

GLP-1 Success

Pendulum GLP-1 Probiotic Protocol **IMPLEMENTATION GUIDE** **for Bariatric Patients**



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This wean-in process is intended to minimize any gastric distress symptoms that can occur when starting any new probiotic. I highly recommend adding the Polyphenol Booster to optimize* the benefits of the GLP-1 Probiotic.

*Remember, it may take 6-weeks to 3 months to feel the full effects. Consistency is key to healing the gut naturally.

	<p>WEEK 1</p> <ul style="list-style-type: none">• Take ONE GLP-1 Probiotic with Breakfast EVERY OTHER DAY.• Follow a BALANCED nutritional plan, focusing on proteins, high-fiber carbs, and healthy fats. Track everything!• Drink a minimum of 64oz of water daily, 85-100oz is better.• Exercise a MINIMUM of 10 minutes per day.
	<p>WEEK 2</p> <ul style="list-style-type: none">• Take ONE GLP-1 Probiotic with Breakfast EVERY DAY.• Continue with your BALANCED nutritional plan, water intake, and exercise.• Add or substitute foods that include polyphenols, antioxidants, fermented foods, and prebiotics to meals and snacks when able. See following pages for suggested food list.
	<p>WEEK 3</p> <ul style="list-style-type: none">• Take ONE GLP-1 Probiotic with Breakfast EVERY DAY.• Add ONE Polyphenol Booster EVERY OTHER DAY.• Continue with all of the above, increasing water to at least 85oz, and exercise to a MINIMUM of 15 minutes per day.
	<p>WEEK 4</p> <ul style="list-style-type: none">• Take ONE GLP-1 Probiotic AND ONE Polyphenol Booster with Breakfast EVERY DAY.• Continue with all of the above, increasing water to at least 85oz, and exercise to a MINIMUM of 20 minutes per day.

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Tips to Nourish Your Gut Biome

SUGGESTED FOODS TO BOOST MICROBIOME

While all MBK recipes and meal plans focus on minimally processed, high-fiber, high-protein foods, I understand that some of you may modify the plans to suit your needs.

The foods on this page are known to boost the microbiome, essentially “feed” the probiotics and good bacteria in your gut.

POLYPHENOLS	<p>Polyphenols are natural compounds found in plants that have antioxidant properties. Foods rich in polyphenols include:</p> <p>Berries: Strawberries, blueberries, raspberries, and blackberries</p> <p>Nuts and Seeds: Almonds, walnuts, flaxseeds, pecans, hazelnuts, and sunflower seeds</p> <p>Vegetables: Black & green olives, spinach, red onions, and artichokes</p> <p>Fruits: Blueberries, cherries, blackberries, pomegranate, plums, apples, and grapes</p> <p>Beverages & Other: Green tea, black tea, coffee, dark chocolate</p> <p>Herbs and Spices: Cloves, peppermint, oregano, sage, rosemary</p>
ANTIOXIDANTS	<p>Antioxidants are substances that can prevent or slow damage to cells caused by free radicals. Antioxidant-rich foods include:</p> <p>Fruits: Gala apples, Granny Smith apples, blueberries, cranberries, blackberries, raspberries, strawberries, cherries, pears, oranges, plums, and tomatoes</p> <p>Vegetables: Broccoli, artichokes, dark leafy greens, asparagus, avocados, sweet potatoes, kale, cabbage, and beets</p> <p>Nuts: Baru nuts*, cashews, almonds, pistachios, walnuts, macadamia nuts, and hazelnuts</p> <p>Herbs and Spices: cinnamon, oregano, cumin, basil, parsley, ginger, chili powder, paprika, garlic, onion, thyme, basil, and dill.</p>

*Baru nuts have at least 25% less fat than other nuts. They are a great source of protein (6g per serving), fiber (higher than all other nuts), antioxidants (3x more than other nuts), vitamins, and minerals, including magnesium, potassium, zinc, and calcium.

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<p>PROBIOTICS & Fermented Foods</p>	<p>Fermented foods contain beneficial probiotics, which can enhance gut health. Examples include:</p> <p>Yogurt and Kefir: Preferably plain and unsweetened to avoid added sugars</p> <p>Sauerkraut: Fermented cabbage</p> <p>Kimchi: Spicy fermented cabbage and other vegetables</p> <p>Kombucha: Fermented tea</p> <p>Miso and Tempeh: Fermented soy products</p> <p>Pickles and Olives: Salt brine-cured only</p> <p>Buttermilk: Traditional, not cultured</p> <p>Semi-Hard Cheeses: cheddar, mozzarella, or gouda, as well as cottage cheese</p>
<p>PREBIOTICS</p>	<p>Prebiotics are types of dietary fiber that feed the friendly bacteria in the gut. Foods high in prebiotics include:</p> <p>Fruits: Apples, oranges, lemons, limes, bananas</p> <p>Vegetables and Beans: Asparagus, jicama, mushrooms, cabbage, artichokes, garlic, onions, leeks, chick peas, lima beans, peas, and carrots</p> <p>Grains: Oats, barley, flaxseed, psyllium, bran</p> <p>Nuts: Cashews, almonds</p>

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The Scoop on Poop

THE HEALTH OF YOUR STOOL MATTERS

Your bowel habits are directly linked to your health and wellness. Watch for positive changes, shooting for Type 3 or 4. If you linger in 1-2, or 5-7 for more than 3 days, please reach out to Patricia.

With the goal of improving your gut function, you may notice a change in your bowel movements with the implementation of the GLP-1 Probiotic and Polyphenol Booster. Take a minute to assess where you're starting. Jot down frequency, type, and any side effects such as pain or bloating. Be sure to track all food intake, and drink adequate water. This is important information for your team.

TYPE 1



Separate hard lumps
VERY CONSTIPATED

TYPE 2



Lumpy and sausage like
SLIGHTLY CONSTIPATED

TYPE 3



A sausage shape with cracks in the surface
NORMAL

TYPE 4



Like a smooth, soft sausage or snake
NORMAL

TYPE 5



Soft blobs with clear-cut edges
LACKING FIBER

TYPE 6



Mushy consistency with ragged edges
INFLAMMATION

TYPE 7



Liquid consistency with no solid pieces
INFLAMMATION AND DIARRHEA