



THE **LGS**
PROTOCOL

THE LEAKY GUT SYNDROME PROTOCOL

Beyond Borders

BEYOND BORDERS

Objectives:

In-Depth Training: Physicians/Health Care Providers (HCP) will receive specialized training on the LGS Protocol, preparing them to implement and apply it effectively with their patients.

Global Recognition: Physicians/HCP participating in this project will have the privilege of being listed on the SPIMS portal website as an authorized LGS Provider and receive certification through SPIMS.

Documented Patient Journeys: Clinicians will document patient progress, contributing footage that showcases the powerful impact of the protocol in real-world cases.

Such footage will be used in the Documentary ‘Beyond Borders’.

Scientific Publications: Clinical cases will be published in the SPIMS Journal of Medical Sciences ‘Targeted Medicine’.



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Justification for the LGS Protocol and Its Impact on Patient Care

The **LGS Protocol** represents a groundbreaking approach to addressing some of the most pressing health challenges of our time, including autoimmune diseases, metabolic syndrome, and cancer. By integrating cutting-edge insights into microbiome science, immune modulation, and epigenetics, this protocol offers a comprehensive framework for improving patient outcomes and addressing the root causes of chronic disease. Below are the key reasons why this protocol is vital and why healthcare professionals need to be equipped with this transformative therapy:

Addressing Root Causes, Not Just Symptoms

Traditional healthcare often focuses on symptom management rather than addressing the underlying causes of disease. The LGS Protocol shifts this paradigm by:

- ❑ Restoring microbiome balance through targeted modulation.
- ❑ Enhancing immune system regulation via high-dose vitamin D therapy.
- ❑ Compensating for genetic vulnerabilities through epigenetic interventions.

This root-cause approach provides patients with lasting improvements in health and quality of life.

A Comprehensive, Personalized Approach to Care

The protocol's emphasis on personalization ensures that treatments are tailored to the unique needs of each patient. By integrating:

- ❑ Microbiome testing (e.g., GI Map) to identify dysbiosis.
 - ❑ Genetic analysis to uncover SNPs impacting health.
 - ❑ Individualized anti-inflammatory diets and supplementation plans,
- physicians can deliver precise, effective interventions that maximize patient outcomes.

The Growing Burden of Chronic Diseases

Chronic diseases account for a significant proportion of global morbidity and healthcare costs. Conditions like autoimmune diseases, metabolic syndrome, and cancer are often interrelated, sharing common pathways of inflammation, immune dysregulation, and metabolic dysfunction. The LGS Protocol targets these pathways, making it a critical tool for combating the chronic disease epidemic.

Evidence-Based Innovation

The protocol is grounded in the latest scientific research and clinical evidence, including:

- ❑ The role of the microbiome in systemic health and disease.
- ❑ The impact of vitamin D on immune function and gene expression.
- ❑ The potential of epigenetic modulation to mitigate genetic predispositions.

This evidence-based foundation enhances the credibility and effectiveness of the LGS Protocol, positioning it as a gold standard in integrative medicine.

Empowering Physicians with New Tools and Skills

Healthcare professionals must stay at the forefront of medical innovation to deliver optimal care.

The LGS Protocol provides physicians with:

- ❑ Advanced diagnostic tools, such as microbiome and DNA methylation testing.
- ❑ A deep understanding of novel therapeutic approaches.
- ❑ Practical skills to implement personalized treatment plans.

This knowledge empowers doctors to address complex cases with confidence and precision.

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Improving Patient Outcomes and Quality of Life

Patients undergoing the LGS Protocol often experience significant improvements, including:

- ❑ Reduction in chronic inflammation and symptom severity.
- ❑ Enhanced immune function and resilience.
- ❑ Better management of metabolic health and cancer progression.

