

FOUR POINT PLAN FOR BALANCING MICROBES IN YOUR DIGESTIVE TRACT

- 1. Keep the number of microbes in your oral cavity and in the adjacent tributaries that drain into the oral cavity (facial sinuses, middle ear, nasal drainage, tear ducts, and lung secretions) to a minimum.**
 - a. Follow oral hygiene measures recommended by your dentist.**
 - b. Visit your dental hygienist every 3-6 months for dental cleanings.**
 - c. Avoid sugary drinks or snacks for several hours before going to sleep.**
 - d. Avoid prolonged use of antihistamines, steroid nasal sprays, and steroid inhalers, unless prescribed.**

- 2. Do not suppress the body's protective stomach acid and enzymes by taking acid reducing medications for long periods of time, unless prescribed.**

- 3. Encourage the growth of microbes in the colon (large intestine) by providing appropriate nutrients. The best nutrients come from eating a plant-based diet supplying a wide variety of fruits, vegetables, whole**

grains, nut, seeds, beans, legumes and selected starches (high fiber food products). The Mediterranean diet is a good starting point.

4. Other:

- a. Avoid all tobacco products.**
- b. Avoid or limit alcoholic beverages based on your care provider's assessment of your age, medication history and medical problems.**
- c. Avoid drinking carbonated beverages.**
- d. Drink at least 2 quarts of water a day (distilled water is preferred).**
- e. If you have a deep well that supplies water to your residence, have the water checked for bacterial contamination at least once a year.**
- f. Avoid taking synthetic over the counter health food supplements, unless approved by your health care provider.**

Contact Dr. Kramer's office if you have any questions or wish to discuss any of the above recommendations in more detail. (352-331-6736)