

STEP 7

In three to four months, clinician assesses the patient to track progress and adjust treatment plan as necessary. Treatment focus may transition to another foundational area of health at this time.



PILLARS OF GI HEALTH

Clinical Implementation Guide



TRANSFORMING MEDICINE WITH GROUP VISITS



During the initial phase of care, implementing lasting lifestyle changes is essential for improvement of patient health outcomes. Group Visits are a great way to reinforce healthy lifestyle habits and keep patients motivated and accountable prior to one-on-one reassessments. In addition, Group Visits are an effective tool to create better practice efficiencies both financially and clinically. We recommend using the *GI Foundations: Heal Your Gut, Heal Your Body* Group Visit Toolkit. You can find this and other Group Visit Toolkit resources at TheLifestyleMatrix.com



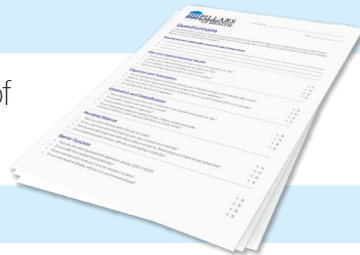
LifestyleMatrix.com



LT-GI-024-A 08252016

STEP 1

Patient completes the Pillars of GI Health Questionnaire



STEP 2

Clinician uses the Pillars of GI Health Inventory Sheet to discuss the basics of gut health with the patient and begins pinpointing areas of concern



STEP 3

A. Clinician and patient identify the area(s) of dysfunction

B. Clinician uses Digestion and Absorption, Elimination and Detoxification, Microbial Balance, or Intestinal Permeability Tear Pads to illustrate factors affecting gastrointestinal and overall health



C. Patient begins initial GI health supplements to address dysfunction



D. Patient watches the Pillars of GI Health Patient Education Video

The Pillars of GI Health patient education video can be used as an outreach tool for both new and existing patients. This video can be utilized to introduce key concepts to new patients or as a follow-up to the first visit to review important discussion points.



STEP 4

A. Patient receives Pillars of GI Health Patient Handbook

It is recommended that every patient reviews the first chapter of the handbook and the chapter correlating with their area(s) of dysfunction.



- Chapter 1: Diet and Gastrointestinal Health**
- Chapter 2: Digestion and Absorption**
- Chapter 3: Elimination and Detoxification**
- Chapter 4: Microbial Balance**
- Chapter 5: Barrier Function**

B. Patient goes home with a stool test kit or other GI testing kit to assess GI function



STEP 5

Clinician and patient review pertinent test results and diagnosis. Clinician initiates targeted therapies based on results. For example, if stool analysis reveals dysbiosis and symptoms are suggestive of leaky gut, clinician initiates microbial balancing and gut healing protocol with an elimination or other therapeutic diet.

STEP 6

At this time, enroll patients in the GI Foundations: Heal Your Gut, Heal Your Body Group Visit.

SEE THE FOLLOWING PAGE FOR MORE DETAILS