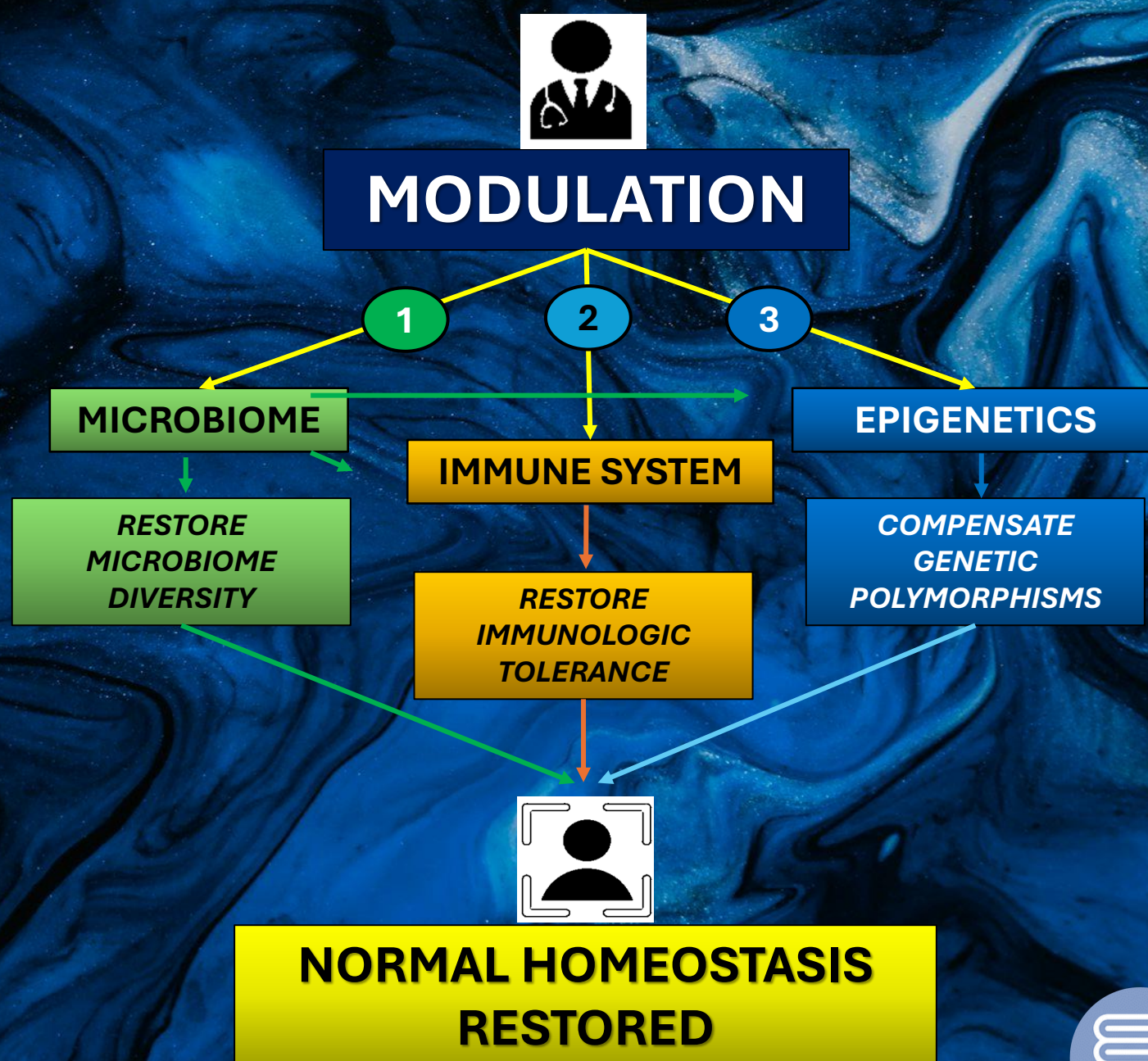
These outcomes translate to improved quality of life, reduced healthcare utilization, and greater patient satisfaction.

Transforming the Future of Medicine

The LGS Protocol aligns with the global shift towards precision medicine and integrative care. By addressing the interplay between genetics, the microbiome, and the immune system, it sets a new standard for holistic, patient-centered care. Physicians equipped with this protocol will lead the way in:

- ❑ Reducing the burden of chronic disease.
- ❑ Advancing personalized medicine.
- ❑ Inspiring trust and hope among patients.

