

# 4R Treatment Protocol

REMOVE	<p>Using a course of antimicrobial, antibacterial, antiviral or anti-parasitic therapies in cases where organisms are present.</p> <p>It may also be necessary to remove offending foods, gluten, or medication that may be acting as antagonists.</p>	ANTIMICROBIAL	Oil of oregano, berberine, caprylic acid, garlic oil
		ANTIBACTERIAL	Liquorice, zinc carnosine, mastic gum, tribulus, berberine, black walnut, caprylic acid, oil of oregano
		ANTIFUNGAL	Oil of oregano, caprylic acid, berberine, black walnut, garlic oil
		ANTIPARASITIC	Artemesia, black walnut, berberine, oil of oregano, garlic oil
		ANTIVIRAL	Cat's claw, berberine, echinacea, vitamin C, vitamin D3, zinc, reishi mushrooms
		BIOFILM	Oil of oregano, protease
REPLACE	In cases of maldigestion or malabsorption, it may be necessary to restore proper digestion by supplementing with digestive enzymes.	DIGESTIVE SUPPORT	Betaine hydrochloride, tilactase, amylase, lipase, protease, apple cider vinegar, herbal bitters
REINOCULATE	<p>Recolonisation with healthy, beneficial bacteria.</p> <p>Supplementation with probiotics, along with the use of prebiotics helps re-establish the proper microbial balance.</p>	PREBIOTICS	Slippery elm, pectin, larch arabinogalactans, acacia gum, PHGG, chicory root inulin, glucomannan, apple pectin, flaxseed
		PROBIOTICS	Bifidobacterium animalis ssp lactis, lactobacillus acidophilus, lactobacillus plantarum, lactobacillus casei, bifidobacterium breve, bifidobacterium bifidum, bifidobacterium longum, lactobacillus salivarius ssp salivarius, lactobacillus paracasei, lactobacillus rhamnosus, Saccharomyces boulardii
REPAIR & REBALANCE	<p>Restore the integrity of the gut mucosa by giving support to healthy mucosal cells, as well as immune support.</p> <p>Address whole body health and lifestyle factors so as to prevent future GI dysfunction.</p>	IMMUNE SUPPORT	Saccharomyces boulardii, lauric acid
		INTESTINAL BARRIER REPAIR	L-Glutamine, liquorice, marshmallow root, okra, quercetin, slippery elm, zinc carnosine, aloe vera, Saccharomyces boulardii, omega 3 essential fatty acids, B vitamins
		SUPPORT CONSIDERATION	Sleep, diet, exercise, and stress management

The **4R Protocol** is a widely accepted clinical guideline to treating pathogens and imbalances in the GI microbiota and restoring health to the gastrointestinal tract. Re-test patients with the GI-MAP in 3-6 months to monitor progress and make changes to the protocol as needed.

Like you, Design for Health Australia believe that Gastrointestinal Health is our cornerstone and the core to designing a wellness pathway for your patients. That's why we have helped develop leading GI gut health mapping tools, products, education and product protocols for healthcare practitioners and their patients.

The GI-MAP™ (GI-Microbial Assay Plus) is a ground-breaking stool test targeting vital markers of gastrointestinal health, is the first comprehensive stool analysis to include a DNA/PCR assay for GI pathogens performed on stool and uses the most advanced qPCR technology for results you can rely on.

## GI-MAP™ The Superior Solution

Other available stool tests may appear to be DNA-based, but are in fact only using matrix assisted laser desorption/ionization time-of-flight (MALDI-TOF) to identify stool microbes. Their methodology relies on cultures from stool and is not molecular/PCR based assays. With a culture-based test it is not possible to measure strict anaerobes, viruses or virulence factors. They also lack the ability to deliver true quantitation of any of the reported organisms.

In addition, other recent test offerings using a molecular technology only for pathogens do not enable an entire comprehensive stool analysis of opportunistic and beneficial organisms, including bacteria, protozoa, and fungi, all of which are provided through the GI-MAP™.

Considering these advances, why would you still rely on culture and microscopy for stool analysis and assessment of the GI environment?

# How to order your GI-Map™ Kit and prepare your patient

The GI-Map™ (GI-Microbial Assay Plus) quantitatively assesses a patient's microbiome with attention to bacterial, parasitic and viral pathogens that can cause disease, disrupt the normal microbial balance, and contribute to chronic GI illness.

Diagnostic Solutions Laboratory utilises proved qPCR technology with high sensitivity and specificity to provide quantitative, accurate and reliable results.



Order your **GI-Map™ Test Kit** through **Designs for Health Australia** by going to [designsforhealth.com.au/gi-map](https://designsforhealth.com.au/gi-map) and completing an online **Test Request Form (TRF)** or downloading and completing a **TRF** and emailing it to [orders@designforhealth.com.au](mailto:orders@designforhealth.com.au)



Visit [designsforhealth.com.au/gi-map](https://designsforhealth.com.au/gi-map) for all the information on the GI-Map Test so you can prepare your patient for their one-day stool sample. Make sure you advise your patient of the following:



You should receive the test results in approx. 2 weeks from the day your patient posts out their sample.

## Practitioner Support and Health Benefits for Patients

The GI-Map™ test can help determine if there are certain pathogenic organisms within the body that might contribute to illnesses like autoimmune problems, arthritis, and most chronic conditions that can be impacted by the gut bacteria.

Take the guesswork out of many aspects of diagnosis so you can formulate an effective treatment plan for your patients - enhance your practice with GI-Map.™



We have **GI-Map™ Experts** on hand to support you. Call your Designs for Health educator or the technical team on **02 9136 6266** to go through your results and to discuss which protocols are best for your patient.



With a thorough understanding of your patient's **GI-Map™ Test Results**, set a protocol to suit their unique needs for their optimal health.



If you feel it necessary, a retest can be done after your treatment protocol is carried out.