

Promoting Targeted Microbiome Therapy: A Clinically Guided Nutrition Program for IBD and IBS

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LyfeMD now offers a clinically integrated microbiome interpretation and implementation program, designed to personalize dietary interventions to patients with IBD and IBS. While many commercial microbiome platforms generate generic dietary advice, LyfeMD's approach is grounded in clinical context, pairing microbiome analysis with expert medical and nutrition interpretation.

There is increasing evidence that the metabolism of microbiome-dependent nutrients, such as dietary fibers, polyphenols, and disaccharides, is altered in patients with gut inflammation. Our own research and others' have shown that microbially accessible carbohydrates are essential for gut health and are metabolized differently depending on a patient's microbial profile. Leveraging a patient's baseline microbiome, diet, and disease presentation allows for a precision nutrition intervention, not simply a generic list of foods to avoid or increase.

Program Highlights:

- Comprehensive clinical and dietary intake assessment
- Microbiome testing followed by expert review by LyfeMD's interdisciplinary clinical team
- Evidence-based dietary prescriptions tailored to microbiome results, disease type (IBD or IBS), severity, patient preferences, and resource access
- Potential diet interventions include: Low FODMAP, Mediterranean, CDED, Tasty & Healthy, and LyfeMD's own Flare Diet (CD-TDI)

This microbiome-guided program offers your patients a science-backed, personalized option to support disease management - completely optional and free from any obligation.

If you have any questions or want to discuss this program with me please contact me at maitreyi.raman@lyfemd.com.

References

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