The LGS Protocol is not just a treatment framework; it is a movement towards a deeper understanding of health and healing. By adopting this protocol, physicians can provide their patients with cutting-edge care that addresses the complexities of chronic disease. Equipping healthcare professionals with the tools and knowledge to implement the LGS Protocol is essential for advancing medicine, improving patient outcomes, and shaping the future of healthcare. The time to embrace this transformative approach is now.



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Program Overview

The training program is conducted entirely online and is structured to provide a thorough understanding of the LGS Protocol's principles, practical application, and clinical outcomes.

Modules

Module 1: Introduction to the LGS Protocol

- Overview of the LGS Protocol and its applications.
- Disease conditions that can be treated, including:
 - Autoimmune Diseases
 - Metabolic Syndrome
 - Cancer

Module 2: Understanding the Microbiome

- Key definitions: LIBO, LIFO, LIMO, SIBO, SIFO, and biofilms.
- How to interpret the GI Map (Microbiome Test).
 - General Taxonomy of the Microbiota
 - What are Commensal/Keystone Bacterias
 - Importance of Small Chain Fatty Acids
 - Bacterial Pathogens
 - Opportunistic/Overgrowth Bacteria
 - Helicobacter pylori - Virulence Factors & Resistant Genes
 - Viral Infections
 - Parasitic Pathogens (Protozoa & Worms)
 - Fungi/Yeast infections

Module 3: The Mucin Barrier

- Structure and function of the mucin barrier.
- Implications for leaky gut syndrome (Gut-Brain Axis/Gut-Liver Axis).
- Filters of the body and the importance of stress and sleep.

Module 4: Interpreting the SIBO Breath Test

- Overview of the SIBO breath test.
- Techniques for accurate interpretation.

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Module 5: Antimicrobials

- Conventional and herbal antimicrobials.
- Specific indications and clinical applications.

Module 6: Anti-Inflammatory Diets

- How to choose the right anti-inflammatory diet.
- Customizing diets for individual patient needs.

Module 7: Epigenetics

- Fundamentals of epigenetics and SNPs.
- Interpreting DNA methylation tests.
- Supplements for compensating genetic variations.

Module 8: High-Dose Vitamin D Therapy

- Vitamin D physiology and the Immune System
- Protocol implementing high-dose vitamin D therapy from A-Z
- Interpreting lab results.

Module 9: VDR Renewal and VDR-BIF Method

- Role of an anti-inflammatory diet in renewing VDR function.
- Clinical implications and patient outcomes.

Module 10: Metabolic Therapy for Cancer Patients

- Integrating metabolic therapies into cancer treatment.
- Level 1 Treatments
- Level 2 Treatments
- Level 3 Treatments
- Incorporating the LGS Protocol into Metabolic Therapy
- Case studies and clinical strategies.

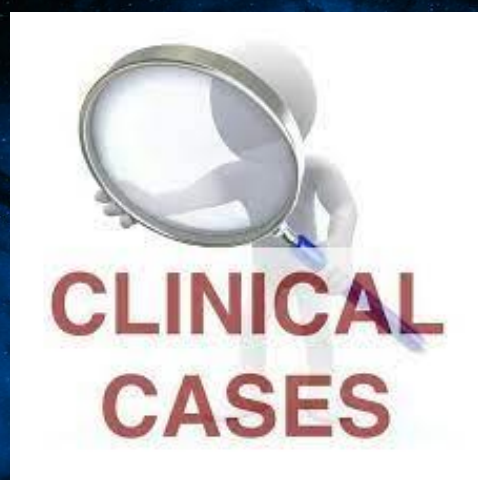
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Learning Activities

