



PILLARS

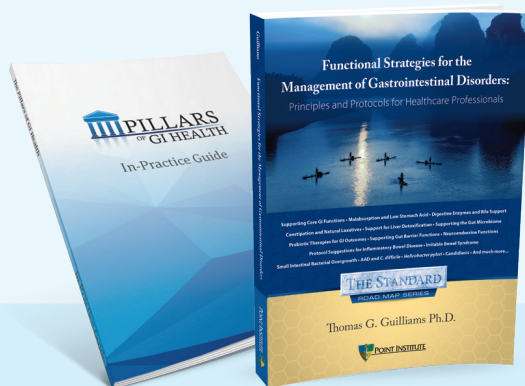
OF GI HEALTH

Clinical Implementation Guide

Welcome to the Pillars of GI Health Program!

We're excited to help you successfully implement this program in your practice. We want to remind you that with this purchase, you get exclusive access to the Onboarding Portal, a five-module online course experience that will help you get the most out of these resources and deepen your clinical knowledge. The Onboarding Portal also includes resources to help you market the program to current and prospective patients. You should have received an email prompting you to log in—if you didn't receive one, reach out to our implementation team at implementation@lifestylematrix.com.

Inside the kit, you will see two resources that will be integral to building your clinical knowledge on this topic. Key sections of the In-Practice Guide and Standard Road Map are referenced as homework assignments throughout the Onboarding Portal modules.



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, Intestinal Permeability, SIBO, GERD, IBD or Dysbiosis Presentation Pads to illustrate factors affecting gastrointestinal and overall health.

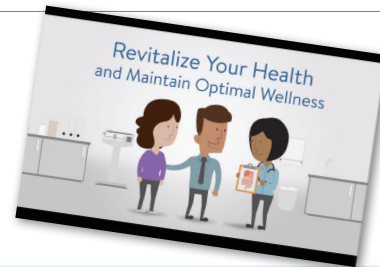


C. Patient begins initial GI health supplements to address dysfunction



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 Diet & Gastrointestinal Health section of the handbook and the chapter correlating with their area(s) of dysfunction.

- Chapter 1: Digestion and Absorption**
- Chapter 2: Elimination and Detoxification**
- Chapter 3: Microbial Balance**
- Chapter 4: Barrier Function**
- Chapter 5: Gut-Brain Connection**

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.



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 gastrointestinal health at this time.

