



Managing Dysbiosis and Microbiome Support

Dysbiosis refers to an imbalance in the gut microbiome, where harmful bacteria outnumber beneficial ones. This can lead to various gastrointestinal symptoms, inflammation, and other health issues. Supporting a healthy microbiome often involves dietary changes to restore balance and promote gut health.

Nutritional Recommendations

Why Ruminants Are Central to the Biocidin Gut Protocol

Ruminants such as cows, sheep, and deer play a significant role in the Biocidin Gut Protocol due to their ability to convert grass into highly nutritious meat. Their four-chambered stomach system effectively detoxifies plant chemicals, producing meat that's free from many toxins and rich in nutrients. Beef, in particular, is a notable source of Conjugated Linoleic Acid (CLA), which offers health benefits like:

- Anti-carcinogenic properties
- Reduction of atherosclerosis (arterial plaque)
- Enhanced immune function
- Support for weight management and muscle retention

The Biocidin Gut Protocol focuses on three core principles

- **Energy:** Emphasize fats as your primary energy source, which can help in reducing carbohydrate intake, supporting gut health.
- **Nutrient Density:** Choose foods rich in essential vitamins and minerals to support gut repair and microbiome balance.
- **Protein for Lean Mass:** Ensure you consume enough protein to maintain and build muscle, aiding in gut lining integrity.

Biocidin Gut Protocol Food List

#1 Fats (Foundation of the Protocol)

Fats are essential for energy in this protocol, aiding in the shift towards a less inflammatory diet. Here are some excellent fat sources:

- Tallow
- Grass-fed butter
- Ghee

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



- Suet
- Egg yolks
- Coconut Oil

Pro Tip: If you feel low on energy or hungry, increase your fat intake before changing other aspects of your diet.

#2 Beef (Top Choice for Protein)

Beef is central to this protocol for its high-quality protein and beneficial fats, which can support gut health. Recommended cuts include:

- Steaks (ribeye, sirloin)
- Roasts (chuck, rump)
- Ground beef (cost-effective and versatile)

Beef's favorable omega-6 to omega-3 ratio can aid in reducing inflammation, which is key for gut health.

#3 Lamb & Other Ruminants

Lamb, bison, and elk are great alternatives to beef, adding variety while providing similar nutritional benefits beneficial for gut health.

#4 Seafood

Seafood provides high-quality protein and omega-3 fatty acids, which are crucial for reducing inflammation in the gut. Opt for:

- Salmon
- Sardines
- Mackerel
- Oysters (rich in zinc and other minerals)

These options are high in DHA, which supports brain health and might indirectly benefit gut health through cognitive function.

#5 Organ Meats (Nature's Multivitamin)

Organ meats, especially beef liver, are nutrient-dense, offering a range of vitamins and minerals that support gut health:

- Beef liver (Vitamin A, folate, iron)
- Kidneys (rich in selenium)
- Heart (good source of CoQ10 for energy)

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



Eating organs supports a comprehensive nutrient intake, which is vital for gut repair and microbial balance.

#6 Non-Ruminants (Pork & Chicken)

Though not as nutrient-dense as beef, pork and chicken can still contribute to the protocol. They should be consumed in moderation due to higher omega-6 fats which might not be ideal for gut inflammation. Examples include:

- Pork shoulder
- Pork belly
- Chicken

Approved Foods to Consume

1. Low-FODMAP Vegetables: Comprehensive list below

2. Healthy Fats:

- Olive oil
- Coconut oil
- Avocado
- Nuts and seeds (in moderation)
- Ghee
- Tallow

3. Low-FODMAP Fruits: Comprehensive list below

4. Gluten-Free Grains:

- Quinoa
- Rice (white or brown)
- Oats (certified gluten-free)
- Buckwheat

5. Fermented Foods (if tolerated): avoid first 2 weeks of protocol

- Sauerkraut
- Kimchi

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



- Kefir (dairy-free options available)

Foods to Exclude

1. High-FODMAP Foods: Comprehensive list below

- Wheat products (bread, pasta)
- Legumes (beans, lentils)

2. Dairy Products:

- Milk
- Cheese (especially soft cheeses)
- Yogurt (unless lactose-free)
- These will only be avoided for the first 30 days