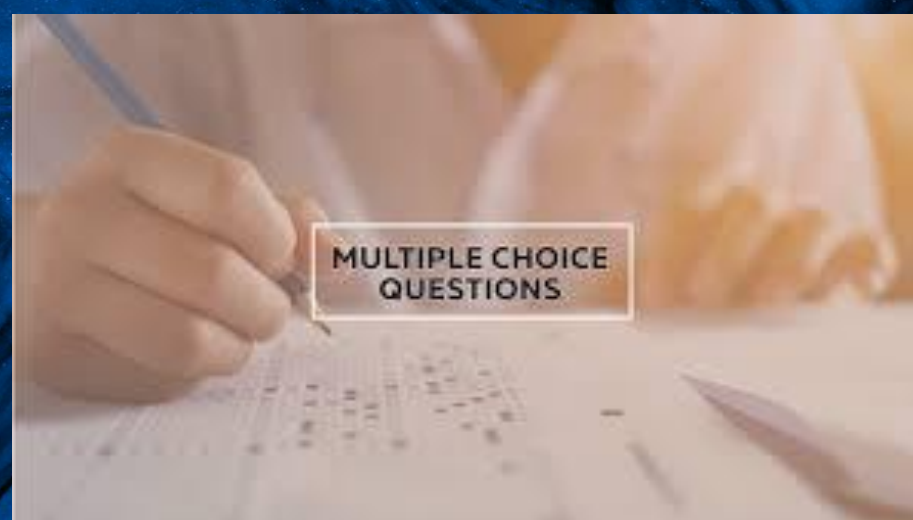
- ❑ **Interactive Webinars:** Live sessions with experts to deepen your understanding of each module.



- ❑ **Case Studies:** Analyze real-world scenarios to apply the LGS Protocol in practice.



- ❑ **Quizzes and Assessments:** Test your knowledge and track your progress.



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Clinical Case Selection and Documentation

Case Selection Process

❑ Patient Criteria:

1. Select patients with conditions that align with the LGS Protocol focus: Autoimmune Diseases, Metabolic Syndrome, or Cancer.
2. Ensure patients consent to participate in the program and be filmed during treatment.

❑ Initial Assessment:

1. Perform a comprehensive evaluation, including medical history, symptoms, and quality of life assessments.
2. Collect baseline data using the S.O.A.P. format:
 1. **Subjective:** Patient-reported symptoms and concerns.
 2. **Objective:** Clinical findings and initial measurements.
 3. **Assessment:** Preliminary diagnosis and treatment goals.
 4. **Plan:** Proposed interventions according to the LGS protocol

❑ Laboratory and Imaging:

1. Conduct and document necessary lab tests (e.g., GI Map, SIBO Breath Test (if applicable), DNA Methylation Test), Pathology reports (biopsy).
2. Include relevant imaging (e.g., ultrasound, MRI, X-rays) for comprehensive case documentation.

❑ Documentation Requirements

1. Pre-Treatment Filming:

1. Record an introductory video of the patient, including:
 1. Name (optional), age, and condition.
 2. Key symptoms and how they impact daily life.
 3. Expectations from the treatment.
2. Use a high-resolution camera (e.g., iPhone or Android) to ensure professional quality.

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2. During Treatment:

1. Film periodic updates (monthly) to capture the patient's progress.
2. Include footage of consultations, treatments, and lifestyle modifications.
3. Ask patients reflective questions:
 1. *How are you feeling compared to when you started?*
 2. *What changes have you noticed in your symptoms?*
 3. *What challenges have you faced during the treatment?*

3. Post-Treatment Filming:

1. Record a concluding video at the end of the 6-month period.
2. Ask patients to summarize their experience:
 1. *What improvements have you noticed in your condition?*
 2. *How has this protocol impacted your quality of life?*
 3. *What would you say to others considering this treatment?*

4. Final Case Report:

1. Compile all data, including S.O.A.P. notes, lab results, imaging, and video footage.
2. Highlight key milestones, challenges, and outcomes.

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❑ Filming Guidelines

1. Technical Requirements:

- ❑ Use a high-resolution camera (smartphone or DSLR) for clear visuals.
- ❑ Ensure good lighting and minimal background noise.



2. Ethical Considerations:

- ❑ Obtain written consent for filming and sharing patient footage (Consent Form Provided)
- ❑ Protect patient privacy and confidentiality.

