

# Functional Wellness Support Plan for Clostridioides difficile (C. diff)

This document outlines a Functional Wellness plan for supporting individuals with Clostridioides difficile infection (CDI). The goal is to reduce pathogenic load, restore microbiome balance, support the mucosal barrier, and prevent recurrence.

## PHASE 1 - ACUTE INFECTION SUPPORT:

- Berberine: 300-500 mg 2-3x/day - Antimicrobial & anti-inflammatory
- Garlic (allicin): 1-2 caps 2x/day - Broad-spectrum antimicrobial
- Saccharomyces boulardii: 250-500 mg 2-3x/day - Toxin binder and microbiome rebuilder
- Activated Charcoal/Bentonite Clay: Short-term toxin binder, taken away from meals
- Enteric-Coated Peppermint Oil: Symptom relief and antimicrobial effect

## PHASE 2 - MICROBIOME RESTORATION:

- High-dose multi-strain probiotics: 50-100 billion CFUs/day
- Prebiotics (PHGG, inulin): Add post-diarrhea resolution
- Resistant starch: Green banana flour, cooled rice or potatoes
- Fermented foods: Sauerkraut, kefir (if tolerated)



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## PHASE 3 - GUT LINING & INFLAMMATION SUPPORT:

- L-glutamine: 5-10 g/day for mucosal healing
- Aloe vera, Marshmallow root, Slippery elm, DGL: Demulcent support

## PHASE 4 - PREVENT RECURRENCE:

- Lifestyle: Avoid unnecessary antibiotics, manage stress, improve hygiene
- Nutraceuticals: Colostrum, long-term probiotics, possible FMT if recurrent

## Functional Wellness Support Plan for *Clostridioides difficile* (C. diff)

- Functional Labs (post-acute): GI MAP, Zonulin, Stool Testing

Note: Individual cases may require modifications. Always assess for comorbid gut dysbiosis, immune suppression, and nutrient deficiencies.



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## Clinical Timeline for C. diff Recovery

### PHASE 1 - ACUTE INFECTION SUPPORT: -

Duration: 10-21 days - Goal: Control C. diff overgrowth and toxin effects - Begins immediately upon diagnosis or suspicion.

### PHASE 2 - MICROBIOME RESTORATION:

- Duration: 4-8 weeks
- Goal: Restore healthy flora diversity, prevent rebound infection
- Starts as symptoms stabilize, overlapping Phase 1's end.

### PHASE 3 - GUT LINING & INFLAMMATION SUPPORT:

- Duration: 4-12 weeks
- Goal: Repair gut mucosa, reduce residual inflammation
- Begins once bowel function stabilizes, overlapping with Phase 2.

### PHASE 4 - RECURRENCE PREVENTION:

- Duration: 3-6 months
- Goal: Maintain gut resilience, support immunity, long-term prevention
- Continues well beyond initial resolution.

### SUMMARY:

Phase	Start Time	Duration	Overlaps
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Acute Infection	Day 1	10-21 days	Overlaps early Phase 2 & 3
Microbiome Restoration	Day 10-21	4-8 weeks	Overlaps with Phase 3
Gut Repair	Day 7-10	4-12 weeks	Overlaps Phases 2 & 4
Recurrence Prevention	Week 3 onward	3-6 months	Continuation care



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