



LIFESTYLE CHANGES AFTER FMT

The gut microbiome can be shaped by many environmental facts, such as diet, exercise and medications, and making lifestyle changes after FMT can help enhance your gut microbiome's survival and composition.

DIET DIVERSITY

Diet is essential for overall health and the survival of the trillions of microbes in our gut microbiome, and changes in diet can alter the composition of the microbiota within 24-48 hours. So, while genetics influence the gut microbiome, research has shown that diet is the primary factor shaping it, accounting for up to 57% of gut microbiota alterations.

So, what is the most important factor in a diet to help with gut health? The short answer is diversity! A diverse diet, including a wide variety of whole foods, including vegetables, fruits, nuts and seeds with a healthy amount of fats and proteins, is associated with greater microbiota diversity and stability. A goal after FMT should be to expand diet to include as many types of food as possible. The goal is to slowly increase diet, and as a benchmark, we recommend trying to consume at least 50 different foods in a given week. The main reason for this is that the more diverse the diet, the more diverse the microbiome!

Some examples of great foods to help feed the microbiome include (but are not limited to):

Asparagus	Burdock	Chicory	Leeks
Artichoke	Rutabaga	Collard Greens	Legumes
Broccoli	Cabbage	Dandelion root	Onions
Brussel Sprouts	Cauliflower	Kale	Radish
Fermented Foods (i.e. sauerkraut, Kimchi, Kombucha, Kefir, Miso, Yogurt)			

Make sure to speak with your doctor about the best diet to follow based on your medical condition and history.

PHYSICAL ACTIVITY

While we all know that physical activity can help us stay healthy and reduce the risk of many chronic diseases, did you know that physical activity can also benefit your gut health? Recent research has shown that physical activity can have a positive impact on the composition and diversity of the gut microbiome and reduce inflammation which can lead to improved health outcomes.

While any type of physical activity will have a positive impact on gut health, studies suggest that moderate-intensity aerobic exercise may be particularly effective. Whether it's a short walk after dinner or a gym session, the key is to incorporate physical activity into your daily life, as a sedentary lifestyle is associated with reduced microbial diversity and a higher incidence of chronic disease.

ENVIRONMENTAL TOXINS

One way to support your gut microbiome is to remove any harmful sources within your environment, such as mold, pesticides and heavy metals. Environmental toxins are known to damage the gut microbiome and could affect the survival of the new gut microbiomes after FMT.

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