3. Submission:

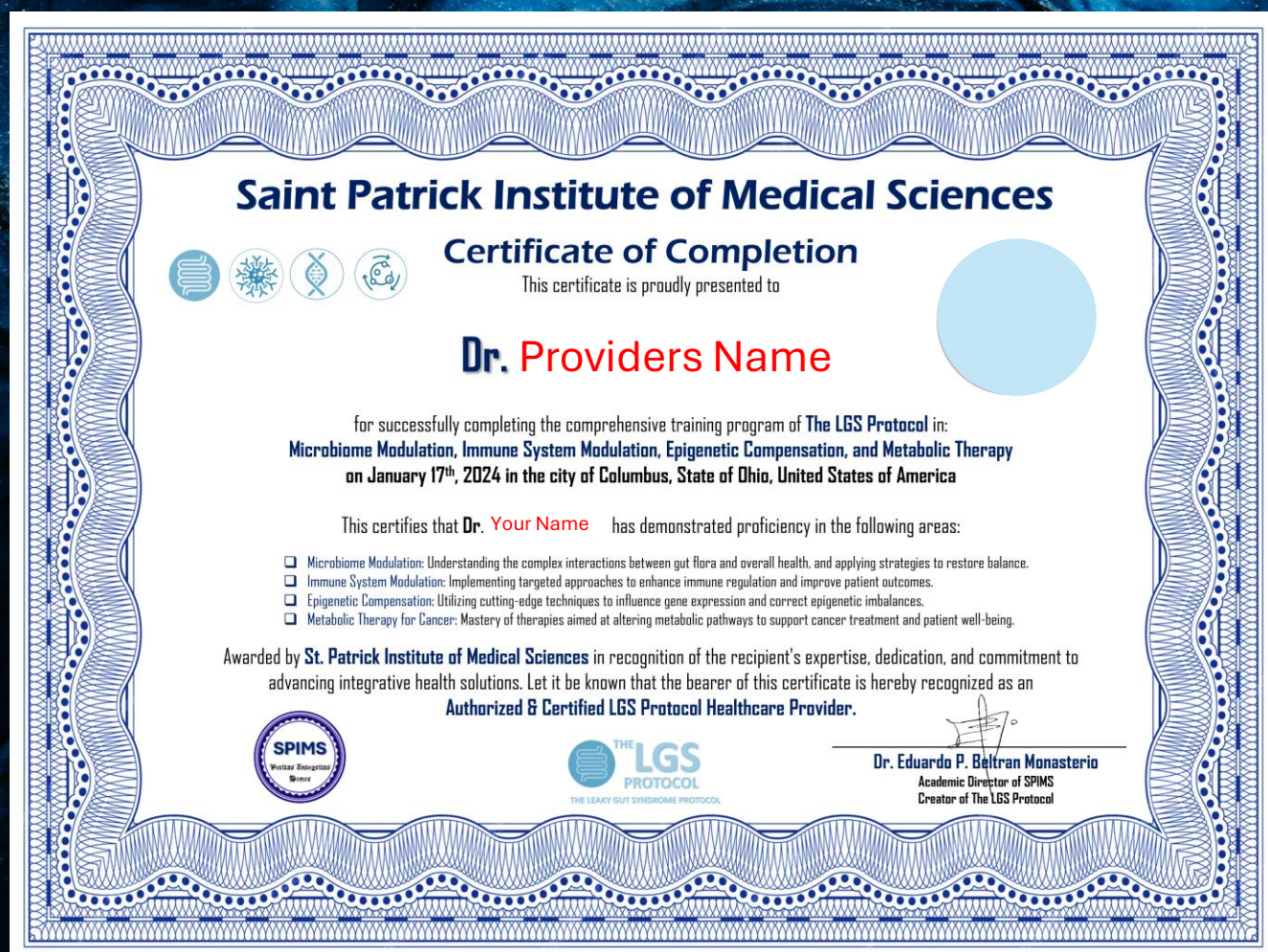
- ❑ Upload all case materials to the designated secure platform.
- ❑ Ensure all files are labeled clearly with patient ID and timeline (e.g., "Patient1_Pre-Treatment.mp4").
- ❑ Email for submission: dr.beltran@spinstitute-ms.com

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Certification and Benefits

Upon successful completion of the program, you will:

- ❑ Receive an official certification as an authorized LGS Provider.
- ❑ Be listed on the SPIMS portal, gaining recognition among global peers.
- ❑ Contribute to the documentary, **The LGS Protocol - Beyond Borders**.
- ❑ Publish clinical case studies in **Targeted Medicine**, enhancing your professional portfolio.



