Microbiome Center

Startup Guide: preparing for MyOwnBlend

Some patients react more sensitively to changes in diet, supplements or medication. That is no reason not to start with microbiome therapy: with a gradual build-up, MyOwnBlend (MOB) is usually well tolerated, and restoring the microbiome can make a big difference for precisely this group. The three elements below support a careful start to the treatment.

Consider the following lifestyle advice before starting MOB:

- Eat calmly and in a relaxed state, and chew well.
- Start the day with a glass of water with a small amount of minerals or sea salt.
- Drink some lemon juice in lukewarm water with meals to support digestion.
- Get enough physical activity to stimulate bowel movement.
- Keep meals regular; a fixed rhythm without snacking supports gut motility..

If needed, offer targeted support tailored to the patient's complaints. This can be started while waiting for MyOwnBlend.

Complaint	Targeted support
Stomach complaints: fullness, belching, protein intolerance	Support stomach acid production, e.g. with bitters or apple cider vinegar in water, or recommend betaine HCl with meals.
Bloating after eating	Digestive enzymes (lipase, protease, amylase).
Fat intolerance or nausea after fatty meals	Support bile secretion with bitters or taurine.
Constipation or sluggish bowel	Support motility with magnesium oxide or ginger; recommend a fixed meal rhythm.
Stress or tension around eating	Relaxation exercises before meals and mindful eating.
Strong suspicion of increased intestinal permeability	Start with Activomin or DJ Repair in advance. With Activomin, leave at least 2 hours between intake and medication or supplements because of its binding effect. Can be combined with MyOwnBlend.
Bloating and suspected dysbiosis	Start with Gastro Cleanse in advance; can be taken alongside MyOwnBlend.

Extra support before the treatment

With sluggish bowel transit, bloating, suspected SIBO, increased sensitivity to food or supplements, or previous less successful gut treatments, it can be useful to give extra support to gut function for 1–2 weeks before starting. Epsom salt (magnesium sulfate) promotes bowel transit: 1 teaspoon in the morning on an empty stomach, 3 days in a row, 2× per week for 2 weeks. Adjust the amount to the effect and aim for regular, easy bowel movements.

After 2–4 weeks of preparation, even the sensitive patient is ready to start. Keep the following in mind:

- Begin with a low starting dose (a pinch or half a teaspoon) and increase step by step over several weeks.
- Mild reactions at the start are normal and no reason to stop; slow down the build-up schedule or insert a short break.
- Advise the client to "chew" the MOB and/or move it around in the mouth for a moment; this may reduce the chance of side effects
- Once the patient no longer experiences side effects at a new dose, you can continue building up.
- The end goal is not to reach 1.5 scoops twice a day; look for the optimal dose, which can differ per person.

This approach is based on the experience of affiliated physicians in our network. The extra preparation increases the chance of a successful treatment, with better tolerance and adherence, even in sensitive patients.