

# 10 THINGS YOU SHOULD KNOW ABOUT FMT

## 1. Working with fresh feces is impossible and therefore dangerous!

A test simply takes 3 to 4 working days.

And during that time, the potential donor can pick up all kinds of pathogen! That is why you must always re-inspect.

And this is what creates the many misunderstandings and possible 'horror stories'. Tests and how the procedure works are shared online but no one understands or wants to hear it; You always have to re-inspect and therefore always freeze the FMT at -80. Glycerol is added to keep the bacteria alive, the ideal temperature for this is -80. So you CANNOT store FMT in the kitchen freezer, the quality will deteriorate.

This is why working with fresh feces is impossible and even dangerous. Glycerol must therefore always be added.

## 2. Antibiotics are often the source of the problem

Your microbiome is a network of links that communicate with each other and even with your brain. (I'm hungry. I'm full, or I have to go to the bathroom, butterflies in your stomach, etc.!)

Each link has a task and nature is so smart that there is a group of bacteria available for every task. If you miss a species, for example due to long-term or frequent use of antibiotics, this does not have to be a problem. But if at some point you miss all types of that one link, then that task will no longer be performed!

If a link is missing, you can compare it to one small radar in a Swiss watch that stops working. Your clock still works, but suddenly this function no longer works, then suddenly the next function no longer works, etc.

And that's not the only problem. Because species have disappeared, other bacteria, good or bad, have room to (over)grow. Your intestinal flora, your ecosystem has become out of balance...

Overgrowth can be compared to an animal in an ecosystem that suddenly no longer has any enemies.

## 3. Which donor should I take?

Firstly; There is no super donor.

Now that we can offer a microbiome report (the same as our donors) you can increase the success rate of 70% (with a random donor).

You can puzzle with the microbiome report:

Bacteria that you miss/have lost, you want as many of them as possible from the donor.

Bacteria species that have overgrown in you, you want as little of them as possible from the donor.

So there is maybe somewhere a super donor for you, but not a super donor in general.

#### **4. How many doses do I need?**

That is different for everyone. For example, if you have already used a lot of antibiotics, there is a good chance that you will need multiple doses.

Previously our philosophy was:

Try one dose first. If it doesn't work for you, it's a waste of your money and our fmt, if you order more.

For some, one dose is enough.

If the benefits disappear after about 4 days, you need more from the same donor.

If you have a microbiome report you can take the gamble and order multiple doses at once.

#### **5. People with SIBO (some with leaky gut) take an enema**

A SIBO stands for 'Small Intestine Bacteria Overgrowth'. With the capsule method, the new bacteria also pass through the overpopulated area, and that's not what you want. You're making the SIBO worse.

With the Enema method, the FMT only reaches the rectum part, where 80% of the intestinal flora resides. The difficult thing about the enema is keeping it in for a long time.

That is important because bacteria reproduce themselves every 30 minutes.

Can you keep this up for longer than 3 hours? Then it is just as effective as capsules, but it is a less pleasant method. The longer you keep the FMT in, the better.

If you have a leaky gut, and you don't know exactly where, it is better to go for an enema

80% of your intestinal flora lives in the rectum. This is the 'operation centre'.

#### **6. You cannot use a donor indefinitely**

Everyone, no matter how healthy, picks up something sometimes. Very healthy people may not be bothered by this. But if you get the FMT and it also contains a pathogen, you will get it too!

Therefore always re-inspect the stool.

This is also the reason why the tests are so extremely strict and only 2% of the population passes them.

## **7. It doesn't matter whether you take the FMT from a man or a woman, what matters is the bacterial species!**

This story came into the world by people who did not re-inspect their donor, or even did not inspect their donor at all.

Bacteria are single-celled organisms. Bacteria don't know gender, color, religion or all the other things that are used to drive people apart.

## **8. When will there be a new donor?**

This is a question you cannot answer.

You can't say we will get a donor next month or in a certain period of time!

You only know that you can release a stock if the re-inspection is correct.

That is a process that takes up to 6 weeks. Unfortunately, we have already destroyed the fully built-up stock of 6 donors. For example, because one of these donors had contracted a parasite while the results of the first fecal test had not yet been received.

## **9. A parasite does not go away with FMT**

Do you have a parasite? Then try to tackle that first. Unfortunately, antibiotics are often used for this. And antibiotics are an intestinal flora killer!

## **10. How do you maintain a healthy microbiome after the FMT?**

FMT tackles your 'gut microbiome problem'. That's 80% of your microbiome. You also have to take good care of the other 20%!

The other 20% are all things that don't can't make any money. Perhaps that's why they are never promoted.

**-No stress!**

**-Nasal breathing**

**-Unprocessed fruit and vegetables (varied)**

**-Meat or fish from the wild**

**-Water**

**-One hour of exercise in nature, every day**



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