Certificate Model



Journal Publication



LGS Protocol Portal listing

Patient Consent Form for Participation in the Documentary: “The LGS Protocol - Beyond Borders”

Title of the Documentary: The LGS Protocol - Beyond Borders

Principal Investigator/Director: Dr. Eduardo Patrick Beltran M.

Introduction: You are invited to participate in a documentary titled *The LGS Protocol - Beyond Borders*. This project aims to document the journey of patients following the LGS Protocol, focusing on its impact on health outcomes. Your participation will include interviews, video recordings, and sharing aspects of your medical journey. This form outlines the details of your involvement, your rights, and how your information will be handled.

Purpose of the Documentary: The purpose of this documentary is to:

1. Raise awareness about the LGS Protocol and its effectiveness.
2. Share real-world patient experiences to educate and inspire others.
3. Highlight the collaborative efforts of healthcare professionals worldwide.

What Participation Involves: By agreeing to participate, you understand and consent to:

- Video and audio recordings during consultations, follow-ups, and interviews.
- Use of your images, voice, and non-identifiable clinical data in the documentary.
- Sharing your experiences with the LGS Protocol for educational and promotional purposes.

Confidentiality: Your privacy is important to us. While your image and voice will be featured, personal identifiable information such as your full name, address, and any other private details will remain confidential unless you provide explicit consent for their disclosure.

Voluntary Participation: Participation is entirely voluntary. You may withdraw from the documentary at any point without affecting your medical care or relationship with Dr. Patrick or his team.

Risks and Benefits:

- Risks:** Minimal risks are involved, primarily related to the public sharing of your experiences. Efforts will be made to protect your privacy.
- Benefits:** Your participation may contribute to raising awareness and helping others better understand the benefits of the LGS Protocol.

Rights and Permissions: By signing this form, you:

- Grant Dr. Eduardo Beltran and his team permission to record, use, and publish the audiovisual material for the purposes stated.
- Understand that you will not receive financial compensation for participation.
- Acknowledge that the documentary may be distributed globally through various platforms.

Contact Information: If you have any questions or concerns about your participation, you can contact:

Dr. Beltran's Team

- Email: dr.beltran@spinstitute-ms.com
- Phone: +1 (614) 717-5916
- Website: www.spims.org

Patient Consent Form for Participation in the Documentary: “The LGS Protocol - Beyond Borders”

Consent Declaration:

I, the undersigned, have read and understood the information provided in this consent form. I voluntarily agree to participate in the documentary *The LGS Protocol - Beyond Borders* under the terms outlined above.

Participant Information:

Full Name: _____

Address: _____

Country/ City: _____

Phone: _____

Email: _____

Signature:

Participant Signature: _____

Date: _____

Witness Information:

Witness Name: _____

Witness Signature: _____

Date: _____

**Thank you for your willingness to share your journey
and contribute to this impactful project.**

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On behalf of the entire SPIMS team, it is with great enthusiasm and gratitude that we welcome you aboard **The LGS Protocol - Beyond Borders** project. Your decision to join this pioneering initiative is a testament to your commitment to advancing patient care and exploring new frontiers in medicine.

This project represents not just a training program but a global collaboration aimed at transforming how we address chronic diseases such as autoimmune disorders, metabolic syndrome, and cancer. By participating, you are becoming a vital part of a movement that seeks to redefine healthcare through innovation, personalized medicine, and evidence-based practices.

Your participation in this project is not just a professional contribution; it is a profound act of service to humanity. By embracing innovation and collaboration, you are helping to create a brighter future for patients worldwide. We are deeply grateful for your time, effort, and unwavering dedication to improving healthcare outcomes.

Welcome Aboard

We look forward to working alongside you as we embark on this transformative journey together. Let's make history by proving that medicine knows no borders when it comes to compassion, innovation, and excellence.

With warm regards and deepest gratitude,

Dr. Eduardo Patrick Beltran Monasterio
Director of SPIMS
Creator of The LGS Protocol - Beyond Borders Project