1. If tolerated dairy can be an excellent source of nutrients

3. Sugar Alcohols:

- Sorbitol
- Mannitol
- Xylitol

4. Processed Foods:

- Foods containing preservatives and artificial food coloring
- Fast food and takeout

5. High-Fructose Foods:

- Agave syrup
- High-fructose corn syrup

6. Alcohol and Caffeinated Beverages:

- Beer, wine, and spirits
- Energy drinks



Understanding FODMAPs

FODMAPs (Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols) are short-chain carbohydrates that can be poorly absorbed in the small intestine. Reducing high-FODMAP foods can help alleviate symptoms associated with SIBO.

Comprehensive List of High-FODMAP Foods (avoid)

High-FODMAP Fruits:

- Apples
- Pears
- Cherries
- Watermelon
- Mango
- Stone fruits (peaches, plums, nectarines)
- Blackberries
- Apricots
- Figs
- Lychee

High-FODMAP Vegetables:

- Garlic
- Onions (including shallots and spring onions)
- Cauliflower
- Mushrooms
- Asparagus
- Sugar snap peas
- Artichokes
- Beetroot
- Broccoli (in large amounts)

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



- Brussels sprouts

High-FODMAP Grains and Cereals:

- Wheat products (bread, pasta, cereals)
- Barley
- Rye
- Couscous
- Semolina

High-FODMAP Legumes and Pulses:

- Lentils (canned and dried)
- Chickpeas
- Kidney beans
- Black beans
- Baked beans

High-FODMAP Dairy Products:

- Milk (cow, goat, sheep)
- Soft cheeses (ricotta, cottage cheese)
- Yogurt (regular)
- Ice cream

High-FODMAP Sweeteners:

- Honey
- High-fructose corn syrup
- Agave syrup
- Sorbitol, mannitol, xylitol (sugar alcohols)

High-FODMAP Nuts and Seeds:

- Cashews
- Pistachios



High-FODMAP Processed Foods:

- Foods containing inulin or chicory root
 - Certain protein bars and meal replacement bars
-

Comprehensive List of Low-FODMAP Foods (consume)

Low-FODMAP Fruits:

- Bananas (ripe)
- Blueberries
- Strawberries
- Oranges
- Kiwi
- Grapes
- Pineapple
- Cantaloupe
- Raspberries
- Papaya

Low-FODMAP Vegetables:

- Carrots
- Zucchini
- Spinach
- Bell peppers (red, green, yellow)
- Cucumbers
- Lettuce (all varieties)
- Kale
- Eggplant
- Potatoes (white and sweet)

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



- Radishes

Low-FODMAP Grains:

- Rice (white, brown)
- Quinoa
- Oats (gluten-free)
- Polenta

Low-FODMAP Proteins:

- Eggs
- Fish and seafood
- Chicken and turkey
- Beef and pork

Low-FODMAP Dairy Alternatives:

- Coconut milk (in moderation)
 - Hard cheeses (cheddar, parmesan)
 - Raw cheese
-

Common Food Intolerances

In addition to managing FODMAPs, it is essential to be aware of other common food intolerances that may exacerbate SIBO symptoms:

1. **Histamine:** Found in aged cheeses, fermented foods, and processed meats. Can cause headaches, hives, and digestive issues.
2. **Dairy:** Lactose intolerance can lead to bloating and diarrhea. Opt for lactose-free alternatives.
3. **Gluten:** Found in wheat, barley, and rye. Gluten sensitivity can cause gastrointestinal distress.
4. **Food Colorings:** Artificial colorings may trigger reactions in sensitive individuals.

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339



5. **Preservatives:** Common in processed foods; can lead to digestive upset.
6. **Sugar Alcohols:** Such as sorbitol and mannitol, can cause bloating and diarrhea.
7. **Sulfites:** Often found in dried fruits and wine; can cause allergic reactions in some individuals.
8. **Fructose:** Found in many fruits and sweeteners; can lead to digestive discomfort in sensitive individuals.

Dr. Ryan Kneessi

Ryan@MoveForwardNaturalHealth.com

443-510-1339