



POST-ANTIBIOTICS RECOVERY TIPS

Okay so when we have to take antibiotics there are a few things we definitely want to do:

- Take high quality, potent probiotics! Just try to take them as far away from your antibiotic as possible [at least 4 hours is ideal]. This is the specific one I recommend if you have to take antibiotics : [MegaSporeBiotic](#). Click on REGISTER in upper right corner, then click PATIENT, then enter code SJS2018 when asked for Patient Direct code to order. See dosing instructions attached.
- Add in *S. Boulardii* (Order [DFH Floramyces](#): 2 capsules/day). *S. boulardii* is actually a beneficial yeast rather than a bacteria, so it's particularly useful during antibiotic treatment because the antibiotics can't kill it. *S. boulardii* is also preferable under these circumstances because there's no risk of it harboring genes for antibiotic resistance and later transferring those genes to pathogenic bacteria.
- Add in [glutamine powder](#) (3 heaping teaspoons mixed in water, three times daily) + [Collagen Powder](#) (1 tbs, 3x/day) on empty stomach to heal the gut and support the regrowth of your beneficial intestinal flora.
- Increase [vitamin D](#) to 10,000 IU, TWICE/day
- Avoid all SUGAR & GRAINS entirely
- Prebiotics/Soluble Fiber: prebiotics are much more effective than probiotics at promoting the growth of beneficial bacteria in the gut. Thus, prebiotics are an incredibly important part of any regimen to protect or rebuild a healthy microbiome. During and after antibiotic use, focus on getting plenty of soluble fiber, which feeds beneficial bacteria and is found in starchy tubers, squash, and peeled fruits.
 - Some of the best sources of soluble fiber include carrots, winter squash, summer squash (especially peeled), starchy tubers, turnips, rutabagas, parsnips, beets, plantains, taro, and yuca. Green bananas and unripe plantains (which you can dehydrate to make chips) are good whole-food sources of resistant starch.
- Insoluble Fiber: One type of insoluble fiber that can be extremely helpful for supporting healthy gut flora is resistant starch. The easiest way to get a concentrated dose of RS is to use [Bob's Red Mill unmodified potato starch](#). As with any supplemental prebiotic, it's a good idea to start with a small amount and work your way up. In this case, you could start with 1 teaspoon and work your way up to 2-4 tablespoons per day. If you find that RS doesn't work well for you, you might consider trying an inulin-based prebiotic such as [this one](#).
- Support diversity: One of the best ways to expose yourself to more diverse beneficial bacteria is by consuming fermented foods, so I highly encourage you to experiment with a variety of different ferments. These can include kefir, beet kvass, sauerkraut, kombucha, kimchi, and other fermented vegetables or fruits.
- Support your liver and gut: When antibiotics throw your gut flora into turmoil, the gut lining and digestive function as a whole take a hit too. To soothe your digestive system, it's a good idea to ramp up your consumption of bone broth and other glycine-rich foods while you're on antibiotics, and continue to consume these foods after the treatment is finished to promote healing.

- If you experience nausea or other digestive upset from the antibiotics, ginger can be extremely helpful for reducing inflammation and calming the digestive system. It's best to use fresh ginger, and you can easily make ginger tea by slicing it and simmering it in water until the tea reaches your desired strength.