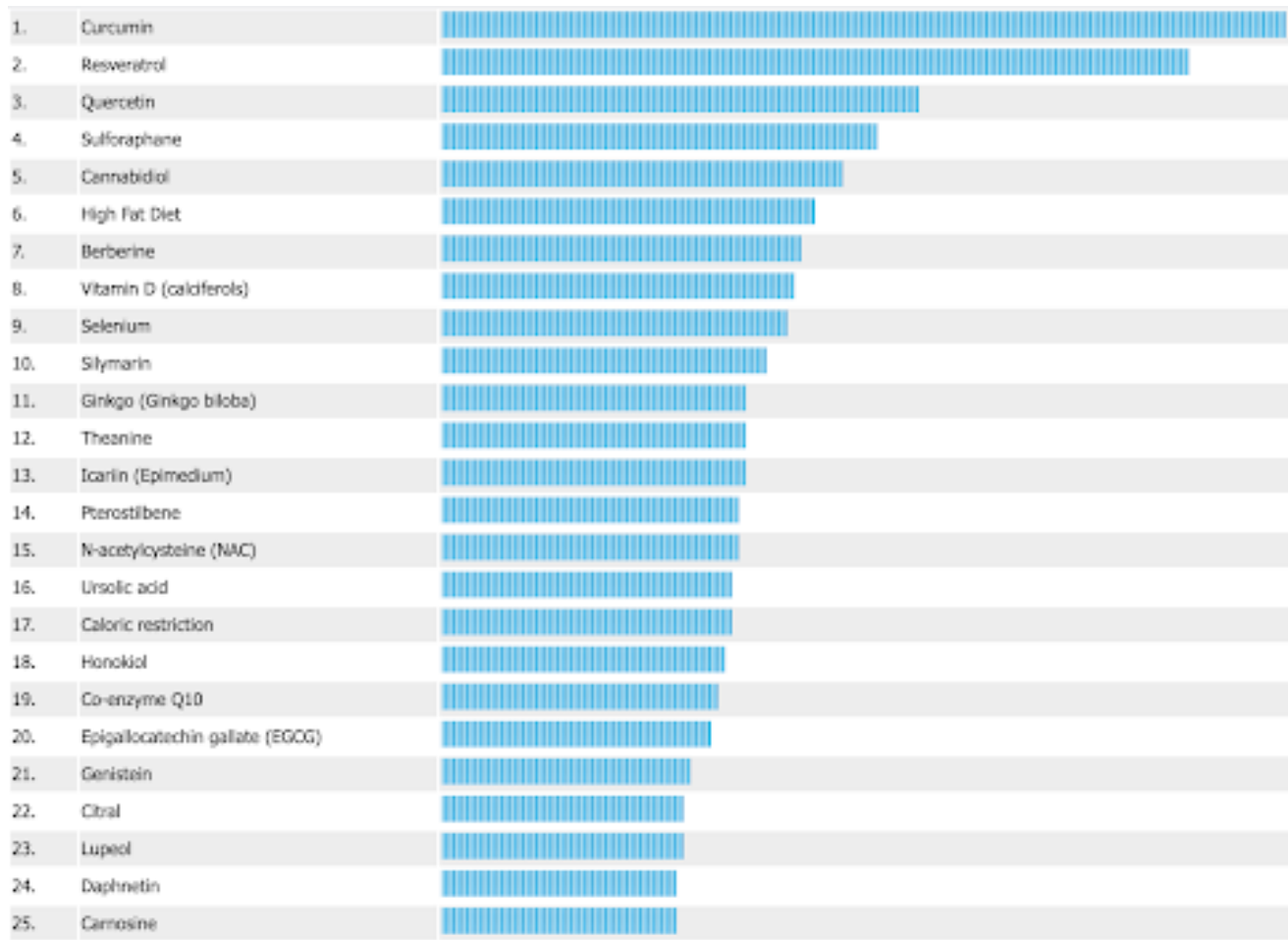
For example:

SUPERFOODS	NEUTRALS	BEST AVOIDED
Chicken ◊ Cornish Hen ◊ Duck ◊ Goose Grouse ◊ Guinea Hen Ostrich Partridge Pheasant ◊ Squab ◊ Turkey ◊	Emu	Chicken, Liver ● Duck Liver Goose Liver Quail





Opus 23 top nutraceuticals for one patient's specific genetics (example):

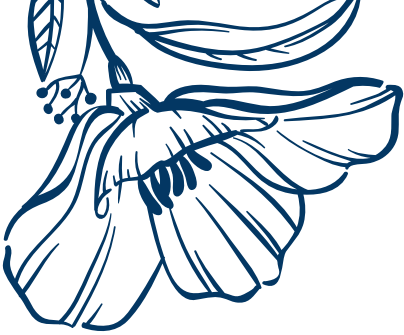


Prioritize pleasure, enjoyment, relaxation (nervous system parasympathetic dominance) when eating over optimization of the foods themselves.

When symptoms are greatest and resilience is reduced, this is when adherence more closely to the optimal food choices becomes more important for a relatively short period of time.

Let go of THE MOST inflammatory foods: sugar, gluten, dairy (usually), soy (usually), eggs (sometimes), other grains (sometimes), alcohol, caffeine (sometimes), non-food food (candy, processed foods)





2. SIBO / significant bloating?

Implementation of The Drummond SIBO Protocol

- Support parasympathetic dominance while eating.
- Continuous improvement of HRV, overall.
- A perspective of delicious, pleasurable nourishment.
- Stop eating by 7-8pm.
- Consider the impact of surgery/ endo/ adhesions on intestines.
- Visceral physical therapy/ artichoke & ginger motility support (Integrative Therapeutics Motility Activator) and/or 5-HTP, tryptophan, and the active form of vitamin B6 (pyridoxal 5'-phosphate) (Apex Enegetics SerotaFlo)
- Dysbiosis/ Daily Bowel Movements/ Bristol Chart
- Blood Sugar Stability/ Energy Crashes Personalized anti-anti-inflammatory food plan.
- Chewing (40 times per bite)
- Digestive enzymes, Betaine HCL as needed, and cycling anti-microbial herbs for at least 3 months (3 weeks on/ 1 week off)
 - Biocidin/ FC Cidal & Dysboicide/ Candibactin AR & BR
 - Binder such as GI Detox
 - Probiotics and Slowly add in prebiotic fibers (onions, garlic, green banana, burdock root, green tea, FOS, psyllium, artichoke, asparagus)

3. Results of Functional Digestive and Endocrine Lab Tests

- Personalize probiotics
- Consider yeast issues
- Need for adaptogenic support
- Consider histamine, oxalate, or other sensitivities

4. Food preferences, cultural factors, cooking ability, nutrition access option

- What is the simplest and most and socially acceptable way to fit this food plan into her life?

5. Don't skip the basics: hydration, nutrient absorption, daily Bristol 4 bowel movements.

